

FACTORS CONTRIBUTING TO ALCOHOL ABUSE AMONG HIGH SCHOOL STUDENTS IN KIHARU SUB-COUNTY MURANG'A COUNTY, KENYA

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Abstract: Drug and substance abuse is a global issue affecting all ages of people but particularly the youth, who happen to be in their prime years. The same case is replicated in Kiharu sub-county, Murang'a County, Kenya. There is a proliferation in the rates of drug and substance abuse. This study therefore was geared towards establishing factors contributing to alcohol abuse among high school students in Kiharu Sub-County Murang'a County. It was guided by the following objectives: To investigate factors contributing to alcohol abuse in Kiharu Sub County; to establish effects of alcohol abuse among high school students and to examine the measures put in place to curb alcohol abuse among high school students in Kiharu sub-county in Murang'a County. The study adopted descriptive research design and targeted public mixed day secondary students from Kiharu sub-county. The study used stratified and simple random sampling techniques to select the schools and student's respectfully in total 80 respondents were used. Data were collected using questionnaires with both closed and open ended questions. The Questionnaires were administered face-to-face to respondents by the researcher together with trained research assistants. Quantitative data was analyzed using SPSS while data from open ended questions were analyzed thematically in tandem with objectives set. Results obtained revealed some of the factors that lead to alcohol abuse include parental influence, peer pressure, alcohol availability, financial resources as major factors. Study therefore recommends that a multi sectoral approach combining parents, church leaders, counseling department and government officers be adopted in order to systematically play a significant role in curbing the menace.

Keywords: Drug Abuse, Kiharu Sub- County, Alcohol.

1. INTRODUCTION

1.1 Background to the Study

Globally, drug and substance abuse by people, especially adolescents, has for a long time elicited scientific, political and public concern (Stevanovic, Atilola & Balhara, 2015). This concern is vested on the potential short and long-term adverse effects associated with the use of substances such as cigarettes, alcohol, cannabis (dagga) among others and on individual well-being (Moodley, Matjila & Moosa, 2012).

A grasp on the statistics of the prevalence of drug and substance abuse reveal that it is quite high; for instance, Njagi (2014) reveals that over 1.1 billion people, 1/3 of the world population abuse some form of drugs, the report maintains that among 800 million of these, 700 million are male who are living in developing countries. This leads to the conclusion that drug abuse cannot be wished away. In fact, Masinde (2013) revealed that one consumer of alcohol in five is between ages 15 to 24 years. These statistics are demonstrable that drug abuse are a major cause of social problems given their effect not only on the individual, but to the society in general.

According to Nguyen (2011) the danger of drug abuse in Australia is exposed in young people and children doing experiments with drugs like tobacco, heroin for the same purposes as adults. It has also been established that the age at which they commence to use drugs is as from 12 to 17. This poses a problem in that by the time they cloak between eighteen to twenty-four years of age, the vice of drug and substance abuse would have been entrenched in them with catastrophic consequences given that this is the prime time of the youths. The abuse of drugs stifles individual and collective growth among them; indeed, a study conducted by Muoti (1999) from the London School of Economics in 1980 concerning students' learning behavior revealed that there is a relationship between drug abuse and poor academic results.

Nguyen (2011) pointed out that approximately 24.6 million Americans who are of age twelve years or older had been current illicit drug users. The most illicit drug used is marijuana which accounts for nineteen point eight million which is equivalent to 80.6% indicating that remedial measures need to be enforced to arrest this situation. For alcohol, it is established that current alcohol drinkers that are twelve years or more were 136.9 million worldwide.

Justice (2000) cites substance abuse as a most serious problem facing nations costing over \$ 27.5 billion in health care. This causes cost productivity, related crime, and other social costs and contributes to over 130,000 deaths annually. These, therefore, behooves on nations to initiate reliable strategies to reduce substance abuse in order to highlight the best practices in prevention, treatment and law enforcement Canadian Medical Association (2008) established that the most frequently abused drugs and substances in Europe, Australia and N. America are: tobacco and alcohol. Out of this cannabis do account to 90% or more as compared with other illicit drug use. The U.N drugs office as well as Network of crime globally for the youth reported that the frequency of cannabis lifetime use among adolescents of age 15-16 years old was revealed to be four point five to five percent in Asia, one to thirty-five percent in various regions in Europe and 40.9% in the U.S 42.8%, in Australia and 42.7% in Ontario Canada. This points to the conclusion that the issue of drug and substance is grave and this requires immediate interventions in order to reverse the situation.

