

**INFLUENCE OF FAMILY SOCIO-ECONOMIC FACTORS ON DRUG ABUSE
AMONG GIRLS IN LAINI SABA VILLAGE IN KIBRA SUB-COUNTY,
NAIROBI, KENYA**

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UNIVERSITY**

AUGUST 2020

DECLARATION

I declare that this thesis is my original work and has not been submitted to any other college, institution or university for academic credit.

Signed:  _____

Date: 15/8/2020

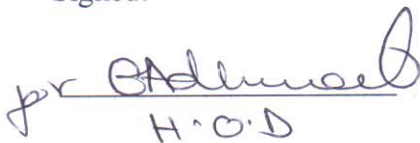
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This research was conducted under our supervision and submitted with our approval as university supervisors.

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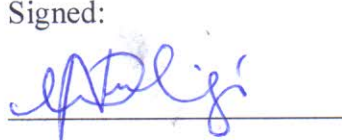
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DEDICATION

This research project is dedicated to my beloved family; your sacrifices have brought me this far. To my mother Virginia and my sisters Mary and Sarah, you are all so dear to me. Thank you for seeing me in the fulfillment of my dreams.

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I am very grateful to the almighty God for giving me the strength, patience and knowledge needed for me to complete this project. I want to express my sincere appreciation to my Supervisors, Mr. Wilkins Ndege Muhingi and Dr. Joan Githae for their assistance which was needed for me to complete this research. I also express the depth of my appreciation to Dr. Emily Okuto for her suggestions and guidelines. Thank you very much for your assistance.

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ABSTRACT

The drug and substance abuse menace pose a serious threat to the social and economic development of a country. The threat is even more serious in developing countries where risk factors of drug abuse such as unemployment are high. The situation is worse in slum dwellings where various socio-economic factors may encourage drug abuse especially among the youth, and particularly girls, who have been found to be more vulnerable. Low family income and financial problems may also lead to dropping out of school. Poor parenting practices such as lack of parental supervision, indulgence, and neglect, as well as family background challenges such as marital conflict, divorce, and dysfunctional parent-child relationships make girls vulnerable to drug abuse. This study sought to explore the link between family socio-economic factors and drug abuse among girls, with a focus on Laini Saba village in Kibra Sub-County in Nairobi County. Laini Saba was chosen because it is one of the largest locations in Kibra Sub-County. The specific objectives of the study were to determine the extent of drug abuse among girls aged between 13 and 24 years, and to explore the relationships between family income, parental characteristics, and drug abuse. The study was guided by the family systems theory and the attachment theory. The study adopted a descriptive research design and the target population was girls and parents in Laini Saba village. Respondents from 2 secondary schools and 2 tertiary colleges were selected for the study. The population was 254 respondents, where a sample of 173 was obtained based on Creswell recommendations. Data was collected using a semi-structured questionnaire and a focus group discussion schedule. Analysis of data was carried out using descriptive and inferential statistics for quantitative data, with the aid of SPSS version 26 software and content analysis for qualitative data with the aid of NVIVO version 12 software. In adherence to ethical standards of research, the study sought consent from the respondents, and the data was treated with utmost confidentiality and anonymity. All sources were acknowledged appropriately to avoid plagiarism. The results revealed that drug abuse is rampant among the girls aged between 13 and 24 years in Laini Saba village. Most of the families were found to be living in abject poverty and that this was a major contributing factor to drug abuse among girls. The study found that family income had a negative correlation with drug abuse, meaning that the lower the family income, the higher the tendency of girls engaging in drug abuse. The study also found that girls whose parents were neglectful, gave children too much freedom, absent, or failed to monitor and advise their children, were more likely to engage in drug abuse compared to girls whose parents were strict, present, served as good role models, supervised and gave guidance to their children. The study recommends the enactment of policies and implementation of strategies to improve the economic status of parents living in low income areas in order to create employment and improve the livelihoods of these parents so that they can provide all basic needs for their children in order to prevent them from being lured into vices such as drug abuse. Government and other stakeholders such as NGOs should also set up more vocational training centres and community empowerment centres in places such as Laini Saba in order to offer training that will enable the residents to acquire skills for employment as well as self-employment opportunities. The Government should also enhance awareness creation in informal settlements on the dangers of drug abuse, responsible parenting, and good parenting skills.

OPERATIONALIZATION OF TERMS

- Drug Abuse:** In the study, drug abuse implies to harmful intake or consumption or utilization of drugs that change the normal functioning of the mind. It essentially describes all illegal drugs that are inclusive of drugs that are not legally prescribed.
- Family:** This includes the parents (father, mother, or guardian) and children.
- Family Income:** In the study, it implies combined gross income of all members of a household, defined as a group of people living together, who are 18 years or older.
- Family Status:** It implies the person living with, parent's marital status and whether or not the respondent had ever abused drugs.
- Family Socio-Economic Factors:** Social and economic characteristics that relate to a family including family income, parental education level, among others.
- Girl:** A female child, aged between 13 and 24 years.
- Parental Characteristics:** Personal aspects that are specific to a parent, such as occupation, style of parenting, level of permissiveness, level of education, role on the family, and parenting skills.

LIST OF ABBREVIATIONS AND ACRONYMS

APHRC:	African Population and Health Research Centre
CBD:	Central Business District
FGD:	Focus Group Discussion
NACADA:	National Campaign Against Drug Abuse
NACOSTI:	National Commission for Science, Technology and Innovation.
NGO:	Non-Governmental Organization
UNODC:	United Nations Office on Drugs and Crime
WHO:	World Health Organization

CHAPTER ONE

INTRODUCTION

1.1 Introduction

This chapter begins with a discussion of background information relating to the drug abuse menace among the youth and the nexus between the independent variables in the study which include family socio-economic status, family background factors, and parental characteristics, and the dependent variable which is drug abuse among girls. The next section describes the research problem which the study seeks to address. The chapter also describes the objectives, significance of the study, limitations, scope, delimitations of the study, theoretical framework and the conceptual framework.

1.2 Background to the Study

According to the World Health Organization (WHO) (2020), the burden of drug and substance abuse takes a heavy toll on several countries across the globe, especially the developing countries. Statistics from the organization indicate that there are more than 3.3 million deaths around the world each year related to alcohol and other substance abuse. In addition, an estimated 7 million people are living with HIV/AIDS contracted as a result of vulnerabilities brought about by drug and substance abuse.

The World Drug Report (2018) defines drug abuse as the use of psychoactive substances such as illicit drugs, cigarettes and alcohol in a manner that is harmful health and well-being. The use of these drugs leads to addiction and therefore, the users often have a strong desire to continue using them even when the harmful effects are evident. Drug and substance abuse menace among the youth continues to threaten the physical, psychological, social and economic well-being of the youth, their families and the

country at large (Janicijevic *et al.*, 2017). It is indeed a global problem that continuously threatens the health, safety and prosperity of societies.

In the global context, drug and substance abuse is a serious problem that countries are facing. According to the World Drug Report (2018) prepared by the United Nations Office on Drugs and Crime (UNODC), drug abuse is rampant worldwide with about 275 million people aged between 15 and 64 years having abused drugs at least once. Out of this number, 31 million suffer from health problems related to drug abuse. Cannabis Sativa is the most commonly abused drug, followed by opioids, amphetamines, ecstasy, opiates, and cocaine respectively (World Drug Report, 2018). Among adolescents, cannabis was commonly abused due to the perception that it is easily available and has less harm. The report also highlights the fact that the adolescence period between the age of 12 and 17 years is a critical period where young people may be easily lured into drug abuse, while the peak exposure age is about 18 to 25 years.

In a cross-sectional survey of adolescents aged between 13 and 18 years in the United States of America (USA), Swendsen *et al.* (2012) found that 78.2% of the adolescents had been involved in alcohol abuse, while 81.4% had abused an illicit drug at least once. The study concluded that drug abuse was rampant among adolescents in the USA, with the onset age of about 14 years. Kann *et al* (2014) also found that alcohol, cannabis, and tobacco had been abused by 75.6%, 48.6% and 48.1% of youth in the United States respectively, by the time they attained the age of 18 years. Generally, alcohol abuse among adolescents and young adults is highest in the European and American regions, while the South East Asia region and eastern Mediterranean has the lowest alcohol abuse prevalence rates (WHO, 2020).

In Asia, Nahvizadeh *et al* (2014) reviewed the status of drug abuse among high school students in Iran aged between 14 and 19 years. The findings revealed that Cigarette and Hookah were the most commonly used substances by the students. Other drugs such as Opium, Alcohol, and Heroine were also prevalent. In Europe, substance abuse among adolescents and the general population is also a major problem. According to the Klein and Stothard (2018), at least 77 Million people in Europe aged between 15 and 64 years have used Cannabis at least once, while 12.7 million and 11.4 million have used amphetamines and Ecstasy respectively, at least once.

The continent of Africa has been termed as ‘lagging’ in terms of giving adequate attention to the drug and substance abuse menace. Njuki (2013) notes that African countries have focused more on the economic and political problems facing them, therefore lagging behind in relation to the fight against drug and substance abuse. The growing trafficking of illicit drugs and other substances should be of great concern to African countries because it threatens the future of their largely youthful population. The continent remains a key supplier of drugs such as bhang which is most used (Maithya, 2009). The region has an escalation of drug abuse among the youth with countries such as Benin, Nigeria, Tanzania and South Africa experiencing an exponential growth of the number of persons affected (Simbee, 2012). The system details that the drug use has risen by 26% in the last five years in the East African Community (Abdool, 2004). In terms of countries, Kenya, Morocco, South Africa and Nigeria are major countries where drug abuse is rampant in the region (World Drug Report, 2015).

In Kenya, and Nairobi County to be specific, drug abuse within the youth circles is always on the rise (Chesang, 2013; NACADA, 2019). The slum areas are home to over

2 million youths (World Drug Report, 2015). According to the National Agency for Campaign against Drug Abuse (NACADA), whose mandate is to coordinate and spearhead the fight against drug and substance abuse in Kenya, drug abuse is mostly prevalent in the slum dwellings due to various factors such as low family income, peer pressure, low parental education levels, ease of access to drugs among other factors.

Kibera slum in Nairobi is home to over 250,000 people and is among the largest slum dwellings in the world. The slum is situated approximately 7 kilometres from the Central Business District (CBD) of Nairobi city and is highly characterized by poor living conditions such as poor housing, lack of proper water and sewerage facilities, extremely high unemployment rates, crime, poor access to healthcare, among others (The African Population and Health Research Centre, 2014). These conditions have been identified as contributing factors to drug and substance abuse.

The ideals of youth and pressures thereof push the youth to use drugs to liberate themselves or to feel part of given groups (Mohasoa, 2010). The most commonly used drugs among the youth are alcohol, tobacco, khat and cannabis as argued by Mbalu (2012). In a study aimed at determining the knowledge on use and effects of drugs and substance abuse among the youth aged 13-24 years in determine the knowledge on use and effects of drugs and substance abuse among the youth aged 13-24 years in Raila village, Kibera slum, in Nairobi Kenya, Wawira *et al.* (2018) noted that despite the knowledge on the harmful effects of these drugs, the youth were still abusing them, owing to various social and economic pressures in their environments.

According to a survey by the National Campaign against Drug Abuse (NACADA) Kenya, there is a growing trend in Kenya, especially in urban slum dwellings where young children as young as 4 years are being lured into drug abuse. In the survey that involved 3307 primary school pupils, the results indicated that 20.2% of them had already abused at least one psychoactive substance (NACADA, 2019). The risk factors identified during the survey included abuse of drugs by parents or guardians, weak parental guidance and enforcement of laws, family conflicts, exposure to advertisements of drugs, negative role modelling by teachers, and easy access to drugs near home and school.

This is in agreement with the findings of Gebreslassie, Feleke and Melese (2013) who noted that the use of psychoactive substances among the youth especially adolescents is often associated with socioeconomic factors, such as gender, age, type, race, ethnicity, family, and social structures, socioeconomic status of the family. Girls have also been found to be vulnerable especially in separated families and poor families (NACADA, 2010). The problem continues to grow exponentially and therefore demands concerted efforts from all stakeholders including researchers to identify, recommend and implement effective solutions to this menace.

Drug and substance abuse is a serious challenge that derails the social and economic prosperity of a nation and its dwellers. The youth are the pillars of a nation, but drug and substance abuse threatens to destroy this pillar. Wawira *et al* (2018) notes that youth, especially those living in areas characterized by a low socio-economic status are more vulnerable to drug abuse. From a gender perspective, girls are more vulnerable as noted by Anker and Carroll (2011), NACADA (2010) and Jagero and Mbulwa (2010).

Low family income and financial problems may lead to psychological stress and dropping out of school which expose children to drug abuse (Collins, 2016; Otieno & Ofulla, 2009). Poor parenting practices such as lack of parental supervision, indulgence, and neglect also make children vulnerable to drug abuse (Benchaya, 2019; Patrick, Wightman, Schoeni & Schulenberg 2012).

1.3 Problem Statement

The family unit is a vital determinant of many aspects of an individual's behaviour and well-being. According to Charitonidi *et al* (2016), socio-economic factors such as parental level of education, level of family income, among others significantly contribute to drug abuse among the youth. Nyaoke (2013) also noted that socio-economic factors related to the family unit, were key determinants of the prevalence of drug abuse among the youth. Drug and substance abuse robs the potential of individuals in a society and has been linked to crime and unwanted behaviour. The youth, especially those living in areas characterized by a low socio-economic status such as slum dwellings are even much more vulnerable (Wawira *et al*, 2018). According to Mugisha, Arinaitwe-Mugisha & Hagembe (2003), drug and substance abuse among the youth in slum dwellings is a very serious problem that has led to poor well-being, crime, spread of HIV/AIDS, unwanted pregnancies, among other vices.

In Kibera, drug and substance abuse among young girls is commonplace. This causes them to engage in crime and sex, leading to early pregnancies and dropping out of school (Onyango & Tostensen, 2015). Sexual harassment, poverty, and family wrangles are driving young girls in Kibera to find solace in drugs. Rising cases of drug abuse among young girls has raised concerns from the local administration, Non-Governmental

Organizations (NGOs) and government agencies such as NACADA, who have called for urgent concerted efforts to curb the vice and empower young girls.

Despite the rising cases of drug abuse among the youth in Kenya, there has been less research attention focusing on the link between family socio-economic factors and drug and substance abuse in Kenya, with few studies addressing the matter. Moreover, there is less focus on Kibera slums in Kenya, despite it being the largest slum in Africa, and a notorious breeding ground for drug abuse. In addition, previous studies have focused on drug abuse among the youth in general, (such as Wawira *et al.*, 2018 and Raini, 2006) while this study will explore the context of girls, who happen to be more vulnerable as noted by various researchers including Anker and Carroll (2011), NACADA (2010) and Jagero and Mbulwa (2010). The study addressed the existing gaps by focusing on family socio-economic factors as opposed to socio-economic factors in general (conceptual gap) and focusing on young girls as opposed to all the youth (since girls have been found to be more vulnerable), in the context of Laini Saba village in Kibra Sub-County.

1.4 Purpose of the Study

Family social-economic factors such as income, relationship status/nature of marriage, education, background, among other factors have been linked the likelihood of engaging in drug and substance abuse (Patrick *et al.*, 2012). Based on this basis, the purpose of the study was to explore whether there exists a relationship between the family socio-economic factors and drug abuse among girls in Kibera slums, Nairobi County, Kenya.

1.5 Objectives of the Study

1.5.1 General Objective

The general objective of the study was to explore whether there exists a relationship between the family socio-economic factors and drug abuse among girls in Laini Saba village in Kibra Sub-County, Nairobi County Kenya.

1.5.2 Specific Objectives

The study will be guided by the following specific objectives;

- i. To examine how family status contributes to drug abuse among girls in Laini Saba village in Kibra Sub-County, Nairobi County, Kenya.
- ii. To explore the relationship between family income and drug abuse among girls in Laini Saba village in Kibra Sub-County, Nairobi County, Kenya.
- iii. To examine the relationship between parental characteristics and drug abuse among girls in Laini Saba village in Kibra Sub-County, Nairobi County, Kenya.

