



FACULTY OF HUMANITIES, DEVELOPMENT AND HUMAN SCIENCES

**THE MISUSE OF RECREATIONAL DRUGS AMONGST STUDENTS AT
THE UNIVERSITY OF KWAZULU-NATAL**

by

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DEDICATION

This dissertation is dedicated to my Precious Jesus; I owe all this to you as you have been my strength, comforter, protector and my best friend.

You are the light that shines in all my darkness... I do not know what I would do without you, Lord.

I love you, Jesus,

“ALL GLORY TO GOD”

WALK BY FAITH NOT BY SIGHT

2 Corinthians 5:7

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CHAPTER 1

INTRODUCTION

Recreational drug use has become an international phenomenon that has resulted in a movement where many individuals, especially young adults from all social classes have become involved in drug abuse. (Natarajan 2016) .The upper class use cocaine which is considered as one of the leading drugs and the middle to lower social classes use marijuana which is considered to be relatively cheaper to purchase (Natarajan 2016).

Drug abuse cannot be easily ignored, yet a literature search has indicated that there is a considerable lack of South African research and information surrounding the use of drugs, especially by university students. There is a large volume of information on the extremely harmful effects of drugs, on drug abuse disorders, as well as the relationship between drug abuse disorders and criminal activities that are committed by individuals that are using drugs.

Recreational drug use is a major concern at universities. It is not just problematic at a national level as seen by Nyadaza and Coetzee (2017) who state that in the Western Cape Province, there is an ever growing relationship between drug abuse and criminal activities. The increase of criminal activities due to the abuse of drugs has steadily raised to 2.4 %, while the crime in the Western Cape has increased quite dramatically from 2013 onwards because of the many individuals resorting to drug abuse and criminal acts. This can be easily explained because there is an interrelationship between drugs and crime, such as the political, social and economic aspects, all of which can contribute to an individual becoming predisposed to drug abuse and crime.

Drugs have officially become an overnight sensation due to the internet, as many of them are available online and an internet user can compare prices, quality, quantity and can make a choice that is suited to their needs. The drugs can be delivered anywhere and due to modern technology, some of the packages cannot be traced and therefore this provides the user and the dealer with maximum protection against prosecution and global law enforcement agencies (Orsolini, Schifano, Duccio Papanti & Corkery, 2015).

Drug abuse is considered to be an addiction and it can affect many areas of an individual's life such as family and friendships (Rhodes, Watts, Davies, Martin, Clark, Craine & Lyons 2007). As a result, an individual will no longer be in control of their life. Recreational drug use is a fast growing epidemic in South Africa and due to the lack of studies, information and awareness, many individuals do not realise that drug abuse can become a very large national problem.

Problem Statement

In South Africa we have a serious problem with the use of drugs. The abuse of drugs has made an impact on social and health of individuals. Drug abuse has lead to violent behavior and various types of criminal activities This study seeks to explore drug abuse amongst university students and it will focus on the causes of drug abuse and the effects of drug use and the availability and accessibility of drugs to university students as well as why drugs are so prominent in the university culture today.

University students especially in South Africa have abused drugs because it is easily accessible and available and most of the youth today engage in drug abuse due to social media such as that of Facebook, twitter and Instagram and due to the social image that is portrayed on these different portals makes it seem that drugs are very exciting and that it is the norm for the youth to engage in drug use and gain popularity amongst one's peers.

The aim of this particular research was to investigate the issue of the misuse of recreational drugs by university students. Tertiary institutions host many people from different backgrounds and students tend to influence one another, which is one of the reasons why some of the students end up abusing drugs.

1.1 Background of the Study

Drugs can be defined as any chemical substance whether it is of a natural or synthetic nature, which can be used to alter one's perception, mood or other psychological states (Enevoldson, 2004). The practice of using such chemical substances to alter the way people feel is a well-established activity undertaken by many people (Enevoldson, 2004). However, past research

indicates that there has been an increased amount of changes in drug use and there has also been a considerable amount of changes in people's attitudes towards drug use (Barrett, 2005).

Over the years, society has always held a firm position within regards to drug use and there has been an increasingly challenging and contentious concern influenced by many distinct classes throughout history (Enevoldson, 2004). During the 1960s, a drug culture emerged thereby creating a moral panic linked with, "a hippie culture that proposed extravagant levels of hedonism, expressivity and opposition to the values of work and discipline, at this time the most popular drugs used were cannabis, amphetamines and Lysergic Acid Diethylamide (LSD)". However, at the beginning of the 1970s, all controlled drugs were classified according to the observed danger they caused to users and society (Enevoldson, 2004).