Tavaves et al (2004) did a four years survey of in Brazil where it was established vulnerability and exposure to substance use was high during adolescence stage; it continues to explain that once they adopt the behavior, it can be cemented as the adolescent matures. This, therefore, demands youth to be informed of the negative consequences of drug and substance abuse for them to avoid getting to a trap he/she cannot get out easily or rather be tied in it for life. Though attempts have been made to fight the vice, it remain wanting as Sulliman (2005) noted that despite President Clinton and the Office of Justice adopting an approach combining prevention among the age bracket of 18-24 years the age of which who are initiated to the use of drug do increase with large percentage being youth who are in and out of school, the problem persisted.

The scenario is not very different when it comes to the African continent; Nielson (2009) pointed out that 56% of the population, who are aged between 14- 19 years constitute secondary school students. That means a significant cohort of the population constitutes young people who are highly vulnerable to drug abuse. Ethiopia, for instance, has 82% of the children who live in the streets of Addis Ababa who have a tendency of taking some varieties of drugs. South Africa is a major producer of *dagaa* and is used as a major transshipment point for the international drug trade. This explains why drug and substance abuse demand has to be fought with all seriousness it deserves. Atwoli (2011) asserts that in the world two billion of the population that consumes alcohol; seventy-six point three million have been diagnosed with disorders in relation to alcohol. Despite the fact that alcohol has been in use since time immemorial in almost all societies, its usage has proliferated in the modern society leading to very serious health and social economic implications.

Kenyan youth abuse drugs such as alcohol, tobacco, bhang, *miraa* (khat) a host of inhalants as well as prescription drugs (NACADA, 2006). Those which are growing rapidly are drugs such as Heroin as well as cocaine especially in large cities like Nairobi and Mombasa. NACADA,(2010) pointed out that the year 2004 seizure of approximately 1.1metric tons of cocaine in Kenya was the largest single cocaine seizure in Africa. Mugo (2005) reported that in the former province of Nairobi, it was the leading in drug abuse in Kenya. Maithya (2009) also revealed that 10,000 of the drug users in Nairobi were believed to be heroin users whose 50% were injecting drug users.

Okwarah (2017) established that students of age between 14 to 17 years had tasted alcohol in Kajiado County with a prevalence rate of 21.1% which occurred among male students However, it was the County of Murang'a that had the highest rate of current alcohol use and out of this, 49.4% had been associated with the male gender. The Study continues to explain that other counties in Kenya those with high tendency of alcohol abuse as well as drug abuse are Mombasa and

Nairobi, with Murang'a being the leading county. Some sub-county officers in Murang'a expressed some of the family members abusing alcohol and drugs do spend a lot of time in local marketplaces whereby they engage on criminal activities causing Murang'a County to lag behind in development. It is against this background that this study sought to investigate the effects of drug abuse among high school students in Murang'a County.

1.2 Statement of the problem

Masinde (2014) revealed that among Kenyan population young people occupy a significant percentage of about 56%. These youth are not spared when it comes to the biting effects of drug and substance abuse. One of the nagging problems facing the youth is that of alcohol consumption, so grave is the situation that even the measures instituted by the state and non state actors seem not to be working. Mwenesi (1996) posited that this has been a concern of family members and government. Since measures which have been put in place by schools and government has not achieved expected outcome. As a phenomenon which has spread far and wide, it has been associated to be a probable reason for lack of progressive development through school absenteeism, truancy, irresponsible behavior, unrest, and violence institutions and the same trend do apply in Kiharu sub-county in Murang'a. Studies which had been conducted mostly had concentrated on students who either reside in college or boarding schools but not those who are day scholars. Therefore, this gap in literature is what prompted the study to investigate factors that contribute to alcohol abuse among day secondary school students in Kiharu sub-county in Kenya.

1.3 General objective

The general objectives of the study were to investigate factors contributing to alcohol abuse among mixed public day high school student in Kiharu sub-county, in Murang'a county Kenya.

1.3.1 Specific objectives

The specific objectives of this study were:

- 1) To investigate factors leading to alcohol abuse among high school students.
- 2) To establish effects of alcohol abuse among high school students in Kiharu –Sub-county

To investigate measures put in place to curb alcohol abuse in Kiharu Sub-County.