1.6 Research Questions

- i. How does family status contribute to drug abuse among girls in Laini Saba village in Kibra Sub-County?
- ii. In which way does family income influence drug abuse among girls in Laini Saba village in Kibra Sub-County?
- iii. How do parental characteristics influence drug abuse among girls in Laini Saba village in Kibra Sub-County?

1.7 Significance of the Study

According to Creswell (2012), the term significance refers to study findings, including the strengths in adding new knowledge or bridging knowledge gaps and the value of the research findings. The research on the family socio-economic contributing to drug abuse among girls in Kibera slum dwellings in Nairobi County is very critical to various sections of the society.

To scholars, the study would provide useful empirical evidence on the relationship between family income, parental education level, parental marital status and family ties, as well as upbringing, and drug abuse among girls. The findings might form a basis for further research on this topic by future scholars.

To policy makers, the study would provide actionable findings on the extent of drug abuse among girls in Kibera slums, and how socio-economic factors contribute to drug abuse. Based on the findings, policy makers and authorities such as NACADA can implement measures to counter the factors that lead young girls to drug abuse.

The study would also be helpful to families affected by families because it highlighted the challenges facing them and also acted as an avenue for raising awareness on the plight of girls in Kibera slums.

1.8 Scope of the Study

The scope of study defines the parameters in which the research operates (Kombo & Tromp, 2006). The study was based in Kibera informal settlement in Nairobi County and was carried out between 1st May and 15th June 2020. The study focused on family socio-economic factors namely family income, parental education level, family

background, and upbringing. In addition, the study focused on girls as the target population, on the basis of research evidence that indicates that girls are the most vulnerable group as noted by Anker and Carroll (2011), NACADA (2010) and Jagero and Mbulwa (2010). A total of 254 girls were targeted in the study.

1.9 Delimitation of the Study

According to Creswell (2012), delimitation is an aspect that can be controlled by the researcher but can also affect the results of a research. Based on the scope of study, the researcher delimited the study to the relationship between the family socio-economic factors and drug abuse among girls in Kibera slums, Nairobi County, Kenya. The study only covered Laini Saba village in Kibra Sub-County and did not cover the other 12 villages that make up Kibera Slums. In addition, the study did not focus on other factors other than family socio-economic factors and how they relate to drug abuse. The study also did not cover girls outside the aged bracket of 13 to 24 years, as well as boys within or out of this age bracket. Girls more than 24 years are mostly out of school, and those less than 13 years have high chances of not exposed to drug abuse, hence were left. In addition, girls of this age have been found to be more vulnerable to drug abuse (Wawira *et al.*, 2018).

1.10 Limitations of the Study

Kombo and Tromp (2006) noted that limitation aspect of a study is not under the control of the researcher. It cannot be manipulated by a researcher to make the study easier. The researcher foresaw the target respondents posing a challenge in terms of willingness to engage in the research. This was attributed to the fear of criminalization

and that they could be arrested for coming out to give information relating to drug abuse. However, to mitigate against this challenge, the study assured the respondents that the study was purely for academic purposes only, and that the responses would be treated with anonymity and utmost confidentiality.

Also, the vastness of the area of study posed a challenge during data collection, but the research engaged the help of research assistants, who helped to cover the area with ease. Lastly, due to the geographic scope of the research, there was the limitation of time and security in traversing urban slum dwellings while undertaking the research. To address this limitation, the researcher collected data with the help of research assistants. The security challenge was also encountered by engaging various area leaders in the urban slum dwellings who engaged the locals and advised on security matters. The sensitivity challenge was controlled by assurances made to respondents on the privacy of the research and that they were not being targeted for arrest. The researcher also started the research early enough in relation to the given deadlines in order to curb the time constraint and was able to cover the large slum dwellings for research purposes at the earliest.

Due to the Covid-19 pandemic, the government declared that all schools be closed to prevent the spread of the disease. Therefore, during the time of data collection, the researcher was not able to access the respondents in schools. Instead, the researcher visited playgrounds in Laini Saba village, market places, open community centres, support centres, and village streets in order to find girls who met the target criteria for the study, as well as parents and teachers. Further, most people were unwilling to participate

due to the fear Covid-19. To address their fears, the study ensured that the respondents sat 2 meters from each other with masks on and hand sanitization done.

1.11 Assumptions of the Study

As per Bell, Bryman and Harley (2018), for the research problem to exist the researcher must assume some aspects of the study. Without assumptions, the research problem then does not exist. This study assumed that the study respondents would be honest in their responses. The study also assumed that the security in Kibera sub-county would be conducive for the study. In addition, the study assumed that the respondents would be accessible and willing to share information.

1.12 Theoretical Framework

A theoretical framework is an examination of the existing or self-formulated theories in relation to the research objectives. It refers to a set of interrelated variables, definitions and propositions that present a systematic view of a phenomenon by specifying relations among variables with the purpose of explaining a phenomenon (Lichtenberg, Lachmann & Fosshage, 2016). The study undertook the consideration of theories that relate to drugs and substance abuse. These theories conceptualize the nature of drug abuse and how the same is impacting and transferred among the youth. The study was anchored on the family systems theory and the attachment theory.

1.12.1 Family Systems Theory

The family systems theory was developed by Bowen in 1978 (Brown, 1999) to explain how a person's behaviour is linked to the family unit. According to the theory, family members are emotionally interconnected and therefore with time, the behaviour of

individuals within the family may be influenced by other family members (Brown, 1999). The family is considered as a system where behavioural characteristics of an individual are shaped over time. The theory entails eight core concepts that explain the family system. The first concept is that of triangles. This involves a relationship among three people, such as that of a mother, father, and child. Tension or conflict within this relationship makes one person an 'outsider'. The second concept is referred to as differentiation of self, which refers to one's ability to act or make decisions without seeking acceptance from their family due to the fear of rejection or criticism. A highly differentiated individual can make independent decisions even though they are emotionally connected to their family (Haefner, 2014).

The third factor involves the emotional system of the nuclear family. According to Brown (1999), a family's reaction to issues such as marital conflict, separation, and emotional distance depends on a pattern of behaviour that has existed in the family in the past. In addition, emotional problems affecting parents can be passed on to the children, in what is referred to in this theory as the family projection process (Fourth factor). This transmission of emotional problems can also be multigenerational whereby they are passed on to multiple generations (Fifth factor).

In the sixth factor, when these problems remain unresolved, a family member may cut off emotional contact with the family by distancing themselves geographically and being on their own in order to stay away from the family problems. The seventh factor posits that the position of a child in the family has an influence on their development and behaviour. The elder siblings tend to lead the others to follow a particular behavioural pattern or direction (Haefner, 2014). Finally, the eighth factor the influence of behaviour

at societal level. The emotional system of a society within which an individual lives may eventually influence the behaviour of that individual.

In the context of this study, the family systems theory was useful in understanding how the behaviour of youth in terms of engaging in drug abuse is linked to factors within their families. However, the theory does not strongly focus on parent-child attachment as a way of influencing behaviour. This aspect is important because the third objective in this study was to establish the influence of parental characteristics such as parenting practices on the tendency to engage in drug abuse. The attachment theory therefore bolstered and complemented the family systems theory in providing the theoretical anchorage for the study.

1.12.2 Attachment Theory

The attachment theory was developed by Bowlby in the year 1958 who had worked as a psychiatrist for many years and observed that children who had been separated from their mothers experienced a lot of emotional distress. On the basis of this observation, Bowlby developed the theory that the emotional attachment between a mother and their child significantly affects their development socially and cognitively. The psychological bond between parents and their children persists for long and is powerful in determining the behaviour and personality of children (McLeod, 2009). The attachment theory has greatly shaped studies on behaviour and interpersonal relationships. According to the theory, social and emotional needs of children are very important because they shape their relationship with an attachment figure who in most cases is the parent.

Dysfunctional relationships between the child and the parent(s) may lead to stress, anxiety and feelings of rejection (McLeod, 2009). Parents or attachment figures provide a sense of security and belonging which drive the interpersonal relationship between parents and children. Therefore, when the parental relationship is dysfunctional, there is a high likelihood that the child will become susceptible to vices such as drug abuse with the hope that this will help them manage or forget the emotional stress caused by dysfunctional parent-child relationship. This theory however does not discuss the behaviour of youth in terms of engaging in drug abuse, but this was discussed in the first theory.

1.13 Conceptual Framework

The section conceptualizes the research proposal. It entails the independent and dependent variables. The independent variables for this study are family status, family income, and parental characteristics while the dependent variable is drug abuse. The economic status of the family, and family income, when low, may lead to financial problems and psychological stress on children hence causing them to find solace in drug abuse. Financial problems facing low-income families expose girls to drug abuse because it makes them vulnerable. In addition, parents with low income may spend most of the time trying to fend for their families and therefore have little time to monitor and raise their children well.

Poor parenting practices such as lack of parental supervision, indulgence, and neglect also make girls vulnerable to drug abuse because the girls are left without proper parental supervision, guidance and advice against vices such as drug abuse. Parenting skills also influence the tendency of girls to engage in drug abuse. Failure by parents to

raise their children effectively may contribute to them engaging in drug abuse. In addition, children whose parent's occupation significantly reduces the time that they spend with their children, maybe lured into drug abuse due to lack of parental supervision and monitoring. In term of parental education, parents with a higher level of education are more likely to keep their children in school which makes them less likely to engage in drug abuse. The concept is depicted as in Figure 1.1 below with each of the variables' constructs being highlighted.

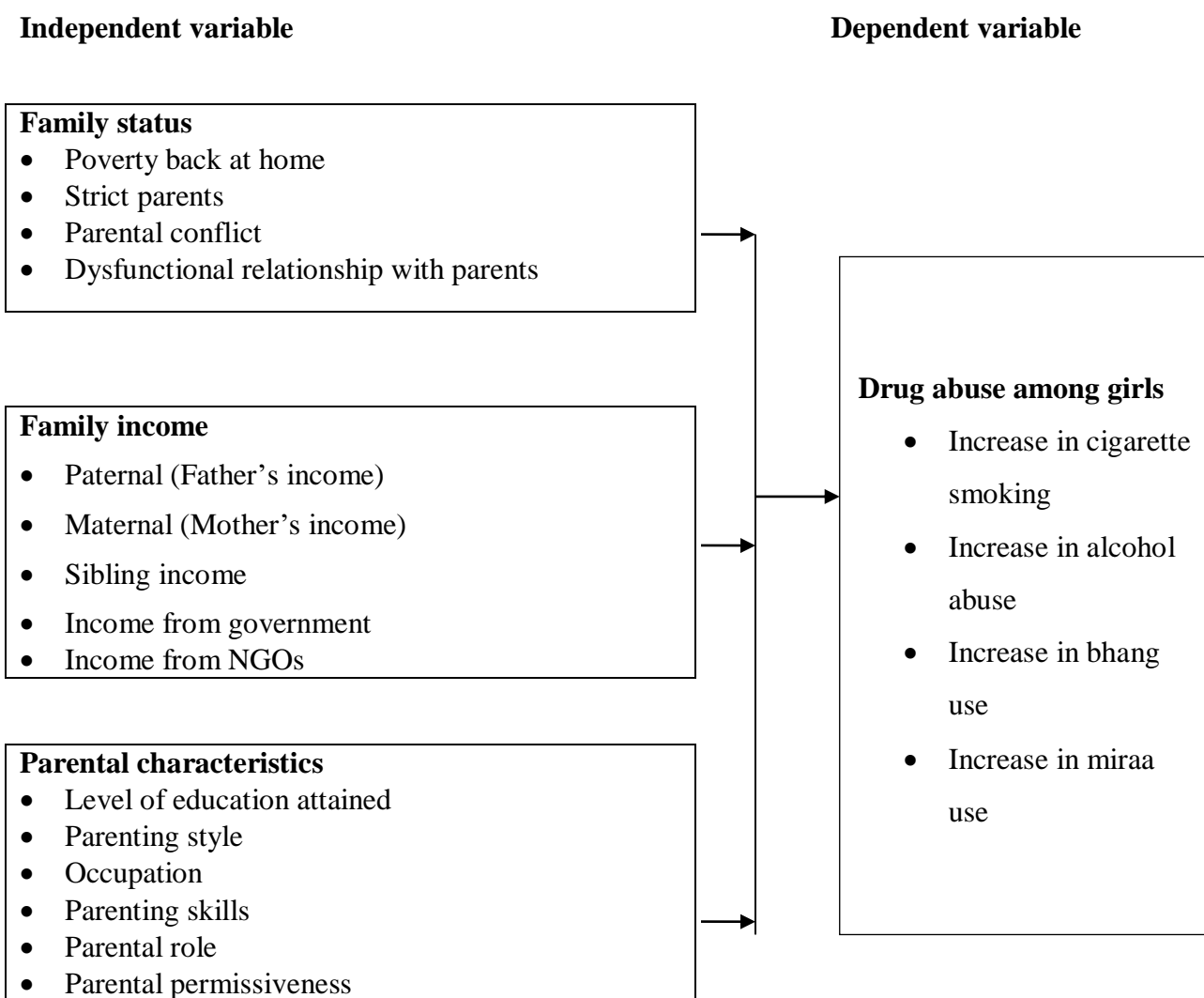


Figure 1.1: Conceptual Framework

Source: Author (2020)

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

The section herein details the literature relating to the research. The research thus reviews the empirical literature and the theories associated with the research topic. The chapter incorporates the theoretical review and the empirical review which entails literature and research works relating to drug abuse and family socio-economic factors.

2.2 Review of Literature

2.2.1 Family Status and Drug Abuse among Girls

Currently, there is evidence of an upward surge of drug abuse across the world. A report by the World Health Organization indicates that over 1.1 Billion people in the world use tobacco as the major drug of choice (WHO, 2020). Most of the users are male and women represent a very small percentage of these. Smoking is a prime habit among many people as well as the youth. The annual mortality rate due to tobacco consumption in the world is a little over 3.7 million deaths. In Euro-Asian countries, government policies are leaning toward safer cigarettes to ease the effect of tobacco abuse (WHO, 2020). There are many laboratories across the world that handle the manufacture of illegal drugs such as cocaine, nicotine, opium and others. These have increased in the past decade despite a stepped up fight against their operations. Among the youth, tobacco and cannabis remain the most abused drugs in the world (Arrazola *et al.*, 2014).

Regionally, sub-Saharan Africa has been less impacted by drug abuse with only few drug types being abused until the early 21st Century when the trend began to change.

Nigeria for instance, is a hub of drug traffickers with the natives being a target for anti-drug operations in countries such as South Africa, Tanzania and Kenya, where they are flushed out in effort to curb the rampant spread of drug abuse among the youth. In fact, Nigeria and South Africa are perceived to be the transit zones for drugs across Africa from the Americas and into Europe and Asia (International Drug Policy Consortium, 2020).

In Kenya, drug abuse among the youth is very rampant with various reasons to back it up including life stresses. There are also reported incidences of adults and older demographics being drug addicts especially in Nairobi and Mombasa counties (Njeri & Ngesu, 2014). It is considered criminal to engage in trafficking and illegal drug consumption. There are various authorities tasked with the management of the pandemic such as NACADA. There are various other regional states challenged by the drug abuse issue and these include Democratic Republic of Congo, Malawi, Somalia, Zambia, Sudan and Burundi. The most prevalent regions in terms of drug abuse in Kenya are slum areas in the major cities including Kisumu. The coastal counties of Kenya such as Mombasa, Kwale and Lamu are more vulnerable to drug abuse pandemic due to being in the heart of the transit point (Secor *et al.*, 2015).

There are numerous local research works regarding drug abuse such as Njeri and Ngesu (2014), Wawira *et al.* (2018) and Wambua (2002). In general, the vice is not spread across the country evenly and as such is more limited to urban centres, more so, the slum dwellings in these areas (NACADA, 2015). Alcohol and Tobacco are the most used drugs in Kenya with a percentage consumption of over 70%. Miraa is also consumed, cannabis and nicotine together with cocaine related products such as Shisha.