Nevertheless, drug use has continued to increase over the years, in the 1980s there was a surge of heroin users that emerged. It is clear that through history, many important post-war drug arenas became apparent, however, they involved a small minority of the population that were essentially subcultural drug scenes.

One fact that cannot be ignored is that substance abuse leads to crime and in some cases, crime leads to substance abuse. Either way, the relationship can always be explained by a common set of causes such as social, political, economic factors as well as the individual's environment (Nyadaza & Coetzee, 2017).

According to Nyadaza and Coetzee (2017), the correlation between drug abuse and criminality is a very complex system and one of the challenges is that different key players often have competing goals. For instance, when communities are dependent on drug trafficking for financial income, their goal will be to expand the drug network, which in turn escalates the use of substances and drug-related crime.

All the above mentioned studies used different types of data collection measures such as police arrest records, self-report measures, urine and blood tests, a focus on the population such as arrestees and incarcerated individuals as well as mortuary cases. (Legget, Pluddemann, Louwand, Burton, & Parry 2004) One aspect that stands apart is that many offences were committed under the influence of drugs, whether was drug dealing, drug possession or driving a vehicle while under the influence of drugs. (Legget, Pluddemann,

Louwand, Burton, & Parry 2004) All these factors contribute to the commission of the offence because they can cause the user to become aggressive or reckless and it can distort one's inhibitions and distort their perception.

According to Parry *et al.*, (2004), one of the main reasons for the rise in criminality is motivation, due to the user's need for money or goods to support continued drug use, some criminal acts have been connected to drug distribution such as turf wars, collection of debts and vigilantism. In South Africa, over 3.5% of all arrestees have tested positive for drugs and the range of drugs is from mandrax, cannabis, cocaine, heroin to ecstasy which means about 45.6% of the individuals that have been arrested are committing criminal acts under the influence of drugs.

Many ethnic specific market chains have developed in South Africa. (Beekrum & Mulmule 2015) This has greatly influenced the type of drugs used by different race groups in this country, the correlation between race, drug use and crime can be seen as a relationship between all three factors that contribute to the ever escalating drug problem in South Africa.

There has been a considerable amount of changes in the behaviour and attitudes of young recreational drug users. It is argued that recreational drug use is now such a familiar occurrence that it should be regarded as normal activity instead of an activity that is only undertaken by a minority of subcultures (Parker, Hodgson & Seddon 2006). Normalisation is a concept that is often used to refer to recreational drugs and it is essentially about young students or groups of students who become included in many features of conventional everyday 'normal' life and how they introduce recreational drug use into their economic routines and 'standards of life'(Parker, Hodgson & Seddon 2006)

Normalisation of drug use must be explored in the context of growing up in "modern" times. This needs to be approached in a wider context of the social change which has transformed young people's experiences of growing up with "late modernity" (Giddins, 1991). Due to this finding, the nature of adolescence has not changed but the nature of the experience of growing up has, thus leading to the increase in the number of young university students normalising recreational drug use (Furlong, Barnes, Hillebrand & Singh, 1997).

Normalisation cannot be reduced to the intuitive phrase, "it is normal for young people to take drugs", as this will oversimplify and overstate the case (Parker, Hodgson & Seddon 2006).

There has been an increased amount of deviant activity and associated attitudes from the margins towards the centre of youth culture where they join many other accommodated 'deviant' activities such as excessive alcohol abuse, casual sexual encounters and smoking.

Drug use has gained a solid position within popular youth cultures and has been accepted as a result of social change during the journey to adulthood. Many youth experiences and factors have contributed to the fact that a number of young adults indulge in drug use due to the changes in the economy and an increase in many young adults attending university (Parker, Hodgson & Seddon 2006)

Therefore, this results in many young adults adopting their own sense of independence and lack of responsibility for their own activities. It is suggested that the increasing rates of recreational drug use amongst the student population reflect the notion of 'time out' from the pressures of growing up. Even if students have not taken any drugs, their familiarity and availability to access such still shows a clear picture of the extent to which drug use is normalised and accepted within society.

(Parker, Hodgson & Seddon 2006) research looks at university students, aged between 18-24, as younger students are more likely to be easily influenced by the trends of the newer generation that normalises recreational drug use. Younger students tend to look for the easiest way out of pressured situations thereby resulting in the rise of recreational drug use.