2. LITERATURE REVIEW

2.1 Extent of Drug /Alcohol Abuse Problem

There are several researches which have been carried out with the following findings. Findings supporting that this is an issue which requires every stakeholder to effectively participate in fighting the vice. The researcher have established the following concerning alcohol abuse ,drugs and substance abuse which are a wakeup call supporting that something has to be done. Atwoli et al (2011) established that there is 32% lifetime cigarette smoking among secondary school students and 31% lifetime cigarette smoking among primary school pupils in Kenya. Study continues to point that 42.8% have smoked cigarette at least once in their lifetime and from the findings 47.6% were male and 37.5% were female establishing that lifetime smoking frequency was statistically significant higher for males. All this explain that male gender is more inclined to smoking than female gender. Reasons could be, there is tolerance to males to smoke than females, boys during their rites of passage if care is not emphasized there is tendency for initiates to be recruited to smoking, to men cigarettes are readily available for even sending a boy to buy you cigarettes cannot be considered odd, cigarettes can be an indicator of masculinity. And the percentage of 42.8% having smoked a cigarette at least ones in their lifetime is an indicator that cigarette smoking has spread far and wide.

2.2 Factors Leading to Alcohol Consumption among High School Students

2.2.1 Smuggling

Nguyen (2011) revealed that both colonists and U.S. government attempt to ban alcohol and controlling alcohols severally for instance in promulgation of 1672 laws to prohibit wage payment in alcohol firms and other similar intervention did not succeed since there was an increase in selling and buying alcohol secretly either at large or small-scale .Since illegal manufacture of the Same sell even at cost which is not in accordance to the enforced laws. All this have resulted to an increase of drug and substance, for there was a loophole to where intervention was being practiced or being put into place. This is a clear indicator that adolescents do not strictly obey law and order but ethics, which will make them to have good character since character makes a person.

2.2.2 Recreation and Medical Purposes

Lesser frequency of sports practice somebody said, "idle mind is devils workshop" that is if an adolescent is idle to get busy he can interact with victims of drug and substance abuse and in so doing can result to them becoming victims of drug and substance abuse and one way to fighting the phenomenon, society should ensure they have facilities and equipment to incorporate sports and other relevant activities.

Justice (2000) revealed that due to disobedience of the law and order as a result U.S government gave in and hence permitted alcohol which contained 3.2 % especially after legalizing of the 21 century amendments in 1993 which was followed by the Cullen Harrison Act. Study established that for some years opium, marijuana, cocaine, morphine and amphetamine have been put to use for two purposes that is recreation as well as medical purposes. For instance marijuana was often used for recreation as well as treating anticonvulsant and be used to bring relaxing among immigrants of Mexican for instance during middle of 19th century . Hence by the beginning of twentieth C. the problems of the drug did drastic increase especially among children , men as well as women of U.S. this therefore is an indication of the danger which required to be counteracted with if the increments has to be reversed . And alternative means has to be provided if at all this issues has to be overcome for instead of decreasing these measures encourage it.

2.2.3 Addiction

Nguyen (2011) continue pointing out that addiction has not been treated as a disease but as a crime until when there was Supreme Court declaration of 1962 when it was considered as a disease that required treatment. For example national office which control drugs UNDCP had policy released in 2014 explaining addiction as a brain disease and can be treated as well as prevention for recovery and not considered as moral failure of the particular individual. And as a disease, everyone must be involved if the victim is to be healed from the same. This calls for more research to be conducted for more information about drug and substance to be established if at all we are to achieve anything. This goes together with what we normally say ignorance has no defense. If at all we consider it as a disease resource will be invested to rehabilitation centers to restore victims.

2.2.4 Inadequate Law Enforcement

Inadequate law enforcement due to loop holes created by corruption and other related gaps created good environment favoring drug and substance abuse, since government policies and other intervention are not adequately implemented permitting those who are prone to the vice to continue abusing drug and substance as well as recruiting new members to the same and as a result the phenomenon have increasingly affected many people .In addition U.S government do believe that both supply and demand have contributed to addiction and to fight the same require limitation of supply even if the demand is there for in so doing victims can look for alternatives or do without .Policymaker should also put in place strict measures against corruption and reinforce ethics which can create an environment for change from within for the negative consequences are certain to the victim.