Social media portrays the use of illicit drugs as an acceptable vice and through this, many youths identify with the act. Traditional alcohol is also highly consumed amongst the youths in urban slum dwellings in Nairobi County. The general population's attitude embraces drug abuse subtly without much knowledge and restriction (Wawira *et al.*, 2018).

In Nairobi County, slum dwelling youths are experiencing so much social pressures. There are high expectations upon them in the face of limited resources. As an escape activity, youths in the county are quickly taking up drugs. Drugs temporarily avert pain and reality and the consistent use thereof makes the users dependent as they seek to always run away from pertinent life issues. It has been proved that drug abuse among the youth affects schooling, rational thinking, crime potential and self-esteem (Munyua *et al.*, 2014).

There are various ways the vice is being managed. Some of these ways include community workers' initiatives for counselling, punitive measures in school set ups and law punishments under the Drugs Act of Kenya. Among the slum dwelling youths, initiatives have been created to curb drug abuse through the use of arts, community groups that work and are kept engaged so much that they do not have the time to partake drugs. Also, the Nairobi Sports leagues enable youths to partake games and earn from the same which reduces vulnerability to drug abuse (NACADA, 2019).

From a study carried out from selected public secondary schools in Kiambu district, 36.5% of the sample respondents identified an abuse in drugs (Kiambuthi, 2005). The males who abused were reported to be 55% of the total males while the female were

18% of the total female population. The study shows that the men abuse drugs more than the women do. Sutherland (2012) on the contrary found that smoking is higher among the girls than boys. Wambua (2002) found that certain drugs are used by either gender, while NACADA (2020) reported that females are likely to be more vulnerable to the use of drugs such as alcohol and tobacco. The youth, including girls between the age of 13 and 24 years in slum dwellings have been found to commonly abuse alcohol, bhang, miraa, tobacco (cigarettes), among other drugs.

Another study by Orifa (2005) on types of drug abuse and preventive methods in mixed secondary schools in Kiambu district shows that age and gender are the variables that bring about drug abuse. On the contrary, Wanjala (2006) report that gender is the only variable that affects drug abuse, while age does not. Kiambuthi agrees with Orifa that both age and gender affect drug abuse. Drug abuse has spread all works of society with the youth being affected the most. The ages 16-26 are where most users fall, with the first trial beginning from age 4. The bigger number of the students are those of the teen group. At this stage in any person's life, where people transition from childhood to adulthood, there are various obstacles that face individuals then.

Ongwae (2016) described the obstacles as the period of "storm" and "stress", "turbulent and unstable", a time of self-awareness and self-discovery and this brings about the need to experiment. In these years, they are very critical for human growth, physically, mentally and intellectual levels. When the young ones engage in drug abuse during this stage, their future begins to shatter which then affects the nation at large (Ondieki & Mokua, 2012).

2.2.2 Family Income and Drug Abuse

Various researchers have found a link between the level of family income and the tendency of youth engaging in drug abuse. Patrick *et al.* (2012) sought to establish the relationship between socio-economic status and substance abuse among young adults using panel data in the United States. The study found that young adults from low-income households had been involved in drug abuse more than those from average-income households. However, it would be important to carry out the study in the Kenyan context in order to take into account the unique socio-economic situation of a developing country like Kenya, and especially the slum dwellings.

The findings are consistent with those of Lee *et al.* (2013) whose study revealed that economic strains during childhood increased the chances of substance abuse by young adults, although self-control during adolescence period mediates this relationship. The panel study involved 1285 adolescents and the variables included the dynamics of family income, development of the child, transition to adulthood, and substance abuse. The relationship was tested using structural equation modelling.

In a study carried out to establish the extent of drug abuse among the youth in Kenya, Chesang (2013) found that young people were increasingly being lured into using alcohol, cannabis, Cocaine, Heroin and other drugs despite the concerted efforts by organizations such as NACADA to curb the vice. However, this study focused on a general overview of drug abuse among the youth in Kenya. The link between socio-economic factors and drug abuse among the youth was not part of the scope of the study.

Otieno and Ofulla (2009) conducted a cross-sectional study to determine the factors associated with drug abuse among secondary school students in nine schools in Kisumu town, western Kenya. A total of 458 students were interviewed using a closed ended questionnaire. The study found that socio-economic status of the student's family, including family income determined the likelihood of abusing drugs. Students from low-income families had been involved in drug abuse more than those from middle or high-income families. However, this study considered all secondary school students. The current study will focus on girls between the age of 13 and 24, because this group is considered more vulnerable to drug abuse (Otieno & Ofulla, 2009).

Atwoli *et al* (2011) also carried out a study on substance abuse among college and university students in Eldoret using a descriptive cross-sectional survey where 500 students participated. The students cited various socio-economic factors that led them to drug abuse including financial problems. However, the study has a contextual gap by virtue of focusing on college students only.

Korir (2013) carried out an analysis of the drug abuse menace in the coastal region of Kenya in a descriptive survey involving 45 respondents. The respondents included parents, teachers, drug abuse victims and leaders in the local communities. One of the key findings was that poverty was driving many youths to drug abuse. In a study on the association between socio-economic factors and alcohol abuse, Collins (2016) also noted that unemployment and low personal or household income are associated with higher levels of alcohol abuse.

The history of the family has been linked to drug addiction according to Wambua (2002). Evidence has found that the educational level, employment and marital status of parents in the family influence substance addiction. Kiambithi (2005) confirmed this as well. The findings indicate that substance abuse cases are higher among students with post-secondary education than among students with less qualifications.

There are reports that suggest that the links between substance addiction and the educational level of parents' abusers for both genders are not well defined (Orifa 2004). The correlation is seen with the girls, according to Orifa. The percentage of girls who exploit drug users is 14.8 per cent compared with 10.6 per cent from households in which at least one of the parents has been to college. 'The study showed that education level for fathers does not impact substance abuse, according to Kiambuthi (2005) and Ndetei (2009).

Wanjala, 2006, says that the risk of substance misuse decreases with parental control on classwork. Separate studies by Merete (2005) and Gikonyo (2005) showed that the risk of substance addiction among children increases with the single parenthood, particularly unmarried mothers. Gikonyo (2005) also states that the largest number of childhood substance addicts is those of single mothers (75%), followed by widows (19.5%) and divorced parents (4.9%). Gikonyo's studies collaborated with NACADA (2004). Wanjala (2006) also found that the school setting related to students' substance addiction.

Across multiple researches conducted by Otieno (2005), Kiambuthi (2005) and Gikonyo (2005), substance availability and accessibility have been found to lead to drug

abuse. Thus, distance from the school to the dealer or store has an effect on substance addiction. Otieno (2005) states that in the school culture, supply of drugs such as miraa, cigarettes, alcohol, marijuana is motivating students to engage in substance addiction at cheap rates. In day schools and cases in which the public goes into school to sell their products conveniently the situation is more severe (Kiambuthi, 2005). Many studies indicate that school achievement and school satisfaction have more impact on substance addiction than the proximity to drug peddlers.

Pirisi (2011) reported that young women are more likely to abuse prescription drug than males. Because of the low prices and convenient supply, teens can obtain prescription medications quickly, and can become habituated and abused (Sikes, Walley, McBride, Fusco, Cole & Lauka, 2011). Kornblum (2008) claimed that prescription medications not approved for teenagers were easier to procure than alcohol because of the following; guardians were blind to their adolescents' use of narcotics, and pharmacy cabinets were accessible and unlocked, making it easy to enter and share with friends.

Cotto *et al.* (2010) revealed that a factor contributing to substance abuse in adolescent girls between 12 and 17 years of age was also the ease of access to prescription non-medical psychotherapy that led to dependence on these drugs. These girls had mental health conditions such as sleep disorders that led to psychotherapeutic dependence and substance abuse vulnerability.

2.2.3 Parental Characteristics and Drug Abuse

In a cross-sectional study on socioeconomic status and substance use among Swiss young men, Charitonidi *et al* (2016) found that the effect of parental level of

education on the tendency to use drugs varies across various drugs. However, the study was carried out in Switzerland hence raising a contextual gap in reference to the Kenyan context. Chalfin and Deza (2018) also carried out a study on the effects of parental education on children's drug and alcohol abuse in the United States and found that an increase in parental education decreases alcohol consumption and has no effect on marijuana consumption among the youth. However, the study should have considered a wider variety of drugs.

Bachman *et al* (2011) carried out a study to establish the relationship between parental education and substance abuse among students in the United States. The study involved a survey of more than 360,000 students. The findings revealed mixed results showing no association between parental education and substance abuse among African American and Hispanic students; and negative association between parental education and substance abuse among white students in grade 8 and 10.

Benchaya (2019) studied the relationship between parenting styles and cessation of use of drugs among adolescents in Brazil. The respondents were 60 boys and 39 girls aged between 14 and 19 years. The study found that adolescents whose parents were either absent or indulgent found it difficult to stop engaging in substance abuse. The study concluded that the relationship between parents and their children is a key determinant of adolescent drug abuse.

The findings by Benchaya (2019) are in agreement with those of Becona *et al* (2011) who reviewed the relationship between parenting styles and drug abuse and found that an authoritative parenting style significantly discourages drug abuse among children,

while a neglectful style increases the chances of children engaging in substance abuse. Berge *et al.* (2016) also carried out a longitudinal study involving 1268 adolescents aged between 12 and 13 years in Sweden and found that neglectful parenting was associated with higher substance abuse while authoritative parenting was associated with less alcohol abuse among adolescents.

Eslami-Shahrbabaki and Iranpour (2016) studied the role of parenting skills in preventing children from engaging in drug abuse and noted that parental characteristics/skills such as authoritarian parenting, positive parenting, leading by example, and building a strong parent-child relationship are associated with less problematic behaviour among children and a less likelihood of engaging in drug abuse.

Nyage and Mwai (2016) carried out a study to investigate the role of parental monitoring, residence, employment and parenting behaviours in predisposing adolescents to drug abuse in Manyatta Sub-county, Embu County. The study found that adolescents who lacked parental supervision, whose parents were authoritarian and had not had an open discussion on drug abuse matters with their children were more likely to engage in drug abuse.

A similar study was also conducted by Mwanja and Njagi (2017) to establish how parenting styles act as predictors of substance abuse among students in selected public schools in Embu County. Through multiple regression analysis of the data, the study found that the style of parenting was a significant predictor of drug abuse. However, these studies focused on secondary school students only, despite the fact that drug abuse among the youth starts as early as primary school age.

In a study on the determinants of drug abuse among the youth in higher learning institutions in Mombasa County, Nyaoke (2013) found that the education level of parents was one of the key determinants of drug abuse among the youth. Youth whose parents were less educated were more likely to be lured into drug and substance abuse. However, younger youths such as those at primary and secondary level of schooling were not included in the study (Nyaoke, 2013).

Abuya *et al* (2017) noted that parental education is an important determinant of completion of school among adolescents. The higher the education level of the parents, the greater the likelihood that they will ensure that the adolescent child does not drop out of school and engage in vices such as drug abuse. The study notes that the influence of parental education is persistent even when other socio-economic factors. However, the study focused more on the effect of parental education on completion of school by adolescents. Less focus was given to the effect of parental education on the tendency of youth to engage in drug abuse.

Communities according to NACADA (2004) view substance addiction differently, a number find it to be a male problem appropriate to male but not female, while for others, according to Otieno (2005) is known to be a problem preserved for the senior citizens in those cultures. Studies have however demonstrated that both male and female are affected similarly (NACADA, 2004) and are thus viewed as non-gender problems.

According to a study conducted by Fletcher, Bonell and Rhodes (2009), which involved eight girls and seven boys, aged 14–15, there was a gender differential

between males and females. They also suggested that young girls use drugs to establish identity and acceptance. Top-class girls of poor socioeconomic backgrounds continued to use drugs for relationship-building and identification in high-performance learning settings.

In dysfunctional family systems or societies, teenage girls encounter more depression which does not help to establish their identity or belonging. Family factors, such as one-parent homes or low parental engagement and awareness, appeared to adversely affect violence and drug misuse (Wang *et al.*, 2011). Teenage girls aged 12 to 17 years engaging in lesbianism or sexual experiences of similar orientation have a greater rate of drug misuse than sexual interactions of male partners. Another research by Corliss (2010) has shown that bisexual connections between adolescents are very significant.

Drug abuse in teenage girls exceeded the growth rate of substance abuse for young people (120 percent for females, and 51 percent for males), and girls were more likely to go to jail than males in 1993–2002 (Huh, Tristan, Wade & Stice, 2006). The rise in abuse and arrest was due to the absence of control and support from parents. Those causes have led to the substance addiction and law enforcement problems with girls (Huh *et al.*, 2006). In order to discourage underage girls' drug abuse, parental education became crucial. Tebes *et al.* (2011) indicated that, parental monitoring and/or drug use sensitization was more effective in reducing abuse of drugs among African American male than in African American women.

Research by Lopez *et al.* (2009) revealed that 44% of the jailed young girls used drugs to establish bonds with their parents. Such girls were longing for their father to pay more attention. These girls also saw their parents use drugs to deal with issues, causing to exhibit similar actions. Girls whose parents were abusers of substances were at greater risk of becoming substance abusers and faced social, education and health challenges (Dehn, 2010). Adolescent girls born to mothers who have a history of depression or mood shifting conditions became depressed and drug addicts. They experienced drug addiction problems that led a few years later to intensified depression. Gallerani, Garber and Martin (2010) also note that girls who have been engaged in drug abuse have more risks of anxiety than boys struggling with depression and drug misuse.

Divorce and separation has been a very traumatic process which leads to abuse of drugs by teenagers since the home framework has been reshaped. If parents of young girls split and the custodial parent remarries, the young teens are turned into drug abusers (Paxton, Valois & Wanzer, 2007). Family tension and drug abuse among teenage girls had associations that led girls to rationalise their issues. This acceptance resulted in depression, fear and isolation. Kelly (2011) found that young girls have drug use continuity because they had unhealthy family conditions such as those that arise due to separation from a mother or father. 23% of girls and 18% of boys claimed they had taken at least one non-prescribed drug (OSDUHS, 2010).

Simple exposure to common household goods is the simple and affordable way to substance addiction for teenagers. Such behaviours are highly popular among adolescents. Despite of the easy access, young girls tended to start early to use household items for inhalation. According to a survey by Aoun, Christopher and Ingraham (2014),

bath salts are more common since they are cheap, easy to get, often considered safe, while bath salts are actually capable of depressing appetite and mood, while misused. Letter of Brown University (2007) reported teenage girl inhalants, which involves glue, nail polish, polishing, rubbing paints, aerosols and fluid correction.

According to Renes and Strange (2009), in the 1980s the inhalant misuse by young women was closely linked to their male counterpart. Currently, the negative effects of over-the-counter substance use misused by youth are a significant concern. These girls have easy exposure to cough and diet pills that can also be used for a number of reasons, including relaxation mechanisms, social interaction or getting high. Teenage girls continue to misuse dietary supplements during high school years of coping with psychological problems and family issues.

Physical attractiveness during adolescence growth are critical for adolescents, Schinke, Fang, Cole, and Cohen-Cutler (2011) as they seek the acceptance of their peers to build relationships inside and outside schools. Young girls are more concerned about establishing ties or alliances, seeking to gain their peers' approval by engaging in illicit drugs. Young girls must develop close ties with older peers such that illicit activities such as alcohol and drugs are accepted. Such social consequence has contributed to other risky habits like early sexual activities, disparate criminality and low academic achievement.

In a study conducted by Shekhtmeyster, Sharkey, and You (2011), suggested that meaningful and caring relationships between peers were factors influencing the involvement of a young girl with drugs. The relationships between the school staff and the active participation of schoolgirls are important assets that facilitate higher

performance and foster responsible choices that dissuade them from drug-related pressures.

