



Adolescents' Drug-Using Practice: The Major Predisposing Factors and its Subsequent Psychosocial Consequences: The Case of Mettu Secondary and Preparatory School

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Abstract: The premise of this study is that disparity in adolescents' Degree of susceptibility to drug abuse is determined by different social factors. Thus, the present study investigated the Prevalence, pulling-pushing factors and psychosocial consequences of drug abuse among high school and preparatory students. This study used a cross-sectional survey design to collect quantitative data from 360 randomly selected respondents via questionnaires. Besides, qualitative data were collected through in-depth interviews, focus group discussions and key informant interviews. Our study revealed that out of 360 respondents, 108(30%) are already involved in the drug-using practice. From this, 86(79.6%) of them consume "More than one type of drug", while only 22(20.4%) of them consume "One type drug". Those individuals who are highly dependent on drugs are 'More than one drug' consumers and vice versa.

Moreover, parental substance use history, parenting style, peer pressure and availability of drugs highly force adolescents into drug-using practice. Their drug-using course exposes them to theft, sexual harassment, deteriorated physical safety, and deviant and juvenile delinquency. Subsequently, they have become susceptible to depression, fatalistic thinking, low self-esteem, social exclusion, loneliness and uncertainties in their life. This study reveals that social factors are fundamental agents for protecting adolescents from drug addiction or making them vulnerable. Our study calls for joint work of family, school, government and NGOs as well as every concerned to curb the problem.

Keywords: Adolescents, Drug-Using Practice, Psychosocial Consequences, Preparatory School

Introduction

A drug is any substance that is taken for both therapeutic purposes and to neutralize other substances (Kwamanga et al 2003). Drug abuse refers to using an excessive

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illegal or legal drug without a prescription of the physicians. The well-known drugs that are abused worldwide are tobacco, Miraa (khat(chat)), bhang, alcohol, cocaine, mandrax, and heroine (Nacada, 2005). Currently, the use of these drugs is becoming a predominant among school children worldwide (Vincent, 2003).

Drug abuse is the critical cause of acute and chronic physical and psychological impairments. It exposes people to high depression, anxiety, confusion, hallucination, intoxication, low self-esteem, and in the end it obscures the purpose of the user's life. Lauer (2004) argues that drug abuse impairs memory, attention span, learning, and psychomotor performance. Nowlis (1970) regarded drug users as longhaired, self-indulgent, dirty, lazy and morally depraved. Drug dependency causes profound troubles to individuals and societies as a whole. According to a World Health Organization report (2010), 11.3% of the total burden of disease comes from the use of psychoactive substances. By the time of 2013 WHO again rated tobacco as 5.2 %, alcohol 4.3%, and illicit drugs 1.5% of the burden of disease worldwide.

The type of drugs consumed by school adolescents varies from place to place. In Africa alcohol, cannabis and chat are the most common drugs that are widely consumed by school adolescents (Odejide 2006). Several empirical studies also reveal that; the majority of school youth are involved in drug-using behavior in Ethiopia. For instance, Fekadu and Atalay (2007); Syoum and Ayalew (1995) argue that drugs like cigarettes, alcohol and khat(chat) are the most predominant substances that have been used by school youth frequently while cannabis, solvents and hard drugs such as heroin and cocaine are rarely used due to their low accessibility in this country. These studies depict that street children, commercial sex workers, street vendors and some school children are more vulnerable to drug abuse in Ethiopia.

According to the report of the Ethiopian Ministry of Health (2010), the problem of substance abuse is becoming worse and it is conveying complex psychosocial complications like youth unemployment, delinquency, premarital sexual practices, unwanted pregnancy and Gender-Based Violence (GBV). Despite its negative effects, school youth of secondary schools in different parts of Ethiopia are becoming active users of drugs. This is a threat to the future fate of families and communities as well (WHO, 2011).

The situation of adolescents' drug-using behavior in Mettu High Secondary and Preparatory school shares a similar vein with other corners of the country. Therefore, it is very important and timely to investigate the state of drug abuse in school to address the magnitude of the problem and pursue a solution. In this view, our study was conducted with the general objective of examining the impacts of school adolescents'

socioeconomic, demographic and cultural capitals on their vulnerability to drug abuse and its psychosocial consequences.