2.2.5 Low Social Economic Status and Higher Socio Economic Status

Nguyen (2011) established that among who are more exposed to taking alcohol and cocaine are adolescent living in low socio-economic status family as measure per their parent's household income as well as parental education. Reasons which can be associated with these could be lack of basic needs due to scarcity of resources in order to counteract with the deficit adolescents are endangered with interacting with victims of drug and substance abuse whereby they may copy their evil behavior. To overcome this aspect we require proper utilization of resources and encourage local and foreign investments here everyone will be assured of adequate return.

The study also established that in contrary adolescents who grow up in a higher social economic status family are prone to use of substances than who are born in low social –economic families due to the exposure and availability of unbudgeted resources. Since among the stronger predictor of the use of substances are the family income rather than family status and these encouraging parents to give adequate pocket money to adolescents and not excess. Since resources within adolescents hands will contribute to utilizing the same to invent and discover new substances resulting to drug and substance abuse, this can only be overcome if adolescents are well equipped with proper ethics which will enable them to resist negative peer influence. And he will be able to survive amidst any situation.

The study revealed that neighborhood social-economic status is a predictive of adolescents substance use avenue of which can be moderated by parental substance use. For example study established that children who are of non-alcoholic were at high risk of alcohol use than those of lower social, economic status neighborhood and these explain reasons why adolescents should be pre-informed of the danger related to drug and substance abuse in order to make informed decision to avoid negative consequences of drug and substance abuse and results. This call for adolescents to be well established in practicing religion rather than being left without proper foundation of faith. For in so doing faith will help them to say no to any contrary action and in so doing they can be able to survive even in a society and environment which abuse drugs and substance.

2.2.6 Availability of Access Financial Resources

Nguyen (2011) established that when financial resources availability is considered it proved to be more influential of teens engaging in substance use more than having parents with higher education as well as good jobs and this encourage training proper use of available financial resources as well as putting only necessary resources in the hands of the teens and in so doing battle against age of onset of drugs and substance use is delayed as well as eliminated for an opportunity to taste if denied then continuity will never be there. With proper ethics teens will be able to delay age of onset to drug and substance as well as tasting and this will result to a society which is drug and substance free since continuity and rate of spread will reduce.

2.2.7 Cultural, Socialization and Individual Factors

Nguyen (2011) established that some of predictive factors to social difference could be cultural socialization as well as individual factors. For instance Asians adolescents are thus associated with the west in the rate they take alcohol, how they take drinks regularly as well as illicit drug usage as compared with whites, Hispanics, Blacks, Indians, Americans, West Indians and the US tribes. But for the case of American Indian youths is completely different since it has been revealed to have experienced highest rate of alcohol use, regular taking of alcohol as well as illicit drug. This requires negative cultural, social and individual factors to be highly discouraged. And all measures to be put into place to ensure they cease to exist.

2.2.8 Absence of Religious Practice

Absence of religious practices as it is well-established that every individual has a supreme vacuum which can only be filled with a supreme being. In case an individual fails to get an environment where spiritual needs are met, there would be tendency of getting other resources to occupy the same. His source could be drugs and substance use which eventually can lead to drug and substance use increasing the victims of the same. Therefore every society should ensure there is proper and genuine religious teaching where spiritual nourishment is provided.

2.2.9 Parental Influences

Tavaves et al (2004) did a Brazilian research concentrating on social demographic factors where it was established that there is relationship in the way drug is used and how parents are familiar and involved with alcohol and drugs. Where parents or family members are involved in the drug and substance, adolescents are equally exposed to the same which create opportunity to adolescents being more vulnerable. Since they are in the age of growth and discovery and in attempt to discover they opt to taste drug and substance whereby tasting can be stepping stone to becoming addicted to the same. Despite reason behind using of the drug and substance parents should resolve to do without using the same if at all they expect their children are not to. Since children learn more of what they see not what they are told. Not being raised by both parents is another factor contributing to the same since restriction which can be there from the father or parental care from the mother if they are absent or partially present result to stress and the deficiency may facilitate to children and mostly the adolescent to become victim of drug and substance abuse. Parents in so doing should sacrifice their personal interest and ensuring separation is not there.