Inner tension and the environment have had an effect on teenage substance addiction. Adolescents in family tragedy had trauma which led them to family dysfunction, behavioural, physical, financial and emotional problems. In this situation, these adolescents often reported low parental intervention, which led to PTSD and delinquency, which led to drug misuse, especially in girls. Three - quarters of high school students have smoke, drink or alcohol use and almost half of high school students are existing patients (NCASA, 2011).

Additionally, tobacco, alcohol, and drug users are twice as likely to get low grades than non-users, and teen users of marijuana are around half as likely to drop out of high school than non-users. Adolescents using marijuana reported having a mean grade of “D” or lower in comparison with students who have not used marijuana and maintained “C” or higher-grade averages (Shekhtmeyster *et al.*, 2011).

Henry (2010) also claimed that students’ academic achievement may begin to decline at Junior High School due to the use of drugs in the article “Academic achievement and teenage medicine” More often than not, students have little or no attachment to school and little or no activities to develop their interests, and they are very much intimate with pairs with persistent misconduct. Lower schooling led to alcohol addiction and poor student academic performance.

2.3 Summary and Research Gap

In summary, various researchers have drawn their research interests to the drug abuse menace among the youth, and have identified it as a serious social and economic problem that demands the attention of all stakeholders. The literature supports the fact that drug abuse is rampant among the youth, especially in informal settlements such as Kibera slums. Empirical evidence suggests that family income and parental characteristics such as parenting style, parental level of education, and parenting skills among others have a strong influence on the tendency of the youth to engage in drug abuse. However, various gaps exist, that this study sought to address.

The context of girls between the age of 13 and 24 has received little research attention despite evidence that this group is the most vulnerable. In addition, the context of Kibera slums has also not received adequate research attention. A conceptual gap also arises in the existing literature because the focus has been more on general socio-economic factors and how they influence drug abuse, while this study focused specifically on family socio-economic factors. The current study therefore sought to address the existing research gaps in order to contribute to the body of knowledge on the nexus between family socio-economic factors and drug abuse.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

Methodology is described by Creswell (2003) as an approach or implementation strategy that connects methods that are applied in the study to findings. This section discusses the methodology for the study. Specifically, the chapter presents the research design, research site and rationale, target population, sampling procedure, sample size, data collection procedures, research instruments, data analysis and presentation methods and lastly the ethical considerations. The findings were obtained through the implementation of the study based on the methodology that is described in this section. Therefore, the research methodology provides a framework within which the study is conducted.

3.2 Research Design

The research design refers to the structural approach to undertaking a research (Creswell & Creswell, 2017). Cooper and Schindler (2006) state that research design is a study approach and strategy that lays out process and procedures for gathering, evaluating, and reviewing data the project is to be carried out. This research adopted a descriptive research design because this design seeks to establish the state of affairs as they exist. A descriptive research design is therefore appropriate because the objective of this study is to establish the socio-economic factors leading to drug abuse among girls in Kibera slums. Specifically, this study aimed at establishing the relationship between family socio-economic factors and drug abuse in Laini Saba Sub-county.

3.3 Research Site

The study was conducted in Laini Saba village which is part of Kibera slum dwellings located in Kibra constituency (sub-county) in Nairobi County (Appendix V). The County is the capital city of Kenya and as such has a vast range of demography. Laini Saba village is one of the 13 villages in Kibra sub-county and is among the most densely populated with a population of about 48,000 people per square kilometre (Desgropes & Taupin, 2011). Kibera is among the largest informal settlement in Africa with a population of about 1 Million people (Onyango & Tostensen, 2015). It is located south west of Nairobi City, about 6 kilometres from the City Centre. According to the African Population and Health Research Centre (APHRC) (2010), the village is characterized by high levels of unemployment, increased abuse of drugs, poor sanitation facilities, poor housing and access to electricity, and poor healthcare access. Other villages in Kibra sub-county include Raila, Soweto, Gatwekera, Kisumu Ndogo, Lindi, Siranga/Undugu, Makina and Mashimoni.

The target respondents were girls within in Laini Saba village. There has been a major challenge with drug abuse cases among the youths in urban slum dwellings in the county and as such, the research will narrow down to youths, and especially girls aged between 13 and 24 years. This is because girls of this age have been found to be more vulnerable to drug abuse (Wawira *et al.*, 2018). Therefore, the choice of girls aged between 13 and 24 was informed by the vulnerability of this age group, and the fact that existing studies had not given this group adequate research attention in relation to drug abuse.

3.4 Target Population

A population is a collection of people, objects, or things from which samples are taken for measurement according to Kombo and Tromp (2006). The target population is described by Mugenda and Mugenda (2003) as a group of persons, cases or items with certain specific characteristics, from which a researcher would like to generalize the study outcome. Target population in research refers to all elements from which a research seeks to collect information and make conclusions about (Creswell, 2012). The target population for this research was 254 girls within the Laini Saba village in Kibra Sub County. The study also aimed at getting the views of parents and teachers in order to acquire useful information and insights on the drug abuse menace among young girls in the slum dwellings. The sampling frame involved girls living in Laini Saba village in Kibra sub-county aged between 13 and 24 years, as well as parents and teachers in the area.

3.5 Sampling Procedure

Sampling methodology applies to how instances are chosen through observation according to Mugenda and Mugenda (2009). This outlines the subject to be explored in depth and how they are chosen from the focus audience. The target population of the study was 254 girls, and was considered not to be a large population. Since the study population is not large, according to Creswell (2003), when the target population is small, 68% of the population would give a good sample for the study. Therefore, 68% of the population was proposed and a sample size of 173 respondents was significant (Creswell, 2003).

Through the help of the area local administration, health care workers, churches and non-governmental groups, the study aimed at visiting two secondary schools and two

tertiary colleges in Laini Saba location to collect data. Girls aged between 13 and 24 years are more vulnerable to drug abuse as noted by Wawira *et al.* (2018). The study aimed at accessing the girls from their secondary schools and tertiary institutions/colleges because the age of 13 to 24 is the school going age hence most of them would be in school.

However, due to the Covid-19 Pandemic, the government declared that all school be closed to prevent the spread of the disease. Therefore, during the time of data collection, the researcher was not able to access the respondents in schools. Instead, the researcher visited playgrounds in Laini Saba village, market places, open community centres, support centres, and village streets in order to find girls who met the target criteria for the study, as well as parents and teachers. As a result, the process of data collection was more challenging because the potential respondents were not in one place. However, research assistants who were very conversant with the village proved immensely useful in identifying suitable respondents.

3.5.1 Sample Size

Mugenda and Mugenda (2003) state that the optimal sample would act as an appropriate approximation of the population that the investigator wishes to generalize and should be strategically selected with respect to subject-related access, time, resources and data collection expenses. The sample size is defined as section of a target population which a researcher actually engages in deriving of the findings of the research. Laini Saba village has 3 secondary schools which include Mashimoni Secondary School, Sifma Secondary School and St Augustus Secondary School and 2 tertiary colleges (ShuleZote

website, 2020). The study aimed at collecting data from two secondary schools containing girls and the two tertiary institutions in the village. Table 3.1 shows the number of students in each school.

Table 3.1 Sampling Frame

School	Type	Number of students	Number of girls	Sample Size (68%)
School A	Secondary	130	71	48
School B	Secondary	157	97	66
School C	Tertiary	15	4	3
School D	Tertiary	154	82	56
Total		456	254	173

The study aimed at conducting a sample of 173 girls based on the Creswell (2003) technique that recommends a sample of 68% for small populations, making it possible to reach every member. However, due to the Covid-19 pandemic which led to closure of schools and a ban on large gatherings, the study was able to collect data from 121 girls from the schools targeted.

In addition, the study conducted two focus group discussions each comprising of 5 respondents who were teachers and parents in the area. The study had to limit the number of people in the focus group discussions because of the Covid-19 disease which is easily spread from one person to another through physical contact, or when an infected person coughs or sneezes. In addition, most people were unwilling participate due to the fear of being exposed to Covid-19. However, to address their fears, the study ensured that the respondents sat 2 meters from each other in order to observe social distancing. Masks and hand sanitizers were also provided to all respondents.

3.6 Data Collection

The study collected both qualitative and quantitative data in order to adequately address the objectives of the study. The researcher sought permission from the University, the National Commission for Science, Technology and Innovation (NACOSTI), the Nairobi County Government, and the local area administration in before commencing the collection of data. The data collection was carried out between 1st May and 15th June 2020 with the help of research assistants who were well conversant with the area. The researcher also liaised with the local administration on security logistics during the collection of data. The study also adhered to preventive measures against the Covid-19 disease, such as social distancing, wearing of face masks, washing of hands, and use of hand sanitizers.

3.6.1 Data Collection Instruments

Data collection instruments are the means by which the research is undertaken regarding data collection. The research herein employed the use of questionnaires to collect data from the girls. In addition, the study collected data from teachers using an interview guide, and from parents through two focus groups discussions (FGD) each involving 5 people. The questionnaires were semi-structured in order to allow the respondents flexibility in providing responses that were useful in answering the research questions. Close ended questions collected quantitative data while qualitative data was obtained from the open ended questions in the questionnaire, key informant interviews and focus group discussion.

The questionnaire was divided into three sections. The first section included questions on demographic characteristics such as age, level of education and duration of

stay in Laini Saba location. The next section included questions on family socio-economic factors, and the last section included questions on drug abuse and the linkage between drug abuse and socio-economic factors.

3.6.2 Pilot Testing of Research Instruments

The researcher carried out a pilot study. This was carried out through establishing the given attributes of the research instrument which is the use of questionnaires. The pilot test measured the data collection process in terms of reliability and validity. Through the help of the local administration, the pilot study was carried out at Kisumu Ndogo village (location) in Kibra Sub-County, where 17 girls were selected at random to participate, forming 10% of the sample as recommended by Mugenda and Mugenda (2003). According to Moore *et al.* (2011), a pilot study should involve at least 12 respondents. The selected respondents were not selected again in the actual study. The pilot study was useful in identifying gaps in the research instruments, and challenges during data collection. The researcher analyzed the findings of the pilot study by reviewing the appropriateness of the questions in the research instrument and the responses provided, against the research questions in order to establish whether the questions are appropriate and adequate in answering the research questions. The researcher also observed the level of ease with which respondents responded to the questions, and made any adjustments where some questions appeared difficult to understand or ambiguous. These aspects were then addressed before the actual data collection.

3.6.3 Instrument Reliability

The degree of uniformity between several measurements for a parameter is an indicator of reliability (Creswell, 2009). The degree to which a testing instrument delivers stable findings on data after repeated trials is a metric of reliability (Mugenda & Mugenda, 2003). Reliability is a measure of how accurate study instruments yield findings or knowledge after repeat studies (Mugenda & Mugenda, 2003). The more robust the instrument's ability to achieve repeated results or rather the repetitiveness of the calculation, the greater its dependability. For each element and each data collection process, an object analysis was carried out to assess the internal consistency and reliability of the data collection instrument (Kumar, 2005). Cronbach's Alpha reliability approach was used to provide tools and Likert scale items with reliability estimates. The coefficient typically ranges from 0 to 1 but currently there are no lower limits. When α tends to 1.0, the higher the internal consistency of the objects in the scale. The number and the average inter-item correlations based on this formula will both determine the size of α

$$\alpha = rk / \{1 + (k-1)/r\}$$

where k = number of items considered and r = mean of inter-item correlations

The following generally acceptable rules on the thumb were given by George & Mallery (2003): when $\alpha \geq 0.9$ it is Excellent, when $0.9 > \alpha \geq 0.8$ it is Good, when $0.8 > \alpha \geq 0.7$ it is Acceptable.

Where $0.7 > \alpha \geq 0.6$ it is Questionable, where $0.6 > \alpha \geq 0.5$ it is Poor and when $0.5 > \alpha$, it is Unacceptable. A coefficient of reliability of at least 0.798 was obtained and considered appropriate in this study.

3.6.4 Instrument Validity

Validity is an instrument's ability to measure the dimensions. The description, conclusion, explanation, interpretation or other forms of accounts are accurate or reliable (Kumar, 2005). According to Kumar (2005), the validity of a research instrument is determined by two approaches: logic and statistical evidence. A rational relationship between questions and goals is relevant (Kumar, 2005). Validity can be tested from three dimensions. Including content, design and validity of the parameters (Kumar, 2005). In order to test validity, the instrument was subjected to review by subject the supervisors who checked whether the content, design and the parameters of the instrument will adequately measure the dimensions required for the study. The degree to which the test determines what it is supposed to measure has been described as validity. According to Creswell and Creswell (2017), a tool is then assumed to be accurate if the information obtained from individuals, who were interviewed. They also contend that analysis and repeated testing will improve the integrity of all instruments. A pilot study helped the researcher identify and reconstruct items in a research tool that were ambiguous in obtaining the relevant information. Reconstruction of items that were found to be ambiguous in obtaining the relevant information was done.

3.7 Data Analysis

Analysis of data was carried out using descriptive statistics, inferential statistics and content analysis. Quantitative data was analyzed using percentages and correlation analysis with the help of the Statistical Package for Social Sciences (SPSS) version 26 statistical analysis software, while qualitative data was analyzed using content analysis with the help of NVIVO version 12 software to identify emerging themes in relation to

the research questions. Before analysis, the data was checked for completeness and organized in readiness for analysis. The results were presented using themes and verbatim (for qualitative data), and tables, charts, and graphs for quantitative data.

3.8 Legal and Ethical Considerations

The following ethical considerations were taken into account in the context of the study; Truthfulness: the results are reported honestly and the opinions of the researcher were included. The study reported the findings in a manner that is unmodified or unfairly assumed. Data security: The data collected was treated with confidentiality and reported in a way that safeguarded the privacy of the respondents. Authenticity: The researcher accurately reported the results and avoided bias and subjective data analysis. Accountability: By collecting and portraying the evidence and knowledge gathered accurately, the researcher ensured that accountability was adhered to.

In line with the ethical principles of research, the study sought approval from the university, and obtained a research permit from NACOSTI as well as the County Government of Nairobi. During the process of collecting data, the respondents were assured of confidentiality and anonymity. The researcher did not require them to disclose their real names. Instead, the respondents were identified by hypothetical names or codes in order to maintain anonymity. The information collected was utilized for the purposes of this study only, and was not be linked to individual respondents. Consent was sought from the respondents, and no respondent will be coerced into participating in the study. For respondents below the age of 18 years, consent was sought from their parents, guardians or school head. Lastly, all sources of information that do not belong to the researcher were appropriately cited in order to avoid plagiarism.

CHAPTER FOUR

DATA ANALYSIS AND FINDINGS

4.1 Introduction

This chapter presents the findings of the study as well as an interpretation of the findings. The presentation of the findings is based on the response rate achieved, the demographic information and examines the questions as per the specific objectives. Analyses are conducted using SPSS version 26.0 and presented in tables and figures. Thematic analysis was adopted for qualitative data and reported in verbatim to validate the findings from the questionnaire.

4.2 Response Rate

The study sought to determine the number of questionnaires that were returned from the field. It found that 121 respondents returned their responses successfully out of a target of 173 respondents, representing a response rate of 70%. The response was sufficient as recommended by Mugenda and Mugenda (2003), that responses of more than 70% can be used to make conclusive findings. The findings are shown in Figure 4.1.