Statement of the Problem

According to UN (1987 and 1989), Drug is the major poisoning entity that obscures the future of youth population and the country's as the whole. Every prescribed and non-prescribed Drug like alcohol, prescriptions and over counter medications, even coffee are harmful when they used excessively (Yigzaw, 2001). Despite its negative effects, the demand and the supply of Drug has been currently increasing (Dawn 2004; UNESCO 2000). A study conducted among high school adolescents in Ethiopia from 2001 to 2002 reported that about 8.9% drunk alcohol at least on a weekly basis, where as other reports among students in southern Ethiopia and a private school in Addis Ababa found a prevalence of 57.7% and 19.2% respectively.

Tesfahun et al (2013) studied the overall Prevalence of substance abuse and its associated factors among students of Debre Markos Poly Technique College. This found as 14.1 % of the target population are addicted to Drug. More over the researchers further rated the commonly abused substances as alcohol 13.4 %, khat 7.8 % and cigarette 5.4 %. Furthermore, sex, peer pressure availability of the drugs, family drug use, personal pleasure, and academic dissatisfaction was found to be significantly associated with students' drug use behavior. Gerezgiher et al (2014) also studied the Prevalence and determinants of substance abuse among street children in Mekelle city. The abovementioned study disclosed that, out of 172 sampled street children, 65 of them were substance abuse. Yet, the researchers paid attention rating on identifying which type of Drug is highly consumed by the street children over the others. Accordingly, the authors found that, 97 of the respondents were tella drinkers, 60 of them were Chat chewers and 56 of them were Cigarette smoker.

Moreover, the study disclosed that, most of the students use more than one substance at the same time and Khat and Cannabis were the highly used substance by the students.

Thus, the aforementioned studies were relied up identifying the Prevalence, causes and the effects of drug abuse on users. However, the psychosocial consequences that emanated from drug abuse were overlooked by those studies. Consequently, the present study was focus on identifying the pulling factors and the immediate psychosocial consequences of drug abuse on Drug addicted students. Besides, the association between drug use practice and students' academic performance was examined. Therefore, different to the previous empirical studies, the present study was provide

detail information about Prevalence, trend, causes and psychosocial consequences of drug abuse in some selected Mettu secondary and preparatory schools of Ilu Aba Bor Zone by the means of mixed research approach.

Objectives of the Study

General objective

This study was aimed to investigate the extent of drug abuse, its major causes and subsequent outcomes in Ilu Aba Bor Zone, Mettu Secondary and Preparatory School.

Specific Objectives

- To describe the Prevalence of drug use practice among secondary and preparatory school students in the study area.
- To identify the major factors that force adolescents into drug use in the study area.
- To examine the psychosocial consequences that resulted from Drug using behavior in the study area.

Materials and Methods

Study design

This study was carried out in Mettu Secondary and Preparatory School in Ilu Aba Bor zone, located in the southwestern part of Ethiopia at a distance of about 625 kilometers away from Addis Ababa. Based on the data found from the zone's education office, Ilu Aba Bor zone holds total secondary and preparatory schools of 52 in which 27,501 pupils enrolled regularly, of which 14,520 are male and 12,981 are female. Mettu Secondary and Preparatory school is also one of the oldest and popular schools registers and teaches more than 1000 students each year.

Cross-sectional research with a concurrent mixed method design “QUAN-QUAL” type was employed to conduct this study. Both probability and non-probability sampling designs were employed to select the study sites and participants. With the help of this approach, the researchers have supplemented the methods and cross-checked data obtained by different instruments.

Ilu Aba Bor zone has forty homogeneous woredas with at least one secondary and preparatory school. Thus, Mettu Secondary and Preparatory School was purposively

selected based on the high Prevalence of students during consumption observed during pilot study compared the others. Pilot study was conducted on 10 randomly selected Secondary and Preparatory Schools of the zone. Based on this preliminary investigation, adolescents' Drug using practice was found more prevalent in Mettu Secondary and Preparatory School than others. This persuaded us to select Mettu Secondary and Preparatory School purposively as the study area.

Instruments

Quantitative data were collected using questionnaires. A questionnaire that comprises both open-ended and close-ended items was prepared, tested for its reliability and distributed for 360 study respondents to be filled by themselves and with the help of enumerators. Questions were designed to assess the Prevalence of drug abuse, the types of drugs that are predominantly consumed and the major pulling and pushing factors. We also examined the following socio and demographic variables: age, sex, religiosity, family income and parenting style.