3. RESEARCH DESIGN AND METHODOLOGY

3.1 Study Area

Kiharu Sub-county was purposively selected for this study for it has rampant cases of alcohol drinking which have been reported in the media. For instance, there was a bus in 2015 which was realized to have been boarded by students who had alcohol and other illicit drugs which were being used by the students on the same bus. Unlike other sub-counties, the

inhabitants here do practice several traditional rites where the participants do consume alcohol and other illicit brews/drugs. These practices have entrenched culture of illicit brew drinking for instance during circumcision rites that are practiced every year. There are times when there happen to be rampant cases of illicit brewing resulting in frequent arrests by the police.

3.2 Research Design

A research design is associated with arranging conditions of collecting, analyzing the data in a way that you combine relevance with the purpose of the research. According to Orodho (2003), it is a scheme outlined or plan through which the researcher generates answers to research problems. The researcher adopted a description survey in an attempt to seek or provide an accurate description of the phenomenon. Mugenda, et al (2003) explained that the purpose of descriptive research is to be descriptive of the behavior and characteristic of the phenomena

3.3 Target Population

Mugenda et al (2003) define target population as accessible population while Kambo et al (2006) define it as a group of persons, items or objects whereby samples are to be obtained for measuring. Murang'a County is one of the counties with a high population of young people (Kenya Open Data Source Website). The country has 313 secondary schools with 22910 students in the year 2019. In Kiharu Sub-county, the total numbers of form four students who are day scholars add up to 818 students. Among the schools 186 are the mixed schools, 62 are girls' boarding, 65 are boys boarding (Education County Director). Selection of Kiharu Sub-county has been reinforced by the frequent strikes and poor schools' performance in the schools of this sub-county.

3.4 Sample Size, Sampling and Sampling Techniques

The researcher used 10% of the accessible population as recommended by Mugenda (2003) . The accessible population is 818 who are day form four students in the Sub-county year 2019 researcher, therefore, got 10% of 818 which is $818 \times 10\%$ which is equal to 81 students which approximated to 80 respondents. The researcher, therefore, collected data from 80 respondents. That resulted in 40 boys and 40 girls all from public day secondary schools.

3.5 Sampling Techniques

The researcher used stratified random sampling to get male and female stratum and from each, he used simple random sampling to get 40 boys and 40 girls as subject to be used to obtain subjects under study.

3.6 Data Collection Instruments

The research comprised two kinds of questions which are either closed or open-ended. Questions that are open-ended do capture the most important and additional insights not captured through closed-ended questions. The researcher, therefore, developed a questionnaire with several items to be used in the study. Data collection procedure Questionnaires was administered face to face to the subject with a researcher and research assistants filling in the questionnaires according to the subjects' responses. The researcher assistants were well trained to assist in the administration of questionnaires. The entire questionnaires were filled by the researcher to those who desire questionnaires to be filled on their behalf as they provide information. The respondents were also allowed to fill for themselves both by the researcher and researcher assistants. The researcher was meeting with the research assistants for briefing and sharing challenges encountered and also to check whether the questionnaires are all filled as expected.

3.7 Data Analysis

The raw data were categorized into either quantitative or qualitative types. Quantitative data was analyzed after coding and analysis done through a package of social scientists SPSS (statistical package for social science) by the use of descriptive analysis which includes percentages. Qualitative data were analyzed descriptively. The researcher used both inferential and descriptive statistics in analyzing data.

Once questionnaires were collected and screened for any discrepancies the data was coded and edited for the purpose of ensuring the comprehensiveness and accuracy of the filled questionnaires. In so doing complete and consistent questionnaires was selected and those which were incomplete or irrelevant, they were discarded .Quantitative data will be analyzed using statistical package for social science (SPSS)program while descriptive statistics will be summarized in the median, mode, and mean range standard deviation distribution (percentage and frequencies). The output was presented in

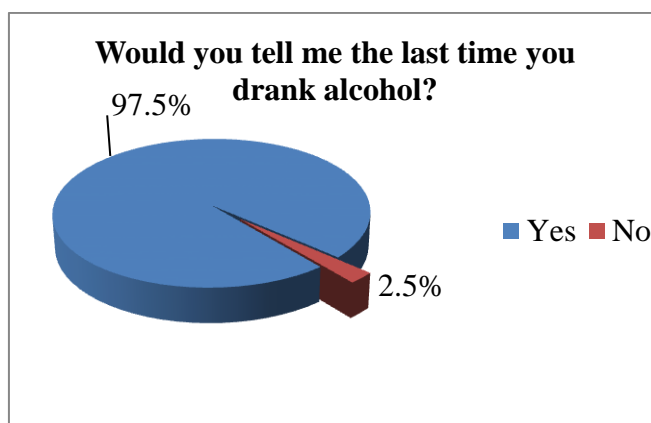
the form of graphs and tables that are easy to interpret. Qualitative data from the questionnaires were summarized by forming themes which were reported in narratives. More importantly, the findings were presented using tables, graphs and charts, and any other relevant.