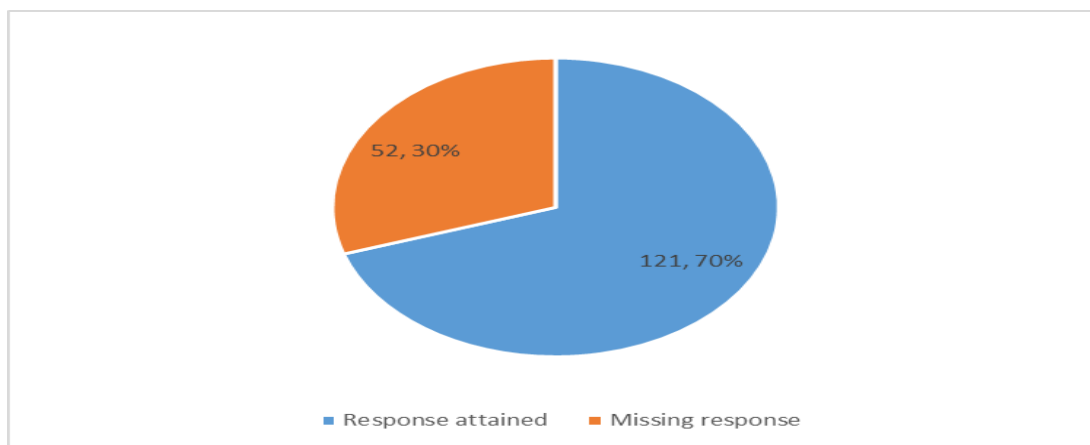


Figure 4.1: Response Rate

Source: Researcher (2020).

The response rate, though sufficient, was not excellent, and this was attributed to the Covid-19 pandemic which has resulted in closure of schools and a government ban on large gatherings. In addition, some of the potential respondents were not willing to participate in the study due to the fear of giving out information relating to drug abuse.

4.3 Characteristics of the Respondents

The demographic characteristics sought from the study were the age of respondents, education level of the respondents and the length of in Laini Saba village. the findings are presented in sub-sections 4.3.1 to 4.3.3.

4.3.1 Age of the Respondents

The study sought to assess the age category of the respondents (girls) in order to determine if the respondents met the criteria for age as presented in the sampling determination. The findings are presented in Table 4.1.

Table 4.1: Descriptive statistics of the age of the respondents

	N	Minimum	Maximum	Mean	Std. Deviation	Skewness
Age	121	13	24	18.37	3.409	.117 .220

Source: Researcher (2020).

The study found that the average age for the girls was 18 years. The minimum age was 13 while the maximum age was 24 years. This is because the scope of the study was limited to girls aged between 13 and 24 years, and therefore information was corrected from the right targeted population.

4.2.2 Education Level of the Respondents

The level of education of the respondents was sought in the study in order to determine the capability of the respondents to answer questions postulated. The findings are shown in Figure 4.2.

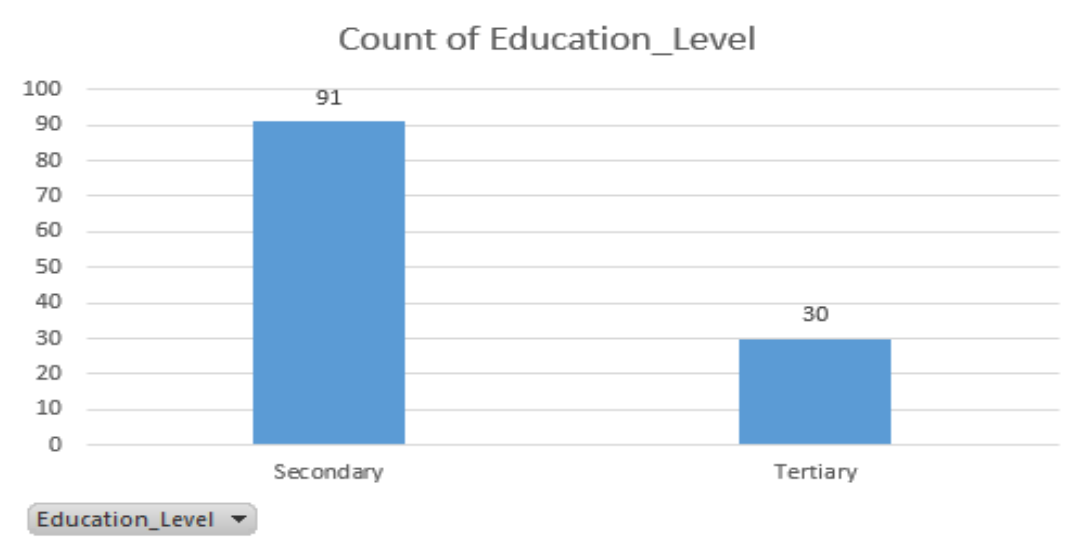


Figure 4.2: Bar graph showing the education level of the respondents

Source: Researcher (2020).

As shown in Figure 4.2, 75.2% of the respondents were in secondary school while 24.8% were in tertiary level of education. This implies that the respondents were educated, hence did not have problems answering the questions posited to them.

4.2.3 Length of Stay in Laini Saba Village

The study sought to determine the number of years the respondents had lived in Laini Saba Village in order to determine if they were residents or not. Figure 4.3 shows the percentage of respondents who had stayed in Laini Saba for the pre-determined time bands.

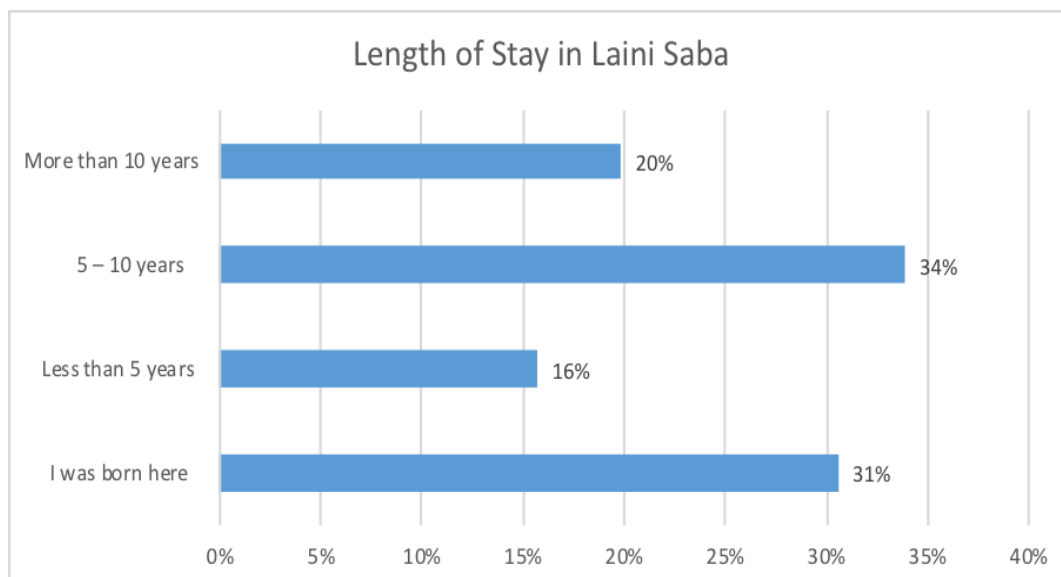


Figure 4.3: Length of stay of the respondents in Laini Saba village

Source: Researcher (2020).

As shown in Figure 4.3, 31% of the respondents were born in Laini Saba village, while 16% had lived there for less than 5 years even though they were not born there. The percentage of respondents who had lived in Laini Saba between 5 to 10 years, and for more than 10 years were 34% and 20% respectively. The findings imply that the majority of the respondents were residents of the area.

4.4 Presentation of Research Analysis and Findings

4.4.1 Family Status and Drug Abuse

The first specific objective of the study was to examine the family status and drug abuse among girls in Laini Saba village in Kibra Sub-County. The study analyzed responses relating to the person with whom the girl lives with, parent's marital status, whether or not the respondent had ever abused drugs, age at first instance of drug abuse, as well as the type and frequency of drug abuse.

4.4.1.1 Person Living with the Respondent

The study sought to determine the persons who were living with the girls in order to find out the type of families where they came from. Figure 4.4 shows the percentage of respondents living alone, with a friend, a spouse, sibling, guardian, both parents, mother, and father.

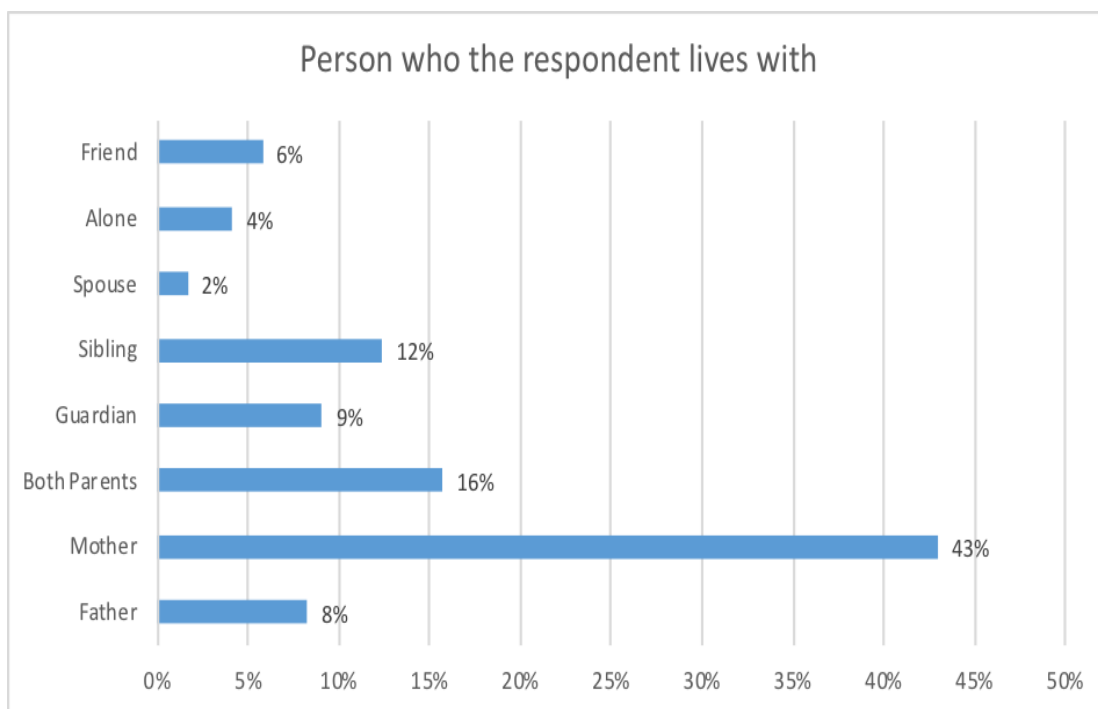


Figure 4.4: Bar graph showing the person with whom the respondent lives with
Source: Researcher (2020).

The highest percentage (43%) of girls lived with their mother, followed by those who lived with both parents (16%). Those who live with their fathers, guardian, sibling, spouse, and friend were 8%, 9%, 12%, 2%, and 6% respectively, while 4% live alone. The findings imply that the girls in Laini Saba Village live with their mothers, as opposed to living with both parents.

4.4.1.2 Parent's marital status

The study sought to determine the marital status of the parents of the girls who participated in the study. This was necessary in determining the family structure of these girls, and the parental authority in their lives. The findings are presented in Figure 4.5.

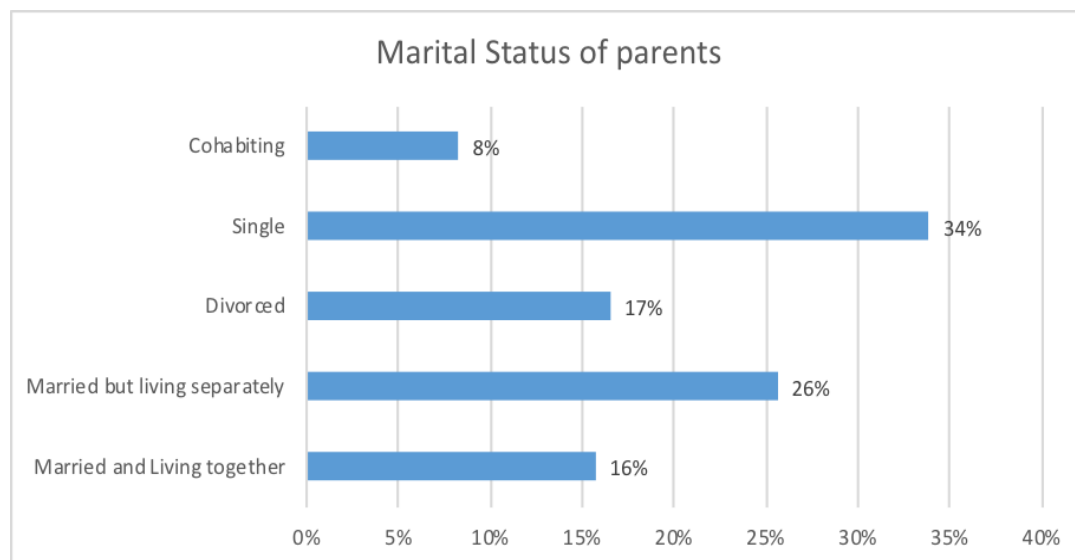


Figure 4.5: Bar graph showing the marital status of the girls' parents

Source: Researcher (2020)

Figure 4.5 shows the percentage of parents who were cohabiting, single, divorced, married but living separately, or married and living together. The largest percentage of the respondents' parents were single parents (34%) while the lowest percentage (8%) cohabiting. The findings clearly indicate that most households are headed by single mothers.

4.4.1.3 Respondent use of drugs

The study sought to determine whether the respondents (girls) had ever used drugs before in order to determine whether they had come across any form of drug abuse

in their lives. Figure 4.6 shows the percentage of girls who had abused drugs at least once, and the percentage of girls who had never abused drugs.

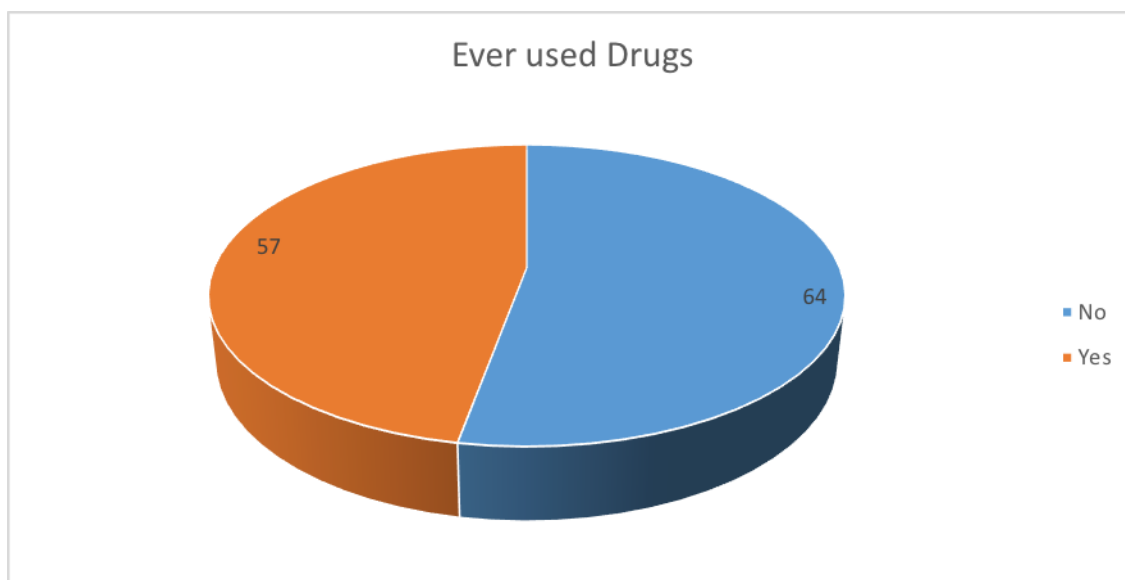


Figure 4.6: Pie chart showing the % of girls who had ever abused drugs

Source: Researcher (2020)

From Figure 4.6, 47% of the respondents had engaged in drug abuse at least once, while 53% had not. The findings clearly show that prevalence of drug abuse in Laini Saba village was very high (47%) as the girls had at least been involved in drug use at least once in their lives.

4.4.1.4 Age at First Instance of Drug Abuse

For those who had used engaged in drug use/abuse at least once in their lives, the stud sought to determine the age when they were first involved with such incidences in order to find out the prevalent age where drug abuse starts. Table 4.2 shows the findings on age of exposure to drug use.