In our study, we used an interviewer-administered form (approximately 5 minutes). Students' drug-using practice was measured by the following question: 'Have you ever used drugs other than those required for medical reasons?' This question is evaluated by YES or NO responses. Similarly, the general drug abuse status was measured by the following question: Moreover, students' drug dependency status was measured by the following question: 'In general, Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?' This question was evaluated by YES or NO responses. Finally, the effect of parenting style on adolescents' drug-using practice was examined. This was also measured by the following question: rate the parenting style that you grew in it? The scale ranged from 1 (authoritative) to 4 (authoritarian). The hidden connections between adolescents' drug use practices and its pulling-pushing factors as well as the subsequent psychosocial harms were studied by using a narrative research design.

Qualitative data related to the lived experiences of individuals were collected utilizing in-depth interviews, key informant interviews and focus group discussions (FGDs). Qualitative questions were prepared to probe deep into the role of school adolescents' socioeconomic, demographic and cultural capitals on their vulnerability to drug abuse and its succeeding difficulties. These questions were discussed with FGD participants and informants of an in-depth interview. Hence, a total of 25 drug users were interviewed based on their experience of drug-using practice and consent to involve in this interview. Approximately ten (10) minutes were used to interview a single informant.

Moreover, Key informant interviews were held with knowledgeable school members, school principals, teachers and individuals who control the school compound to gain insights and experiences of adolescents' drug-using practice. Accordingly, a total of ten (10) key informants have participated in this study. Participants of key informant interviews were purposively selected based on their nearness to the issue under study and the judgment of the researchers.

Data Analysis

Descriptive statistics (frequency, percentage, mean and standard deviation) were used to present the socio-economic and demographic status of the respondents. Qualitative data were analyzed using thematic analysis. After making thorough proofreading of all of the transcribed qualitative data, regularity and contradictory explanations were identified. Finally, each explanation was categorized under coherent thematic topics to generate meanings.

Findings and Discussions

Socio-economic and demographic characteristics

The study involved 360 respondents, of whom 200(80%) were male and 160 (20%) were female. The mean age of the participants was 17.8 years (SD = 1.79). In terms of their age category, the majority of respondents 288 (80%) were between the age of 17-19, while 36(10%) of them are in the age category of 14-16 and only 36(10%) of them were above the age of 19. From a total of sampled respondents, 252(70.0%) of the students were enrolled in 9-10 grade and 108(30.0%) of them were grade 11-12 students. In terms of family's educational background, 108(30%) of the students were reported their family can't read and write, 108 (30%) of them reported their families have completed secondary school, while, 72 (20%) of student's family are got primary education, 36 (10%) of students' family have diploma and certificates and 36 (10%) of parents have Degree and above. In terms of family's annual total income from all sources, 72(20%) of respondents' families earn below 4,500ETB from all sources annually, while 108(60%) of them reported that their family earns between 5,000ETB-20,000ETB annually from all sources and only 72(20%) of respondents' family earns above 20,000ETB from all sources annually.

Prevalence of Adolescents' Drug-Using Practice

This study endeavored to identify the magnitude of adolescents' drug-using practice in the study setting. Thus, questions related to adolescents' previous lived experience in drug-using practice, variety and types of drugs that they have consumed before, their level of drug dependence and the nature of drugs that are predominantly consumed by school adolescents in the study area are analyzed and interpreted.

Table.1: Respondents' Drug using history

<i>Question item</i>	<i>Frequency</i>		<i>Total</i>
	<i>Yes</i>	<i>No</i>	
Have you ever used drugs other than those required for medical reasons?	108 (30%)	252(70%)	360(100%)

As it is shown in the above table, from a total of 360 study respondents, while the majority 252 (70%) of the respondent were reported that not engaged in drug-using practice, 108 (30%) of them have admitted their previous involvement into drug-using practice. Moreover, 30% of school adolescents in our study area are already involved in drug-using behavior. According to data obtained from the study key informants, it is common to get at least 2-3 students in one classroom who reflect the style of drug-addicted people. A discussion made with the school guards also shows that few school adolescents practice drug-using behavior even in some secret corners in school compounds. Further quantitative analysis was also made to identify the variety of drugs used by those drug users (i.e. 30%). The following table displays this.

