

PREVALENCE AND RISK FACTORS FOR SUBSTANCE USE AMONG
STUDENTS AT KENYA MEDICAL TRAINING COLLEGE

49224

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A Thesis Submitted in Partial Fulfillment of the Requirements for the award of
Degree of Master of Science in Advanced Nursing Practice (Nursing Education)
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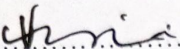
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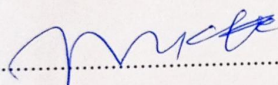
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The undersigned certify that they have read and hereby recommend for acceptance of Masinde Muliro University of Science and Technology a thesis entitled 'Prevalence and Risk Factors for Substance use among Students at Kenya Medical Training College'.

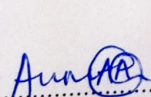
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DEDICATION

The entire research work has been dedicated to my late mum Recheal Werimba as a sign of appreciation for her kindness, devotion and endless support while nurturing me. It is no secret that she gave what no one will ever give, her selflessness will forever be remembered as she remains special in my life.

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ABSTRACT

Substance use entails any form of self-administration of psychoactive substances that includes depressants, stimulants, narcotics and hallucinogens intentionally to experience their effects. The substances imitate neurotransmitters and acts on pleasure centers regarded as rewards to users. Substance abuse affects young people in learning institutions and their consequences are detrimental. Due to inadequate information on preventive interventions among KMTC students, the purpose of this study was to investigate prevalence and risk factors of substance use among KMTC students. Descriptive cross-sectional research design was adopted, both qualitative and quantitative methods were used in data collection. Simple random sampling methods were used to select study sites and the study participants. 426 participants were interviewed from 14 campuses after which 353 questionnaires were found complete and used in data analysis. The results indicate most commonly used substances were alcohol 27.5% (n=97), cigarettes and tobacco products 24% (n=84), cocaine 8.5% (n=30) and hallucinogen 8.2% (n=29) while sedatives 0.6% (n=2) and opium 0.3% (n=1) were the lowest. Gender and source of income had significant association with cigarettes, tobacco products and alcohol at p-value of 0.0001. Opiate use had significant association with economic factors at p-value -0.04. On risk factors, economic status, cost of drugs and peer influence were significantly associated with tobacco and opiate consumptions at p-value of 0.03 while unconcerned school administration and loose parental ties were significantly associated with cocaine at p-value of 0.02. Discretionary activities were significantly associated with hallucinogen, cocaine and glue at p-value of 0.03. Perceived effects of substance use included declining grades 43.3% (n=153), strained relationships 43.3% (n=153), bullying 43.0% (n=152), theft 43.0% (n=152) and exam malpractices 42.7% (n=152). The staff singled out suspension and expulsion as interventions used to restrain substance use among students. This study concludes that the students are involved in substance use due to various risk factors leading to negative effects on academic performance but there were no restraining management strategies. The study recommends introduction of comprehensive and coordinated approaches to substance use within the institution and more research to extract effective drug use preventive interventions among youths.

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