Table 4.2: Descriptive statistics of the age at first instance of drug abuse

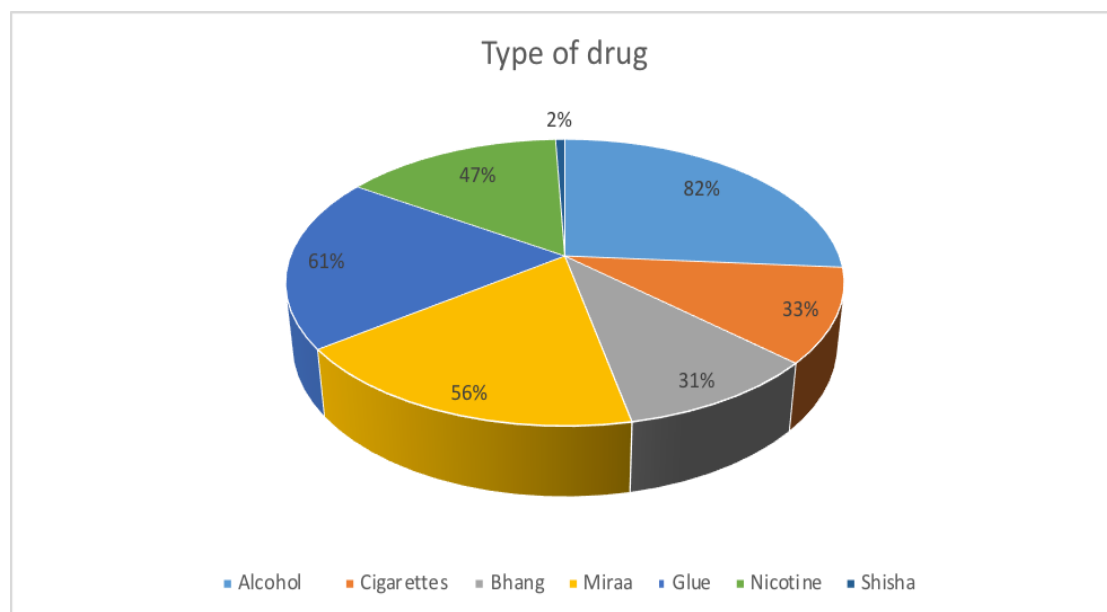
	N	Minimum	Maximum	Mean	Std. Deviation
Age at Onset	57	10	17	13.42	2.427

Source: Researcher (2020)

The study found that the minimum age at which respondents first abused drugs was 10 years while the maximum age was 17 years. The mean age at onset was 13 years, meaning that the girls at 13 years were mainly exposed to drug use and abuse. This is the period when most students are transitioning from primary school to secondary school education.

4.4.1.5 Type of drug abused

The study also sought to determine the type of drugs that were abused in order to clearly paint a picture on common drugs abused by girls of young age in Laini Saba village. Figure 4.7 presents the findings obtained in the study.

**Figure 4.7: Pie chart showing the type of drug abused**

Source: Researcher (2020)

Figure 4.7 shows the percentage of respondents who had ever abused alcohol, cigarettes, bhang, miraa, glue, nicotine, and shisha. As shown in Figure 4.7, 82% of the respondents have ever used alcohol while 61% have used glue. Cigarettes, Bhang, Miraa, Nicotine, and Shisha had been used by 33%, 31%, 56%, 47% and 2% of the respondents respectively. The findings indicate that the common abused drugs in the Kibera informal settlement were alcohol and glue.

4.4.1.6 Frequency of drug use

The study aimed to gather information on the frequency of drug use, especially on the major type of drugs abused. Figure 4.8 presents the findings attained from Laini Saba village in Kibera informal settlement.

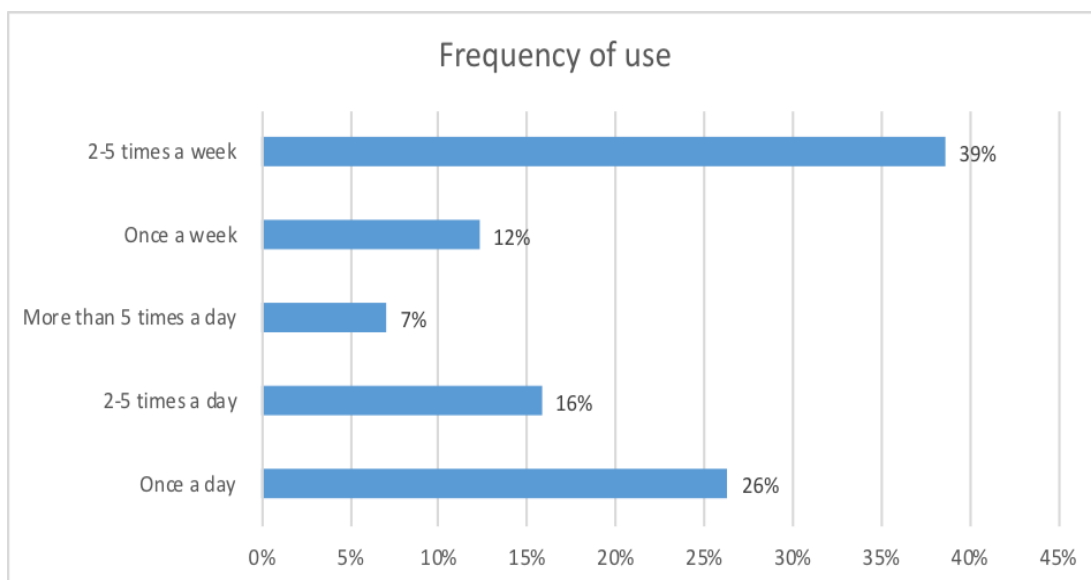


Figure 4.8: Bar graph showing the frequency of drug use

Source: Researcher (2020)

Figure 4.8 shows the percentage of respondents per various bands of frequency of drug use. The largest percentage of respondents (39%) used drugs at least two to five

From the direct narratives of the respondents, it was evident that poverty was a common problem in most families in the research area. The source of income for most families was casual jobs, which were not always easy to come by. Accessing food and basic needs, including education is a major problem as depicted in the verbatim narrative below from one of the respondents;

My mum is a single mum and is unemployed. We are five children at home and sometimes we don't get anything to eat. My mother washes clothes for people in Langata and when she does not get work, we just sleep hungry. Two of my brothers stopped going to school. Even me I had stopped going but this organization assisted me and took me back to school (Source: School girl, Laini Saba village)

The respondents also cited poverty as a major contributor to vices such as drug abuse.

Many of my friends got into drugs and others are pregnant, others have small children. They are not in school. Poverty is making it easy to get into bad things like drugs, crime and pregnancy (Source: School girl, Laini Saba village).

The teachers noted that drug abuse among young girls and the youth in general was a very serious problem in the area. The teachers said;

Drug abuse among young girls is a very serious challenge to us as teachers. Young girls and even boys are very vulnerable to drug abuse especially in this location. The local administration as well as agencies like NACADA have really helped us (Source: Teacher, Laini Saba village).

Most young girls get early pregnancies and drop out of school. They get lured by being told that using drugs is fun and nice. That is how their future is messed up with. However, I would like to point out that poverty is the largest contributor of drug abuse among young girls and youth in general. Most of the families in this village and Kibera slums in general live from hand to mouth. It is common for children to go for a day or two without a proper meal. Even getting school uniform is a big problem. We usually try to support them as a school and through well-wishers so that they remain in school. Financial frustrations within the family expose

children to drug abuse which is rampant in the village streets (Source: Teacher, Laini Saba village).

As for the school where I teach, we receive a lot of children, especially girls who are rescued by Churches, NGOs and other support groups. They bring them to school and provide them with basic needs. From my interaction with them, most of them get into drugs because of parental conflict at home, poverty at home, peer pressure, being neglected by parents, and lack of proper follow up by parents. Others get into crime in order to get money to support their parents, or to buy drugs. This happens from even as early as 10 years (Source: Teacher, Laini Saba village).

The excerpt below from a parent who is also a religious leader in the research area describes the situation in the area in terms of drug abuse, the status of most families, and the youth, specifically girls in this case. The parent said;

I am a religious leader in this area, and the issue of drug abuse especially among the youth is a major concern to us as a church. Drug abuse is very common among young boys and girls even from a very young age. I have heard of cases of 11 – 15-year-old girls in the neighbourhood being addicted to drugs like glue and alcohol, and engaging in teenage sex. Others even get pregnant at such a young age. This is a very serious matter (Source: Parent, Laini Saba village).

As a church, we continue to try to raise awareness and educate parents on the need to instil good morals in their children and raise them well to avoid being lured into such vices like drug abuse. This problem has really destroyed our society and we must continue to fight it. Our Church also sponsors some of the youth in secondary schools and polytechnics so that they get busy and avoid getting into crime and drug abuse (Source: Parent, Laini Saba village).

4.4.2 Family Income and Drug Abuse

The second objective of the study was to explore the relationship between family income and drug abuse among girls in Laini Saba village in Kibera Sub-county. For the quantitative data which was in the form of Likert scale responses, the study conducted correlation analysis to establish whether there exists a statistical relationship between the variables, as well as the strength and direction of the relationship.

4.4.2.1 Correlation between Poverty and Drug Abuse

The study sought the respondents' opinion on whether poverty in the family (living below the poverty line) had an influence on the tendency to engage in drug abuse. The responses were in form of a Likert scale. Table 4.3 below shows the output of the correlation analysis.

Table 4.3: Correlation analysis between poverty and use of drugs

		Poverty	Ever used drugs
Poverty	Pearson Correlation	1	.848**
	Sig. (2-tailed)		.000
	N	121	121
Ever used drugs	Pearson Correlation	.848**	1
	Sig. (2-tailed)	.000	
	N	121	121

** . Correlation is significant at the 0.01 level (2-tailed).

The correlation was statistically significant at 99% level of significance, implying that there was a strong correlation between poverty in the family and drug abuse among girls. This indicates a general opinion among the respondents that the higher the level of poverty in the family, the higher the likelihood of girls engaging in drug abuse.

4.4.2.2 Family income

The study sought to determine the sources of income for the families of the girls sampled in the study. This was necessary in determining those who were highly responsible for ensuring the wellbeing of the girls, in terms of finances. Figure 4.10 shows the main sources of income for the family as per the responses given by the respondents.

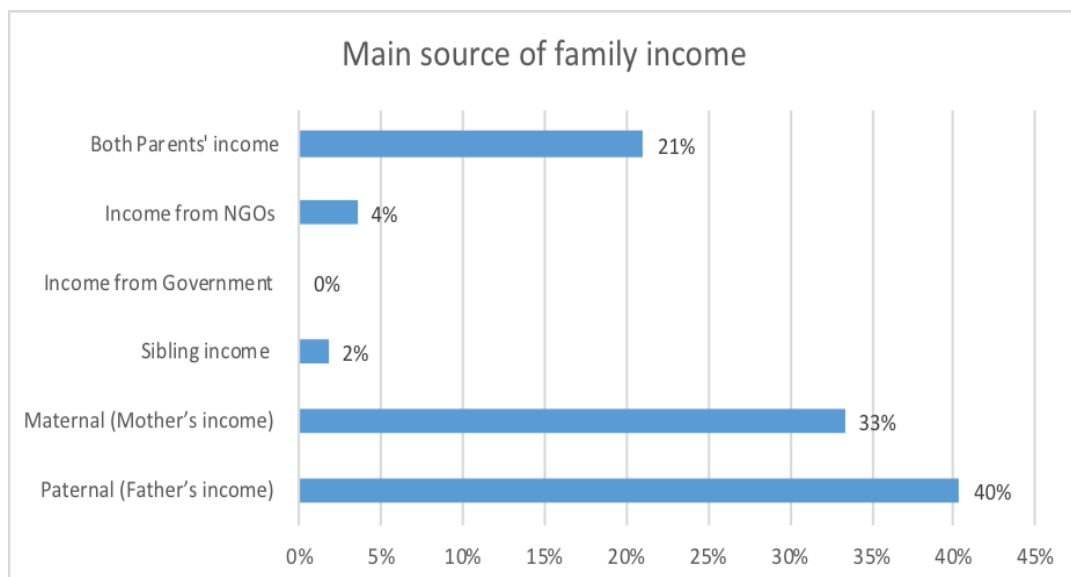


Figure 4.10: Bar graph showing the main source of family income

Source: Researcher (2020)

As shown in Figure 4.10, the highest percentage (40%) of respondents indicated that the main sources of family income were paternal income, followed by maternal income (33%), and income from both parents (21%). No respondent indicated that they receive any income from the Government. Families which received income from NGOs and from siblings were 4% and 2% respectively. The findings therefore indicate that parents were the main providers for the girls in the informal settlement.

4.4.2.3 Correlation between Family Income and Drug Abuse

The study sought to determine the correlation between family income and drug abuse. The responses were in form of a Likert scale. Table 4.4 below shows the output of the correlation analysis.

Table 4.4 Correlation analysis between family income drug abuse

		Family income	Ever used drugs
Family income	Pearson	1	-.690**
	Correlation		
	Sig. (2-tailed)		.000
	N	120	120
Eve use drugs	Pearson	-.690**	1
	Correlation		
	Sig. (2-tailed)	.000	
	N	120	120

** . Correlation is significant at the 0.01 level (2-tailed).

The Pearson correlation co-efficient was -0.69 and was significant at 99% level of significant. This means that there is a strong negative correlation between family income and drug abuse. Therefore, family income is an important determinant in the fight against drug abuse in school going children.

4.4.2.3 Qualitative Analysis

In line with the second object of the study which was to explore the relationship between family income and drug abuse among girls in Laini Saba village in Kibra Sub-County, the researcher sought the opinion of the respondents in form of open-ended responses on the nexus between family income and drug abuse among girls. From the analysis of the open-ended responses, the emerging theme was that of poverty. For most of the respondents, their families depend on casual jobs or donations from charity groups to be able to afford a meal. For some, going for a day or two without food was not uncommon. Many girls drop out of school and get pregnant at a very early age, while others get into drugs and crime. Figure 4.11 shows a word tree of the word 'poverty' obtained from the analysis of the responses in NVIVO software.

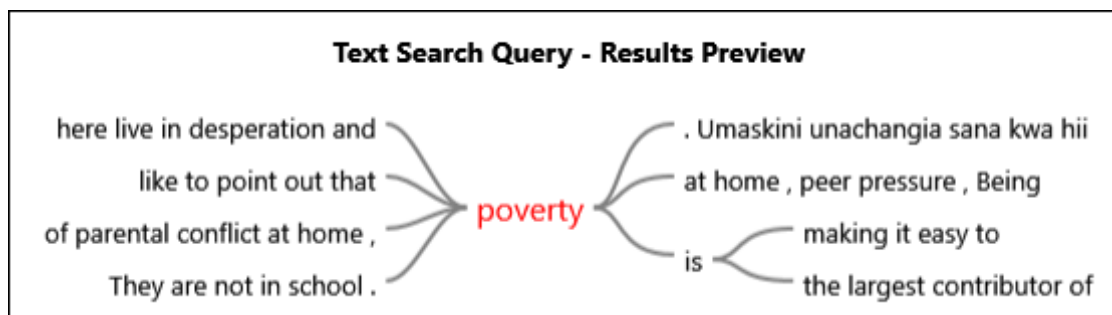


Figure 4.11: NVIVO word tree output of the word poverty

Source: Researcher (2020)

Hapa shida ni mob, inabidi tutumie hizi vitu ndio tuskie tuko sawa hatuna shida. Hata kuget food ni noma translated to English as “There are many problems here. We have to use these things (drugs) so that we feel like we have no problems. Even getting food is a big issue”. (Source: School girl, Laini Saba village).

This respondent’s opinion is also similar to that of another respondent who said;

Huku mtaani drugs ni kawaida. Inatusaidia kusurvive hii life, which is loosely translated to English as “Drug abuse is normal here in the village. It helps us to survive (Source: School girl, Laini Saba village).