Table. 2: Types of drugs that often used by respondents

<i>Question item</i>	<i>Frequency</i>		<i>Total</i>
	<i>Only one type</i>	<i>More than one drugs</i>	
Variety of drugs you consumed in the past.	22 (20.4%)	86(79.6%)	108(100%)

The above table shows, from 108 drug-addicted school adolescents, 86(79.6%) of them have the experience of consuming more than one Drug while only 22(20.4%) of them consume only a single type of Drug. According to data obtained from the study FGD participants, there are several drugs like alcohol, chat, cigarettes and others

which highly consumed by adolescents' drug users in the study area. The majority of participants confessed that they often consume more than one type of Drug at a time. A 19-years-old boy stated as follows:

"We often chew chat in group. So it is obvious to smoke a cigarette during chewing chat for us. If you want to get high, you must smoke a cigarette in during you chew chat"
(From field interview).

The level of drug dependence varies from individual to individual. Those adolescents who are more addicted to the Drug often use more than one drug type compared to those who are less addicted to drugs. The level of drug dependency is reflected via users' craving and inability to stop it. The following table shows respondents' capacity to stop their drug use behavior.

Table 3: Respondents' level of drug abuse

<i>Respondents' level of drug abuse. I have experienced the following symptom(s).</i>	<i>Variety of drugs</i>		<i>Total</i>
	<i>Only one</i>	<i>More than one</i>	
Use Drug frequently in order to feel normal	25(23.1%)	83(77.9%)	108(100.0%)
Difficulty to stop	45(41.7%)	63(59.3%)	108(100.0%)
Spending much more money	38(35.2%)	70(64.8%)	108(100.0%)

As it is shown in the above table, the relationship between adolescents' level of drug dependency and the variety of drugs they consume was seen. Accordingly, the majority of drug users' adolescents who are highly dependent on drugs consume more than one Drug at a time. Thus, 83(77.9%) "More than one type drugs consumers" of the respondents reported that they use the Drug frequently to feel normal. Whereas, 25(23.1%) 'One type drug consumers" stated they consume drugs frequently to normalize their habit. In terms of respondent's capacity to stop drug-using practice when they want to, 45(41.7%) of "one type drug consumers" were confident to stop drug-using practice while 63(59.3%) "More than one drug users" showed their less confidence to stop their drug-using practice. In terms of respondents' "prioritization of drugs" 38(35.2%) of "one type drug users" posited they spend much of their time on drugs than other necessities while 70(64.8%) "More than one type drug consumers" responded prioritize drugs to purchase than others. As it is possible to understand from the above quantitative data, those individuals who are more dependent to drugs are 'More than one drug" consumers. Contrary to this, those who are "one type drug consumers" were less likely to depend on drugs compared to their counterparts.

Qualitative data was also collected to understand the perception of adolescents who consume drugs towards their drug-using behavior. Hence, our findings reveal that the majority of the informants do not feel comfortable about their drug-using behavior while a few of them positively accept it. Further qualitative probing was made to understand whether the drug users are ready to stop or to continue this practice. Accordingly, the study key informants argued that those drug-addicted adolescents who feel guilty are near to liberating themselves from the bondage of drug-using behavior than those who consider drug addiction as a sign of civilization.

Relationship of Students' academic performance with respect to their Drug usage

The average score of students in the class is taken as with interval of 10.

Table 4: Relationships of Students' academic performance with respect to their drug usage

<i>Average point they scored</i>	X^2	<i>P value</i>
50-59	245.714	.000
60-69		
70-79		
Above-80		

(N=108)=245.741, $P < .05$

The chi-square test statistics for the association of students' level of academic performance and Drug abused students gives a significant result at

$X^2(N=108) = 245.741, P < .05$.

Factors that Force Adolescents into Drug Using Practice

The study's qualitative and quantitative data verified the existence of different risk factors of adolescent drug abuse. Several socioeconomic and demographic characteristics led school adolescents into drug use behavior. However, the pushing and pulling factors of drug abuse vary from individual to individual. In most cases, there are common and multiple factors that encourage them to start drug-using practice. Those factors are also interrelated and interdependent. According to qualitative data obtained from the study FGD participants, risk factors depend on individuals' living situation, environment, time and social interactions.