4. DATA ANALYSIS AND DISCUSSION

4.1 Factors that lead to alcohol abuse

The first objective of the study was to investigate factors leading to alcohol abuse among high school students. The researcher sought to answer this by asking about the history of students and their drinking habits, the favorite brand of alcohol, the sources of alcohol, whether they took alcohol during their leisure time, and lastly, their explanation about what they believed encouraged students to consume alcohol.

Figure 4.1: gives the findings in respond to the question, ‘would tell me the last time you drank alcohol.



From the figure 4.1, it was apparent that all the respondents indicated having consumed alcohol on different occasions. A majority, 62.5%, indicated that they had consumed it in the past 3 days while another 25% indicated they consumed it in the last one week. Only 12.5% indicated that they had consumed it in the past few weeks. None of the respondents indicated that he had never taken alcohol. This was an affirmation that alcohol consumption was a norm not an exception among the respondents. In fact, when probed further, the students gave the names of the brands of alcohol that they consume. They named them as follows: *Balozi, Keg, Summit, Amarula, Tusker, Blue moon, Cedar and Chrome*. The presence of wines and spirits in their menu was an indication that their consumption level is high given that these products contain an alcoholic content of 40%.

The respondents were further probed on what could be the contributing factors towards alcoholism. They gave reasons such as smuggling of the products by other students to school hence making them available. They also cited availability of financial resources by some students which enable them to purchases the drinks. Yet some students pointed a finger to their background by saying that since they live in slum areas, they are used to alcohol brewing and consumption till they are integrated in the culture. Another reason that leads to alcoholism that was widely cited was peer influence. They claimed that their friends always told them how it feels ‘cool’ to consume alcohol and that it gives them courage. Because of such reasons, they opted to try it, only to end up as addicts. Curiosity was factored in their reasons; they claimed that they just wanted to have a taste of how it feels like after consuming the drink. Availability of alcoholic products was also cited as a contributing factor; they claimed that no one bothers to inquire about their age whenever they go to the outlets to purchase the drinks, therefore making it easily available to them. The last reason cited by the respondents was culture and rituals; they claimed that during circumcision, they were compelled to take alcohol because of the euphoria that accompanied the event, only for them to resort to constant consumption.

4.2 Effects of alcohol consumption among high school students in Kiharu Sub County

In order to confirm whether or not alcohol consumption have harmful effects on high school students within Kiharu Sub-County, the respondents were asked several questions including whether their parents knew that they tool alcohol, if in their opinion, alcohol makes a student drop out of school, the experience of those students who drop out of school, and their relationship with parents, fellow students/classmates and teachers.

4.2.1 Whether parents consume alcohol

On whether parents consume alcohol, 60% of respondents indicated that their parents consume alcohol while 40% did indicate in the negative, thus implying that of the students had their alcoholic parents. Figure 4.2 is indicative of the findings.

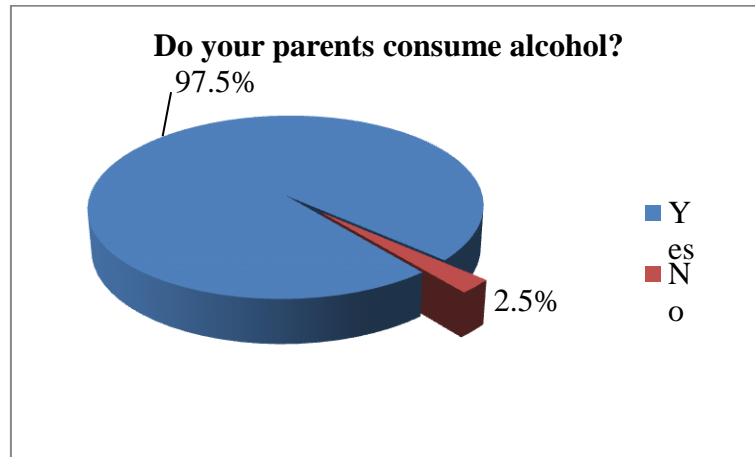


Figure 4.2: Whether parents consume alcohol

From the finding displayed in figure 4.2 above, it may be deduced that the consumption of alcohol by parents was seen as a motivating factor to the students and at the same time, it was viewed as an effect because students are role modeled by their parents. Ironically, a majority of the respondents, whose parents consume alcohol, did indicate that their parents discourage them from consuming alcohol because it will ruin their lives.