Another respondent said;

Wazazi wanategemea vibarua tu ndio atleast tupate food. Pia mimi na bro huwa tunajaribu kuhustle mavibarua but kupata kakitu ata soo ni ngumu. In English, this is translated as “Our parents rely on casual jobs so that we can at least get food. My brother and I also try to find any small income but even getting one hundred shillings is difficult” (Source: School girl, Laini Saba village).

The opinions of some of the parents interviewed by the study also indicate that drug abuse among girls is linked to low family income. The parents said;

Most families here live in desperation and poverty. Umaskini inachangia sana kwa hii maneno ya drugs; wakubwa kwa wadogo.” Another parent said “Drugs huku mtaani naeza sema ni jambo la kawaida. Hadi watoto wenye wanafaa kuwa shuleni wamejiingiza, wengine wameacha shule. Hata wasichana wadogo, miaka kama kumi au kumi na tatu unawapata wakitumia glue. Mtoto wangu nimejaribu kabisa kumzuia asijiingize. Kwa maoni yangu, hali ya umaskini na kukosa kazi inachangia. Serikali

itusaidie tupate kazi ndio atleast tuishi maisha poa” “The use of drugs is common here. Even young school-going children are involved in drug abuse, while others have dropped out of school. It is common to find girls aged as young as 10 or 13 years abusing glue. As for my daughter, I have really tried to prevent her from getting into this vice. In my opinion, poverty and unemployment are the largest contributors. The Government should help us to get jobs so that at least we can live a good life.” (Source: School girl, Laini Saba village).

4.4.3 Parental Characteristics and Drug Abuse

The third objective of the study was to examine the relationship between parental characteristics and drug abuse among girls in Laini Saba village in Kibra Sub-County. On the quantitative aspect, the study analyzed quantitative data on parental education.

4.4.3.1 Parental Education

The study sought to determine the levels of education of the girls targeted in the study. This was necessary in determining was parental educational was an important in drug abuse by school going children in Kibera informal settlement. Figure 4.12 shows the findings obtained in the study.

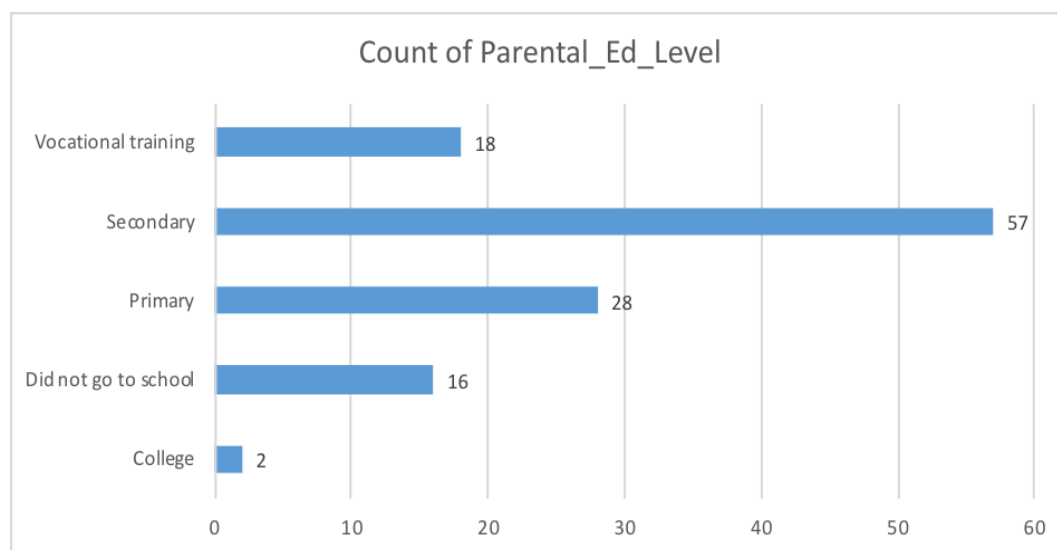


Figure 4.12: Bar graph showing the education level of respondents' parents

Source: Researcher (2020)

The highest number of the respondent's parents had attained secondary education as the highest education level, followed by primary school education, while only 2 out of the 121 respondents' parents had attained college level education. This implies that most parents had at least attained secondary school education, hence good levels of education to guide their children on drug abuse.

4.4.3.2 Parental Education and Drug Abuse

The study sought to determine the correlation between family income and drug abuse. The responses were in form of a Likert scale. Table 4.4 below shows the output of the correlation analysis.

Table 4.5: Correlation analysis between family income and drug use

		Parental Education Level	Ever used drugs
Parental Education Level	Pearson Correlation	1	-.560**
	Sig. (2-tailed)		.000
	N	121	121
Ever used drugs	Pearson Correlation	-.560**	1
	Sig. (2-tailed)	.000	
	N	121	121

** . Correlation is significant at the 0.01 level (2-tailed).

The output of the correlation analysis in Table 4.5 above revealed that there was a negative correlation between parental education and drug abuse. The correlation coefficient was 0.56, and was statistically significant at 99% confidence level. Although the correlation was not strong, the results indicate that the higher the level of parental education, the lower the chances girls engaging in drug abuse.

4.4.3.2 Qualitative Analysis

In pursuit of the third objective of the study which was to examine the relationship between parental characteristics and drug abuse among girls in Laini Saba village in Kibra Sub-County, the study also analyzed the open-ended responses relating to girls, parental characteristics, and drug abuse. Figure 4.13 shows a word tree of the word ‘girl’ obtained from the analysis of the responses in NVIVO software.

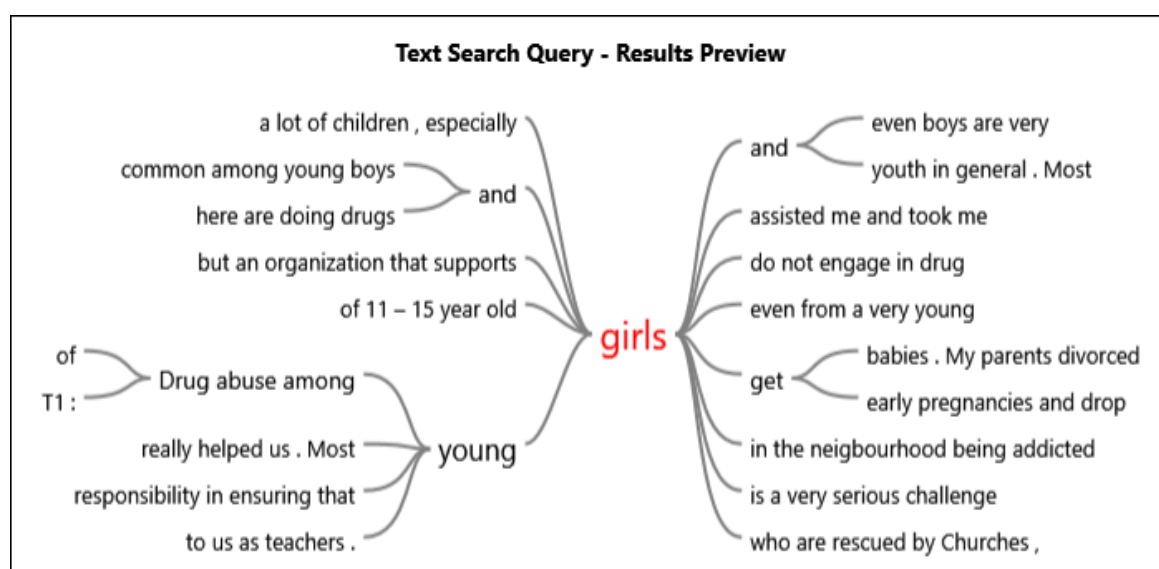


Figure 4.13 NVIVO word tree output of the word girls

Source: Researcher (2020)

In addition, Figures 4.14 and 4.15 show the word tree output of the word “parents” and “mum” respectively.

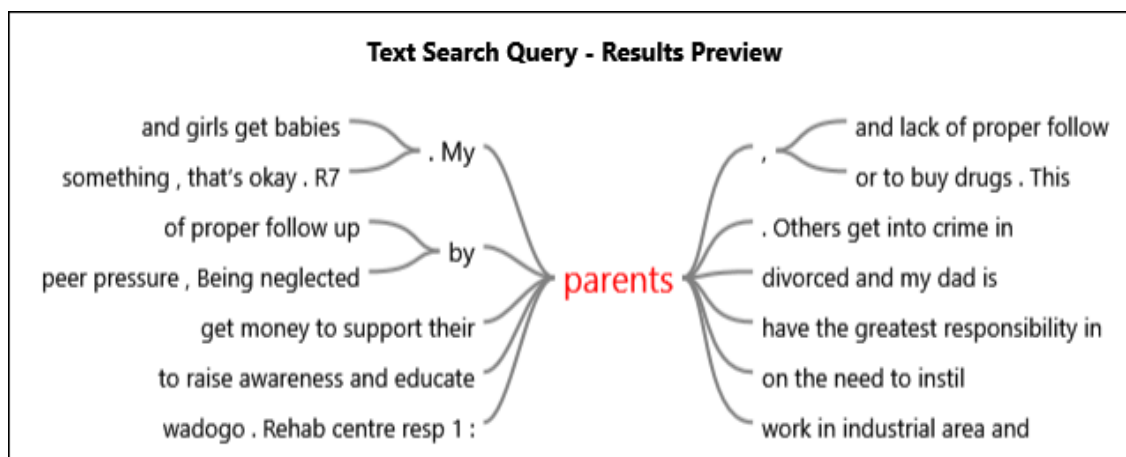


Figure 4.14: NVIVO word tree output of the word parents

Source: Researcher (2020)

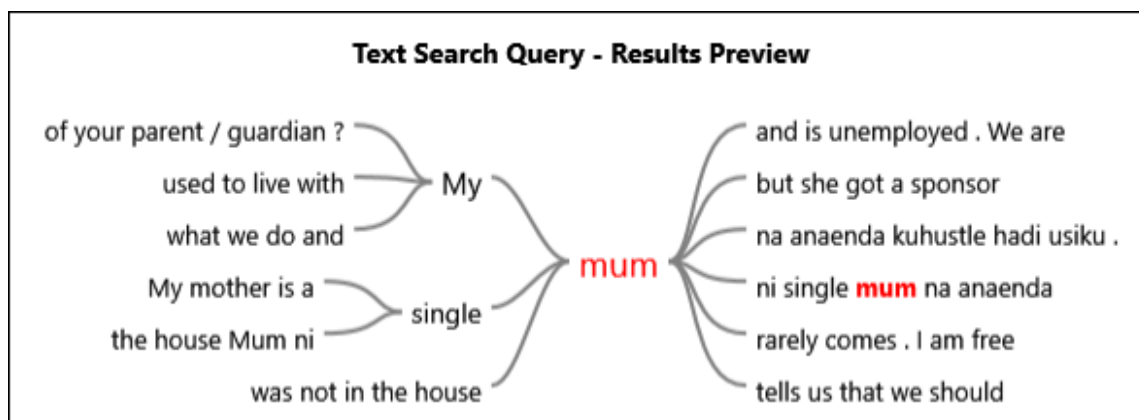


Figure 4.15: NVIVO word tree output of the word mum

Source: Researcher (2020)

The direct narratives of the respondents brought out parental characteristics such as supportiveness, strictness, neglect, freedom, and parental guidance. For some of the girls, the parents offer close guidance, monitoring and advice on the need to work hard and stay away from vices such as drug abuse. One of the girls said;

My mum tells us that we should persevere and work hard in school one day we will be okay. She tells us to avoid bad company because many

youths here are doing drugs and girls get babies (Source: School girl, Laini Saba village).

However, to other girls, the parents are neglectful and are users of drugs themselves, while for others, the parents spend most of the time doing casual jobs in order to provide basic needs for the family, and therefore they don't have time to monitor the children. The girls said;

My parents divorced and my dad is a drunkard. He does not care what we do and my mum rarely comes. I am free at home and my friends told me to try alcohol. That is how I started taking alcohol, glue, cigarettes, and others (Source: School girl, Laini Saba village).

My father brings alcohol home. I tried it when he was not in the house (Source: School girl, Laini Saba village).

Mum ni single mum na anaenda kuhustle hadi usiku. So most of the time tuko pekeyetu. Tuko watoto watatu home, wasichana. Mara mob tunakaa tu na marafiki mtaani. Wengine wanatumia drugs, so wakaniconvince nitry (Source: School girl, Laini Saba village).

This is the narration of a girl who lives with a single mother, and the mother is forced to spend most of the day, including the night trying to fend for the family, and therefore she does not have time to monitor the children. As a result, the girl spends most of the time with friends in the village, and ends up being lured into drug abuse. Another girl said;

Sai wazae hawaezi nicontrol, mimi ni msichana mkubwa, niko 19 years so nadevide kenye nafanya na life yangu (Source: School girl, Laini Saba village).

This is translated to English as "My parents cannot control me right now because I am a grown up girl. I am 19 years old so I make decisions on what to do with my life."

In this case, the parents are unable to control the actions of the girl, which may explain why she had abused various types of drugs several times.

Another example of parental neglect involves a 19-year-old girl whose mother left to be with another man, and neglected her and her three-year-old baby. However, the girl had indicated that she had never abused drugs. She said;

I got pregnant at the age of 16. Now I am 19. I used to live with my mum but she got a sponsor and left me here with my baby. My friend also moved in so we live together in this small room. We usually have maybe one meal in a day. As long as the baby eats something, that's okay (Source: School girl, Laini Saba village).

It was also evident that being in school played a significant role in preventing girls from being lured into drug abuse. Close monitoring and guidance by teachers was identified as a deterrent for such vices. One of the girls who had never abused drugs said;

School is good because we get education and teachers are our role models. Now I have finished high school and I have never tried drugs (Source: School girl, Laini Saba village).

The study also noted that other parents were strict and demanded high moral standards from their children. One of the girls said;

My parents work in industrial area and are very strict Christians. When I got pregnant, they were very mad at me. They even said I am no longer their child, *nimewaaibisha*. So *mimi nikaenda kuishi na beshte yangu* so sometime but later they accepted me back. On drugs, I have never used drugs. They are bad (Source: School girl, Laini Saba village).

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter presents the summary of the findings derived from the results presented in chapter four. The chapter also presents the conclusions in line with the objectives of the study, as well as the recommendations.

5.2 Discussion of Findings

The general objective of the study was to explore whether there exists a relationship between family socio-economic factors and drug abuse among girls in Laini Saba village in Kibra Sub-County. This section discusses the findings under each objective, and also provides a comparison with similar studies carried out by other researchers.

5.2.1 Family Status and Drug Abuse

In the first objective, the study sought to examine the family status in relation to drug abuse among girls. In terms of the person who stays with the respondent, the study found that the highest percentage (43%) of girls live with their mother, followed by 16% who live with both parents. Only 4% of the respondents reported that they were living alone. In terms of marital status of the parents, the highest percentage of the respondents' parents (34%) were single parents while 26% were married but living separately. Those whose parents were cohabiting, divorced, married and living together were 8%, 17%, and 16% respectively. The study also sought to find out whether the girls had ever abused any drug. The results revealed that 47% of them had engaged in drug abuse at least once,

while 53% had not. The most commonly abused drug was alcohol followed by Glue, Miraa and Nicotine respectively.

The results of the qualitative analysis relating to this objective revealed that drug abuse among girls was rampant in Laini Saba village, and this had raised concerns among teachers, parents and religious leaders. This in line with findings by NACADA (2010) indicating that drug abuse among the youth, including young girl is on the rise, especially in informal settlements. The major challenge facing most families was identified as poverty. Most households struggle to make ends meet, and mostly rely on casual labour in order to afford a meal. Most of the respondents live with single parents, mostly the mother. It was also evident that due the high level of poverty in the families, parents spend most of the time trying to fend for the family, and have little time with children. Poverty and desperation drive young girls into vices such as drug abuse. Many of them drop out of school and others get pregnant at a very early age.