Parental Substance Use History and Adolescents' Drug Using Practice

Anyone has his/her reference group whom he/she considers as his/her exemplary. Family is the primary agent of socialization from which newcomers obtain basic information in life. Thus, a family member can put a foundation in every individual's life's journey. In this manner, in the drug-using family member, adolescents are prone to rudimentary information about drug-using behavior. According to the study key informants, children are likely to imitate what their family members practice no matter it is deviant or non-deviant behavior. This finding goes hand in hand with the finding found by (John, 2005). According to John (2005) growing up in Drug abusive family is one of the major contributing factors that could lead children into drug-using behaviors. The following quantitative data shows this fact.

Table 5: Responses of students about their family behaviors

<i>Statements</i>	<i>Strongly disagree</i>		<i>Disagree</i>		<i>Undecided</i>		<i>Agree</i>		<i>Strongly agree</i>	
	<i>Frq</i>	<i>%</i>	<i>Frq</i>	<i>%</i>	<i>Frq</i>	<i>%</i>	<i>Fr</i>	<i>%</i>	<i>Frq</i>	<i>%</i>
My parents' Drug using behavior positively led me to Drug using practice.	161	44.7	64	17.7	27	7.5	62	17.2	46	12.7
I was imitating Drug using behavior after I saw it from one of my family's members.	Frq 180	% 50	Frq 63	% 17.5	Frq 29	% 8.0	Fr 46	% 12.7	Frq 42	% 11.6

As it is shown in the above table, from the total respondents 108(30%) of them reported that their parents use drugs like Khat(chat), Alcohol, tobacco, While, 235(65.2%) said that their parents are not users of drugs. The rest 27(7.5%) students' answer was undecided. Similarly, 88 (24.4%) students' lack positive parental role modeling and 243(67.5%) students were imitating Drug using behavior from their parents. The rest 29(8%) students' answer was undecided

Further qualitative analysis was made to cross-check the above-mentioned data. Hence, most of the Drug using adolescents argued that at least one of their family members were a drug user. According to those informants, either of their father, stepfather, in a few cases both parents or relatives whom they used to live with had been

using drugs. With this regard a 15 years old drug user boy of 9th grade from Mettu Secondary and Preparatory School stated as follows:

“My stepfather is a chauffeur or car driver. Whenever he came home either came with drugs or sends me to buy for him. He chews chat and smokes a cigarette. I was eager to try any drug which he was consuming. Later on, I have begun to try some of his leftovers. Eventually, I become a constant drug user” (From the field interview: Translated from Afan Oromo).

The other informant also said that:

My father was a chain smoker. He prefers to smoke than eat. My mother always nagged him to stop smoking but he couldn't. I remember, one day I and my cousin tried smoking the leftover cigarette by taking it from the ashtray. We also try smoking by rolling paper and lighting it the tip. One group discussant said that she started chewing chat with her relatives. She explained the situation as follows:

My older brother and cousins used to chew chat in our house. I was in charge of preparing the coffee ceremony. They always tempted me to try the chat by giving me one twig of the chat and after time I started chewing by hiding from my father.

As it is mentioned in the above behavioral modeling of substance use, being exposed to parental substance use at an early age in life also upsurges the possibility of youth involvement in drug-use behavior. The study key informants also said children often follow some people particularly peers, family members and other public figures whom they constantly interact with. In this view, therefore, children are likely to learn every kind of behavior from people they admire, love and frequently interact with. Family members primarily play a significant role in influencing adolescents' drug-using behavior.

Parenting Style and Adolescents' Drug Using Practice

According to several empirical studies, there are many factors associated with adolescents' drug and alcohol use practice. Among these, one of the major factors is parenting style. There are four types of parenting styles: authoritative (high levels of control and affection), neglectful (parents with low responsiveness- (warmth, acceptance, and involvement) and few demonstrations of affection are neglectful. Indulgent (affectionate but demand little, and authoritarian (very demanding but demonstrate little affection). The following quantitative data shows the relationship between parenting style and adolescents' drug-using practice.