The finding concurs with Kanyua (2018) that substance use by parents is associated with substance abuse by their children. These findings are also supported by those of Masiye and Ndhlovu (2013) in an empirical study which revealed that drug abuse and alcoholism in a family creates a trend in families where the alcoholic and drug user's family is viewed as unreliable in supporting their children to participate optimally in school in comparison with their counterparts in non-abusing families. The same discovery was also made by Haller et al. (2012). They indicated that parents who had past history of drug and substance abuse influenced their children. The current finding however contradicts the observation made by Cooper, Peirce, and Tidwell (2005) who in their study among 818, aged between 13 and 17-year-olds disclosed that both paternal history of drinking problems was not predictive of substance use, but instead, it established that children raised from unsupportive and chaotic family conditions were more likely to get into drug and substance abuse.

4.2.2 Can alcohol make a student drop out of school?

In the figure below, the respondents were asked whether the consumption of alcohol has a bearing on school drop outs. The results are presented in Figure 4.3.

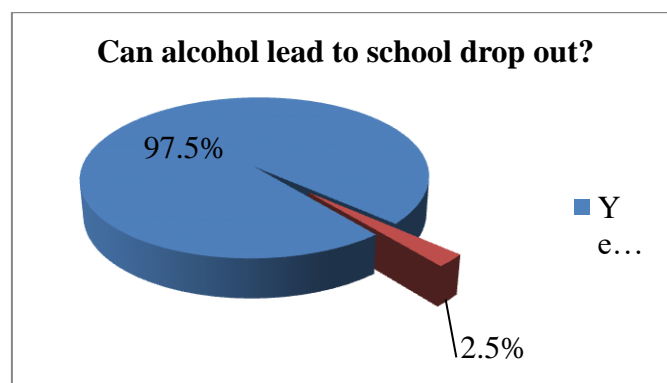


Figure 4.3: Responses on whether alcohol leads to school drop out

A majority of the respondents, 97.5% indicated that the consumption of alcohol can indeed lead to school drop outs. However, a few of them, 2.5% answered in the negative. Asked how, they stated that alcohol has the potency of disrupting one's academic progress which eventually will lead to dropping out of school because of its ability to disrupt one's focus on academics. They also cited addiction, which completely shatters a student's priority from academics to alcohol.

The respondents were further asked to state the experiences of these students who had dropped out of school because of alcoholism. They reported that many of them have become criminal suspects; they have engaged themselves in criminal gangs while others, especially the girls, have ventured into anti-social behaviors like prostitution. Resultantly, they have been exposed to diseases such as HIV and AIDS, and Sexually transmitted diseases while some have become teenage mothers.

Regarding relationships in and out of school as a result of alcohol consumption, the respondents alluded that consumption of alcohol has strained the relationships with teachers, parents, church leaders and even their classmates. In school, many stated that they have been frequently punished by the teachers because of unfinished homework, late coming and lack of concentration in class. In some cases, students cited suspension and expulsion from school as a result of alcohol consumption because of disobedience to school authority.

At home, the respondents said that the situation was not any better. They suffered the experience of being quarreled and punished by parents because of selling property in order to buy alcohol or sometimes because they steal their parents' money in order to buy alcohol. In school, they relate poorly with their colleagues because they cannot cope well. At times they quarrel and fight with them. They also find it difficult to adjust and cope with church leaders because of the guilt and fear of being stigmatized.

As how alcohol affects academic performance, all of the respondents indicated that indeed, alcohol affects academic performance. They stated that before they started consumption of alcohol, they used to excel academically but the trend changed for the worse the moment they started consuming it, their grades took a nosedive. As to whether they have ever been caught by law enforcement agents because of alcohol consumption, only one respondent reported to have been arrested because of alcohol consumption and charged with touting.