These findings similar to those of Onyango and Tostensen (2015) whose report on the plight of children in Kibera slums in Kenya indicates that the main challenge facing families in the slums is poverty. The study noted that poverty and unemployment was exposing the youth, including young girls to unwanted pregnancy, sexual abuse, drug abuse and crime. Engaging in drug abuse and dropping out of school as a result of psychological stress cause by abject poverty was also identified by Collins (2016) as well as Otieno and Ofulla (2009).

5.2.2 Family Income and Drug Abuse

In the second objective, the study sought to establish the relationship between family income and drug abuse among girls in Laini Saba Village. The correlation analysis

revealed that there is a strong negative correlation between family income and drug abuse. This implies that the lower the income, the higher the tendency to be lured into drug abuse. From the qualitative analysis, it was evident that low family income/poverty is a major problem facing families, and there was a direct link between low family income and the tendency to engage in drug abuse. Majority of the respondents had the opinion that financial constraints lead to desperation and dropping out of school. Families struggle to afford basic needs such as food, shelter and clothing, making it easy for children (girls) to be lured into drug abuse.

The study findings reflect the findings of Patrick *et al.* (2012) whose study based in the United States found that youth from low-income households are more likely to engage in drug abuse compared to those from average or high-income households. This fills the contextual gap in the existing study by Patrick *et al.* (2012) and provides empirical evidence in the Kenyan context on the influence of family income on drug abuse among girls aged between 13 and 24 years.

Similar findings were also reported by Lee *et al.* (2013) who found that financial strains during childhood increase the likelihood of the child getting involved in the abuse of drugs. However, the difference with this study is that Lee *et al.* (2013) tested for the mediating role of self-control during adolescent, and found that a mediating relationship exists. In Kenya, the findings are comparable to those of Wawira *et al.*, (2018) whose study also found that low family income is linked with higher levels of drug abuse.

5.2.3 Parental Characteristics and Drug Abuse

The third objective aimed at establishing whether there exists a relationship between parental characteristics and drug abuse. In terms of parental education, the results also revealed a negative correlation with drug abuse, implying that girls whose parents have at least a vocational training education are less likely to engage in drug abuse. A higher level of parental education is associated with a lower likelihood of the children (girls) engaging in drug abuse. This is because educated parents are more likely to try and keep their children in school because they understand and appreciate the value of education (Nyage and Mwai, 2016). In addition, they are more likely to offer constructive mentorship and guidance to their children in order to help them build a bright future. A post-secondary parental education is also associated with a higher family income because the skills gained can be used for self-employment or get employment. A higher family income improves the economic situation in the family, which reduces financial strains that expose children to vices such as drug abuse.

However, existing studies on the relationship between parental education and drug abuse differ from the findings of this study, because they depict mixed results while this study found a negative correlation between the two variables. In Switzerland, Charitonidi *et al* (2016) found that the effect of parental education on the tendency to engage in drug abuse varies from one drug to another. The findings of Chalfin and Deza (2018) who carried out a study on the effects of parental education on children's drug and alcohol abuse in the United States also indicated mixed results. Parental education was found not to have an effect on the likelihood of marijuana abuse among the youth, while

for alcohol, the study found that the higher the parental education, the lower the level alcohol abuse.

In terms of parental neglect, the study found that girls whose parents are neglectful or fail to closely monitor their children, are more likely to engage in drug abuse. In addition, the study found that some of the parents are drug abusers themselves, and therefore they set a bad example to their children who in most cases end up also abusing drugs. In other cases, parents were found to be mostly absent, and therefore the girls are left with little or no supervision. This is in agreement with the findings of Berge *et al.* (2016) whose study involving 1268 adolescents aged between 12 and 13 years in Sweden and found that neglectful parenting was associated with higher substance abuse while authoritative parenting was associated with less alcohol abuse among adolescents.

Eslami-Shahrbabaki and Iranpour (2016) also arrived at similar findings, and concluded that proper parenting practices such as being a good example to the child, monitoring, guidance, and involvement in every step of the child's growth lead to positive behaviour and less chances of engaging in drug abuse. Nyage and Mwai (2016) found that adolescents who lacked parental supervision, whose parents were authoritarian and had not had an open discussion on drug abuse matters with their children were more likely to engage in drug abuse. This was evident from the narratives given by the respondents on the nexus between parenting styles and drug abuse among girls in Laini Saba village. The findings also revealed that girls whose parents were strict and gave continuous advice to their children on the need to work hard in school and avoid vices such as drug abuse, were less likely to get into drug abuse. In fact, some of them had never tried drugs, and had a negative attitude about drugs.

5.3 Summary of Main Findings

The study achieved its specific objectives, having found that drug abuse is rampant among the target group (girls aged between 13 and 24 years) in Laini Saba village in Kibra Sub-county. The status of the family unit was found to be largely affect the tendency to engage in drug abuse.

The findings revealed that most of the families in the target area live in abject poverty, and that low family income was a major contributing factor to drug abuse among girls. Financial problems in the family, such as the difficulty in affording food and other basic needs was associated with psychological stress which leads the girls into drug abuse in order to find solace. Low family income makes girls vulnerable to drug abuse.

The study also found that girls whose parents were neglectful, gave children too much freedom, absent, or failed to monitor and advise their children, were more likely to engage in drug abuse compared to girls whose parents were strict, present, served as good role models, supervised and gave guidance to their children.

5.4 Conclusion

In conclusion, the study established that family socio-economic factors influence the tendency of girls to engage in drug abuse. Specifically, the status of the family in terms of the person who stays with the girl, and the marital status of the parents influence the susceptibility of girls to drug abuse. This is because these factors influence the home environment. In terms of family income, girls from families with low family income are more prone to drug abuse. In terms of parental characteristics, the study concludes that girls whose parents are not strict and give their children a lot of freedom, are more likely

to engage in drug abuse. Higher levels of permissiveness among parents make it easier for girls to be lured into drug abuse.

5.5 Recommendations

On the basis of the findings and conclusions of this study, the study makes the following recommendations to various stakeholders in the fight against drug abuse especially among girls in informal settlements such as Laini Saba village. For policy recommendations, the study recommends the enactment of policies and implementation of strategies to improve the economic status of parents living in low income areas such as Laini Saba. These empowerment programs will create employment and improve the livelihoods of these parents so that they can provide all basic needs for their children in order to prevent them from being lured into vices such as drug abuse.

To the government, economic empowerment will also enable parents to keep their children in school. Government and other stakeholders such as NGOs should also set up more vocational training centres and community empowerment centres in places such as Laini Saba in order to offer training that will enable the residents to acquire skills for employment as well as self-employment opportunities. The government should also enhance awareness creation in informal settlements on the dangers of drug abuse, responsible parenting, and good parenting skills.

To the community, the study recommends that parents should careful watch the steps of their children, and give them advise related to drug use on the dangers of drug abuse. The study found that most parents had good levels of education (at least secondary education), however, drug use prevalence in the village was very high. Therefore,

knowledge on drug use and abuse to their children is crucial in reducing the numbers of children exposed to drugs.

5.6 Areas of Further Research

The study recommends that future research should consider other informal settlement areas in Nairobi and other counties in order bring out the empirical evidence from other contexts and add to the body of knowledge. Future researchers should also consider other age groups and the male gender as well.

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APPENDICES

Appendix I: Questionnaire

Section A: Demographic Information

1.1 Age: _____ Years

1.2 Level of Education

Primary Secondary Vocational training College University

Not in school

1.3 Were you born in this village? How long have you stayed here?

I was born here

Less than 5 years

5 – 10 years

More than 10 years

Section B: Objective 1 - Extent of Drug Abuse

2.1 Have you in any way ever used any drug such as alcohol, cigarettes, Bhang, Cocaine, etc?

Yes No

2.2 How old were you when you first used drugs? _____
Years

2.3 Which of the drugs below have you ever used?

Alcohol

Cigarettes

Bhang

Miraa

Other (Please specify) _____

2.4 How often do you use the drug indicated above?

Once a day

2-5 times a day

More than 5 times a day

Once a week

2-5 times a week

Other

2.5 Which of the following factors led you or influenced you to start using drugs?

(Indicate your level of agreement with the factors)

a) Poverty back at home

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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b) Parents were not strict, and have never talked to me about drugs and their effects

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
----------------------	----------	---------	-------	-------------------

c) Parental conflict leading to divorce and other family problems

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
----------------------	----------	---------	-------	-------------------

d) Dysfunctional relationship between me and my parents

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

Other (Please specify)

Section C: Objective 2 – Family economic status and drug abuse

3.1 What is the main source of income for your family? Tick whichever is/are appropriate

Paternal (Father's income)

Maternal (Mother's income)

Sibling income

Income from Government

Income from NGOs

Employment income

Labourer income

Other (please specify) _____

3.2 Based on your selection in question 3.2 above, what is the estimated income that your family gets in a month?

Paternal (Father's income) _____ KES

Maternal (Mother's income) _____ KES

Sibling income _____ KES

Income from Government _____ KES

Income from NGOs _____ KES

Employment income _____ KES

Labourer income _____ KES

Other (please specify) _____ KES

3.3 Please indicate the extent to which you agree with the following statement:

My family's economic status has contributed to me engaging in drug abuse

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

3.4 Please give more details about your choice in 3.3 above

Section D: Objective 3 – Parental characteristics and drug abuse

5.1 Parental level of education

Primary Secondary Vocational training College University

Did not go to school

5.2 How would you describe the parenting style of your parent/guardian?

Strict and Authoritative

Neglectful

He/She gives me a lot of freedom

Other (Please specify) _____

5.3 What is your parents' occupation? -

5.4 Parental permissiveness: Please rate the level of permissiveness of your parent. 0 indicates "Not permissive at all" while 5 indicated "Very permissive"

Father/Guardian	0	1	2	3	4	5
Mother/Guardian	0	1	2	3	4	5

5.5 To what extent do you think your parent's characteristics discussed above have influenced you to engage in drug abuse?

No extent	Small extent	Medium extent	Large extent	Very large extent
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Please give more details about your answer

Thank you very much for your input.

Appendix II: Interview Guide/FGD guide – For Teachers/Parents

Objective 1: Extent of drug abuse among girls

1.1 Have you had cases of drug abuse among girls in the school? Tell us more about this, and how you have been managing the challenge.

1.2 As a parent, have you experienced a case of drug abuse either with your daughter or another girl you know? Tell us more about this challenge as a parent, and how you managed/are managing it.

1.3 In your opinion, what issues drive young girls into drug abuse?

Objective 2: Family economic status and drug abuse

2.1 Paint for us a picture of the economic situation of your family (Source of income, amount of income, and whether you comfortably afford basic needs including education for your children)

2.2 In your opinion, how does the economic status of the girl's family (family income) influence the likelihood of engaging in drug abuse?

Objective 3: Parental characteristics and drug abuse

3.1 Let's discuss the linkage between the following parental characteristics and drug abuse

a) Level of education of the parent

b) Parenting style

c) Occupation of the parent

d) Parental role in the family

e) Parenting skills

f) Parental permissiveness

Appendix III: Introduction Letter from Africa Nazarene University

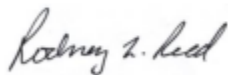


11th June 2020

RE: TO WHOM IT MAY CONCERN

Rachel Wanjiru Gathungu (18J03DMGP023) is a bonafide student at Africa Nazarene University. She has finished her course work and has defended her thesis proposal entitled: - *“Family Socio-Economic Factors and Drug Abuse Among Girls in Laini Saba Village in Kibra Sub-County, Nairobi City County, Kenya”*.

Any assistance accorded to her to facilitate data collection and finish her thesis is highly welcomed.



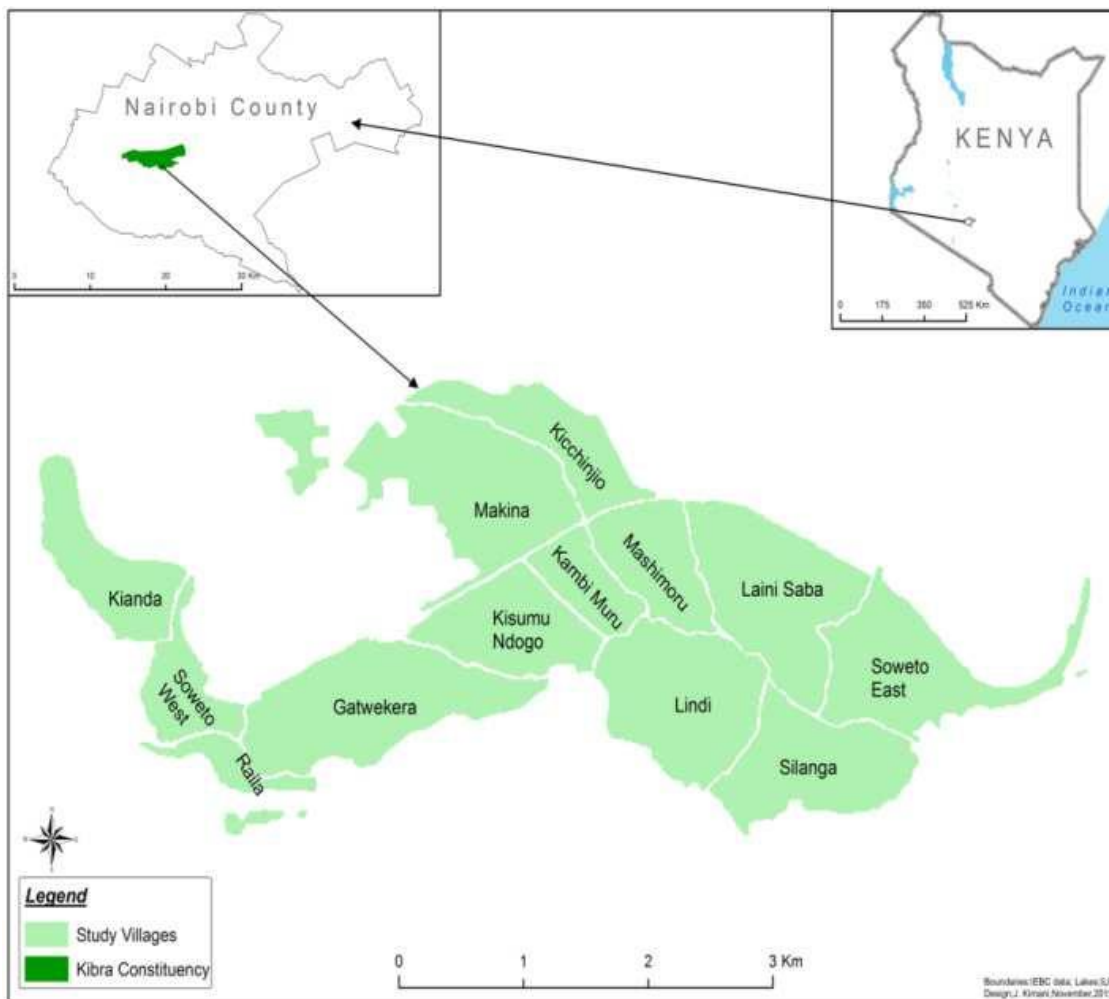
Rodney Reed, PhD.

DVC Academic & Student Affairs.

Appendix IV: NACOSTI Research Permit

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Ref No: 883696	Date of Issue: 15/July/2020
RESEARCH LICENSE	
	
<p>This is to Certify that Ms., Rachel Wanjiru Gathungu of Africa Nazarene University, has been licensed to conduct research in Nairobi on the topic: INFLUENCE OF FAMILY SOCIO-ECONOMIC FACTORS ON DRUG ABUSE AMONG GIRLS IN LAINI SABA VILLAGE IN KIBRA SUB-COUNTY, NAIROBI, KENYA. for the period ending : 15/July/2021.</p>	
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Appendix V: Research Map of Kibera slums, Nairobi County



Map of Kibera slums: Source: Wawira *et al.* (2018).