Table 6: Respondents' parenting styles

<i>Parenting styles</i>		<i>Responses</i>	
		<i>N</i>	<i>Percent</i>
	Authoritative	3	2.8 %
	Indulgent	25	23.1%
	Neglect	60	55.6%
	Authoritarian	20	18.5%
Total		108	100.0%

As depicted in the above table, adolescents who perceived a neglected style in their family were more likely to involve in drug-using practice. Thus, 55.6% of drug abusers perceive their parenting style as neglect while 23.1% of them reported as they grew up in a family which follows an indulgent parenting style. While 18.5% of them perceive their family-style as authoritarian and only 2.8% of drug abusers perceive their family's parenting style as authoritative. This simply discloses the direct relationship between parenting style and adolescents' drug-using practice. Further qualitative analysis was performed to supplement the above quantitative data. Concerning the data obtained from the study key informants, those students who have a healthy relationship (authoritative parenting style) with their family are less likely to involve in drug-using practice. Key informants also argued that, children who obtain good affection and reasonable control from their family are less likely to involve in drug use practice. In contrary to this, those children whose relation is weak with their family (indulgent and neglect) are more likely to involve in drug-using practice in particular and every deviant behavior in general. This is evident for good parenting style is a better protective mechanism of young people from involving in drug-using practice and vice versa.

Peer Pressure and drug abuse

Peer pressure was regarded as the major contributing factors for drug abuse.

Table 7: Responses of students about their family behaviors

Influence of Peer Pressure on Drug Abuse among Students

<i>Statements</i>	<i>Yes</i>		<i>No</i>	
	<i>F</i>	<i>%</i>	<i>F</i>	<i>%</i>
Have you ever influenced by your friends to consume any drug?	97	89.8	11	10.2

The above table shows that 89.8% of drug user adolescents consider peer pressure as the major factor which forced them in drug-using behavior. While only 10.2% of drug abusers were not liable for peer pressure for their current drug-using behavior. Above all peer pressure has a crucial role to lead adolescents into drug-using behavior.

In the analysis of $\chi^2(2) = 73.05$ there was a significant relationship at 95 confidence interval between peer pressure and subsistence abuse of the respondent ($\chi^2 = 38.163$, $df = 1$, $p = 0.001$). The chi-square test shows the presence of relations between peer pressure and subsistence abuse of the students. This was confirmed by the study key informants and FGD participants.

According to the study of FGD participants, peer pressure is one of the major causes that force them to engage in drug-using behavior. This data confirm the finding of (Nigesu et al; 2008) who argued peer group is the major source of information for adolescent drug users. The following anecdote was taken from one of the study discussants.

"At the moment I started to spend my time with drug-addicted friends, I became excited to try any drug they had been using bit by bit. At my very honeymoon time, friends didn't force me to contribute but latter I forced to contribute equally with them" (From Field Interview).

Another participant in the focus group discussion stated as follows:

"First I was convinced to sneak out of school to practice such a deviant behavior by friends. Later I started to voluntarily absent from the class to join friends at the place where they customarily chew chat." (From Field interview).

As one can understand from the above narrations, the majority of the drug users were confessed that their friends have tricked them to try and immerse in the drug-using behavior. Also, another student in the open-ended question has mentioned that the interest she had to try the Drug before she started it as:

"Before I started using drugs, I used to watch my friends using various drugs and they convinced me to try it and I was so curious and wanted the feeling they gained."

Other interviewed respondents told her involvement with a cigarette as:

"At first I used to sit with my Fiends when they smoked a cigarette. Then my friends told me that it is better to get high by puffing rather than sitting without smoking and getting high by snuffing. Then I used to smoke by myself and get high like them" (From field interview).

This implies that peer pressure among other factors continues to influence students with irreparable damages such as addiction to dangerous drugs.

Availability and normalization of the Drug

Availability of drugs is also one of the major factors that force adolescents into drug use practice. Those adolescents whose family and the surrounding community produce drugs as their means of life are more familiar with drugs and easily consume them. One of the informants said:

“Cigarette and khat (chat) are available in the nearby shops and there is no need to hide from the police or school directors to access them”

In some families and communities, there is a gender difference in consuming drugs. While some of the drugs are permissible for males they are forbidden for females. The 19 years old boy stated as follows:

“It is normal for boys to smoke, chew and drink anywhere and anytime, there is no shame to do it in public as long as we have the money to buy.”

The researcher also observed many retailing shops that sell cigarettes and khat(chat) in different towns of the study area. The data from key-informant also showed that the availability of legal and illegal drugs in the street is one of the major causes for the students to engage in drug-using behavior. The normalization of drug use in some communities also contributed to the students taking drug use as a habit.

The psychosocial effects of drug abuse on drug users well-being

As the study findings show, drug-addicted adolescents are susceptible to several subsequent problems. These subsequent problems could be psychological, physiological and social related. The following sub-sections are presented to show these problems.