4.3 Measures put in place to disallow students from taking alcohol

The third and last objective was to investigate measures put in place to curb alcohol abuse in Kiharu Sub-County. The respondents are therefore asked to state whether they know of any law which does prohibits students from the consumption of alcohol whether in school or even outside school. From the findings, all the respondents attested to having knowledge of the law that disallows students from taking alcohol. When asked about the source of their knowledge, a majority cited school rules which they signed during admission which forbid them from taking alcohol. One respondent however claimed that the knowledge came from the Kenyan Constitution.

The respondents were also asked what they thought was the role of parents, teachers, church leaders and government officials. They stated unequivocally that the parents played a pivotal role in helping them overcome alcoholism. They stated that the advice given by parents was very instrumental in giving them direction. Parents also discourage them from having bad friends and harboring good friends who are constructive, this eventually leads to proper decision making that avoids alcohol.

At the same time, the respondents noted that teachers are at the heart of the venture in stopping alcohol consumption; teachers give them concrete advice based on facts which discourages them from consumption of alcohol. Teachers also are demanding in their expectations of discipline, they do not tolerate indiscipline that comes with alcohol consumption. They punish them and to an extent, they suspend or expel them from school. As a result, they have the 'fear factor' that comes with teachers which helps them to avoid consumption of alcohol.

All the respondents affirmed that the church leaders are very instrumental in as far as discouraging them from continued alcohol consumption is concerned. It was reported that the church leaders offer spiritual nourishment based on biblical verses which in turn helps them to align themselves to the right way and avoid alcoholism. The church also comes up with a wide array of activities which occupy them and in the process, help them avoid alcoholism all together. Government officials, who include the chief, sub chief and the enforcement agencies help in ensuring that the laws barring consumption of alcohol by youths are adhered to. One of the laws is that which bars alcohol outlets from being established in the vicinity of schools.

Lastly, the respondents were asked about the essence of Guidance and Counseling programs in schools. They indicated that these programs were indeed pivotal towards the elimination of alcoholism among youths. The reasons given were that these programs encourage students to share their inner concerns without any form of victimization. It also allows students the privilege and opportunity to open up to the teachers and unearth underlying problems and in the process get meaningful advice that will slowly overcome addiction. In fact, all the respondents indicated the need to further strengthen these programs in a bid to reduce student's uptake of alcohol.

When student counselor, parent, chief as government officer and a priest are interviewed they all agreed students are involved in alcohol abuse where they rated it to largely affecting students in senior classes such as form three and form fours. They confessed that involvement of students with alcohol abuse result to truancy, absenteeism, school dropout and poor relationship with in and out of institutions.

They unanimously agreed that few of affected students do seek assistance but due to peer influence and environment conditions and situation hardly enable them to stop taking it completely, despite much effort to assist them. In case a student is realized to be taking alcohol he/she is given counselor as well as peer counselor where he undergo several sessions in an attempt to help him/ her to stop the habit but unfortunately not many have been successfully helped to stop. All of them associated coupling in school scourge of HIV and AIDS to alcohol abuse since this normally start in their senior classes where they could have gotten a chance to be involved with alcohol abuse.

4.4 Theoretical and practical applications

This study established the following theoretical and practical applications:

- There should be parental involvement in managing discipline of students in school because discipline is a multifaceted phenomenon that cannot just be left to one individual or institution. Parents lay the foundation of their children's discipline
- Guidance and counseling programs should be streamlined in schools. This should involve having more personnel seconded to the department and ensuring that they respond to the concerns by the students. More talks should be done to them on the effects of alcoholism and how to avoid getting into it
- Sensitization should be stepped up by all government agencies in a bid to empower students with information that will make them desist from alcoholism, this can be done through radio, television, road shows and any other forum that can reach the youths.(c)
- Law enforcement agencies should nab those who encourage alcohol consumption among students. Those pubs and bars which sell alcohol to children should be penalized and tough measures put in place to ensure that young people do not get a chance to buy alcohol.(c)

4.5 Directions for further research

Since the study relied on descriptive research design, it would be interesting to carry out the study using other research design and in other locations. At the same time, other factors such as media and peer pressure and social media need to be investigated and a nexus established between them and increase in the incidents of drug abuse. Lastly, research should also be done to find out the effectiveness of the interventions aimed at curbing drug abuse and alcoholism.

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