1. Effects of drug abuse on user’s physical safety and well-being: Based on our observation, the major thing that was visible from the physical condition of drug-addicted students was dirty clothes, deformities on their lips, long and unclean hair and so forth. Moreover, the smell of their clothes and mouth is evident for their use of drugs.

Drug users do not concern with their life rather than treating their addiction because it is captain master of their life. Drug users prioritize the substances which they love to use other than bothering about their physical safety. They waste much of their time on using drugs instead of cleaning their clothes. Spent the money they acquired on substances rather than spending on clothes and shoes.

2. Adolescents’ Drug Abuse and Gender Based Violence: Some drug user adolescents were interviewed about their exposure to gender-based violence. With this

regard, a 16 years old male drug user from Mettu Secondary and Preparatory School stated as follows:

"We always sit around the street in the group. We insult, laugh and perform every sexual harassment on girls. This and other related deeds are common for our group"
From field interview 12/08/12EC.

One of 18 age female drug users from Mettu high school and the preparatory school also discussed as follows:

"I spent most of my time with drug users in the field. Like friends, I do insult others using taboo words and I sometimes laugh at girls too. I often share sensitive stories, particularly about sexual practices with male friends. On the other hand, there are a lot of moments in which I encounter insults and despise from others. Friends with whom I often use drugs with them insult me by my gender and that negatively touches my dignity" From field interview 12/08/12EC.

The abovementioned data reveal the fact that both male and female drug users of school adolescents are exposed to gender-based violence. While male drug users are cause for sexual harassment that girls encounter on the street, the female often encounters an insult that denounces the dignity which they need as a woman and sexual harassment as well.

3. Effect of the Problem on Parent-Child and Husband-Wife Ties: According to the data found from the study key informants of Mettu High school, disputes are common between drug user school adolescents and their families. Based on this data, those disputes might be seen in two ways. In the first place, there is always a conflict between the drug user adolescents and their families. The sources of this conflict are a long time of absenteeism from home, low cooperation with family, unwillingness to help family, disrespect for family, low focus on their education, spiritual condition, spending much of their time on the street, etc. This in turn led them to the tragedy to separate from their family and relatives.

"My family drove me off from home several times. They did that to me blaming me as rude, disrespectful to them and absenteeism from home and other related factors as well" (from field interview).

In the second place, there is a common dispute between the drug user school adolescents' father and mother. Father and mother often try to make responsible one another for their child's drug-using behavior. In most cases, fathers and mothers have no equal stand on punishing their kids. When the father shows a strong stand on punishing his drug user son or daughter the mother may fail and vice versa. This is the major source

for the conflict between husband and wife. And it reflected via accusing and blaming one another.

4. Drug dependency and theft: One of the ultimate obscured features of drug addiction is the user's dependency on drugs (i.e inability to perform any activity before calming down their addiction). Drug users are prisoners of the substance they use. According to the data found from the study key informants, after continuous consumption of any drug, adolescents easily become dependent on drugs. They cannot live a single day without consuming drugs. It is too difficult for most drug users to sit in class without using drugs. In addition to this, the availability and accessibility of drugs in terms of money are very tough for some adolescents. This in turn leads them to develop deviant behaviors such as theft and gambling. After being trapped in drug use behavior they can no more control their life. The following raw data which was obtained from A 16 years old boy approves this:

"After I became a drug user, I developed the behavior of lying and stealing from home to pay for my drug use. I lost the ability to control my life, intentions and do what is supposed as right thing" (from field interview).

This is evident for the fact that drug addiction obscures the future of drug-addicted adolescents.

5. Inferiority feeling, fatalistic thinking, low self-esteem & low confidence: There was a sense of feeling of inadequacy, what might be called 'defeat is thinking'. Their inability to escape from drug addiction coupled with the deep-rooted sense of rejection they saw in their families and communities. This exposes drug abusers to develop fatalistic thinking, considering themselves as inferiors and unequal to the non-drug user friends who actively follow their education and family's orders. However, they are not confident enough to resist their conditions other than accepting them. There is one saying regarding drug addiction, particularly of chat.

"One begins chat chewing to get him/herself above everyone; after he realized he is below everyone again he/she starts to chew chat to get him/herself equal to the others"(from field interview).

The abovementioned says shows us the scenario of drug abusers in general and chat chewers in particular. Everyone involved in drug-using behaviour with different intentions. They consider this deviant behaviour the road that could take them to a prosperous and unique world. Some search for their true "self" in that terrain vicinity. Others consider drug-using behaviour as a means to prove one's personality. Above all, most individuals consider drug-using behaviour as a sign of modernity. However, the

moment they realize their predetermined assumptions clash with their current reality, they begin to discept themselves. They start to spend much of their time in self-dispute, which highly atrophies their life and leads them into an illusion life. This ultimately leads them to feel inferior to others; develop low self-esteem and confidence in their life, and wonders about the circumstances filled by fatalistic thinking.

6. Being labelled as a deviant and delinquent in the community: Not only their actual deeds but, in reality, drug-addicted school adolescents face being outcasted by the community. According to data from the FGD participants' drug user school adolescents, the community favours non-drug users compared to those addicted to drugs. The following statement confirms this:

“Every individual sees us as a thief and rude. When something is stolen from around us, we are the first suspect. No one believes us when we defend the guilty. We were accused by everywhere by everyone on different informant social gatherings like Idir and others” (From field interview 12/08/12EC).

One of the key informants from Yayo high school also stated as follows:

“Drug-addicted adolescents often take double burdens to be suspected for every crime and the humiliation they are will encounter. Since they need money for special cases and show odd behaviours, they are targeted by everyone” From field interview 12/08/12EC.

7. Social exclusion and loneliness: Drug-addicted adolescents have minimal and selective friends. They mainly cooperate with those who have the same behaviour. The 19 years old male informant discussed as follows:

“In the beginning, I thought drugs won't affect my relationship with other friends who do not use any drugs. After a while, as realized it was the opposite of that. At first, my friends seem not bothered by drug use. But they want to do other things while I want to use drugs. Instead of spending time with me, they chose to be with someone who likes gaming and sports with them” From field interview 25/08/12 EC.

The FGD participants also argued that drugs enable drug-addicted adolescents to become distrustful about their relationships with others, thinking that their friends are turning against them.

8. Hopelessness, confusion and uncertainties: According to data from the study's key informants, drug addiction forces users to live an illusion of life. They highly consider themselves rational but cannot decide as a reasonable person. They yearn for an affluent life, but do not work to realize their dreams. They continuously

wait for something different which will change their life magically, but they do not know how and when it will happen. Their prolonged desire and craving will expose them to pessimistic life situations, hopelessness, confusion and uncertainties.

Discussions

The purpose of this study was to investigate the social factors that determine the vulnerability of school adolescents to drug-using behaviour and subsequent psychosocial problems. Our study found that out of 360 respondents, 108(30%) were already involved in drug-using practice. From this, 86(79.6%) of them consume “More than one type of drug”, while only 22(20.4%) of them consume “One type of drug”. Hence, those individuals who are highly dependent on drugs are ‘More than one drug’ consumers. Contrary to this, those who are “one type drug consumers” were less likely to depend on medicines than their counterparts. Some of the drug-addicted adolescents were not happy about their status, while some of them considered it a sign of exceptionality. Those drug-addicted adolescents who feel guilty are near to liberating themselves from the bondage of drug-using behaviour than those who believe drug addiction a sign of civilization.

Our study shows that parental substance use history, parenting style, peer pressure and availability of drugs as the significant pushing and pulling factors that invite adolescents into drug-using practice. Adolescents whose families are permissive to drug consumption, which grew up in an indulgent and neglecting parenting style, who spend much of their time with drug-addicted adolescents and those who quickly access drugs are likely to involve in drug-using practice. Subsequently, drug-addicted adolescents are susceptible to theft, sexual harassment, and deteriorated physical safety, and they are labelled as deviant and delinquent in their respective families and community. Moreover, they are virtually exposed to depression, fatalistic thinking, low self-esteem, social exclusion, loneliness and uncertainties in life.

Finally, our study calls for the joint work of families, schools, government and NGOs as well as every concerned body in curbing the problem, which is a threat to the betterment of future generations. Every concerned body should do its job in mitigating the issue because it is occurring due to the failure of different social structures. Thus, the study recommends every concerned body’s interventions to enhance these newcomers’ psychological, spiritual, social and cultural capital to reduce their vulnerability to drug addiction.

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