Research methods such as interviews and surveys can measure drug involvement and attitudes that are concerned with drug use, amongst both users and non-users. It is believed that such methods will accomplish the main aims of this dissertation in which include assessing normalisation in order to support or oppose earlier theories on this concept. The gathered information on the normalisation of drugs from existing literature will be explored and compared with findings from the university student population.

1.2 Motivation

This research topic has been chosen, due to the researcher's interest with substance abuse individuals. Drug abuse can be a means of escaping one's world. The factors leading to an individual turning to drug abuse vary and depend on one's conscious experience. When one is intoxicated, their reasoning, understanding, and perception changes (Furlong *et al.*, 1997). The normal daily activities that these individuals perform that give them a certain emotion or feeling, such as listening to music, dancing, exercising, driving, handling heavy machinery, performing certain religious rituals and even "day dreaming", can be altered when they are under drug influence (Parry *et al.*, 2004). These substances affect individuals differently.

Recreational drug use is creating a major issue amongst university students, not only on an international level but also at a local level (Parker, Hodgson & Seddon 2006) Many university students are highly influenced by recreational drug use due to accessibility and the availability of illicit drugs without which normalisation cannot develop. There have been substantial and sustainable increases in the availability of a wider range of drugs over the past ten years (Furlong *et al.*, 1997).

The key to easy accessibility near the point of consumption is not primarily a product of aggressive drug dealing (Parker, Hodgson & Seddon 2006) Most university students obtain their drugs through social networks and friends connected to small dealers, as most recreational drug users are otherwise fairly law abiding citizens. One's friends or acquaintances can act as a filter or social device which can allow one to obtain drugs without venturing into the world of dealers and therefore there is no apprehension risk.

There are five broad types of drug use, stimulants, sedatives, hallucinogens, organic solvents and drugs used to enhance athletic performance. Giddins (1991) argues that today's youths use more than one drug and it can vary in terms of its contaminants and other substitutes. It may also vary in terms of the source where the drug was obtained as well as the batch of administered drugs (Parker, Hodgson & Seddon 2006)

As a result, the effects of the drugs can vary considerably amongst individuals due to the methods that have been used to ingest the drug (Giddins, 1991). Ingestion can be done orally,

nasally, through inhalation/smoking, intravenous, intramuscular, as well as via subcutaneous injection and can be intensified by coincidental alcohol use (Parker, Hodgson & Seddon 2006)

Therefore, after examining whether there has been a change in drug use since the studies conducted in the 1990s, the results indicated that there are more students indulging in drugs, thereby extending the knowledge of the prevalence and profile of young drug users (Parker *et al.*, 2002). One area that also needs further exploration is the extent to which drugs such as cocaine and heroin fit into the concept of normalisation (Parker, Hodgson & Seddon 2006)

Many studies that were conducted in the 1990's focused primarily on drugs such as cannabis and amphetamines which indicates that the use of more toxic drugs such as cocaine and heroin were not been researched because of the belief that individuals that indulge in the use of more toxic drugs such as cocaine and heroin are not considered recreational users. It may have been believed that users such as the above mentioned belonged to a completely separate subculture (Parker, Hodgson & Seddon 2006)

This research is important as the results of drug abuse investigations can highlight the relevant issues that affect current drug policy in South Africa and how people may deal with the important issues that arise from the research. Such research can emphasise the ways in which the public and policy makers need to understand the implications and options for future policy, in relation to young populations. The significance of this study is to raise awareness that recreational drug use is a major problem, not just globally but it is also a major South African problem, especially amongst the youth. The study will ensure that awareness is raised and that society can start to help those that are indulging in drug use and try to help those in need.

1.3 The Aim

The aim of this study is to focus on the investigation of recreational drug use amongst the Howard and Westville campuses student population at the University of Kwa-Zulu Natal.

1.4 The Objectives

1. To investigate the misuse of recreational drugs amongst university students.
2. To assess how and why these students indulge in drugs.
3. To analyse the types of individuals that commit criminal acts for drugs.
4. To determine the effects of drug use on different sets of individuals.
5. To determine the nature of how drug use has become normalised among youth.

1.5 Key questions

1. How do students misuse recreational drugs?
2. How do these students indulge in drugs and what do they use them for?
3. Which type of individuals commit criminal and illicit acts for drugs and why?
4. Why has drug use become so popular amongst the youth?
5. What is the extent of the influence that recreational drugs have on students?

1.6 Chapter sequence

In Chapter One, the introduction and background to this study are stated to give an overview of the study. In this chapter, the aim, objectives and the study questions that will be addressed in the study are outlined.

Chapter Two gives a review of the literature related to the study area.

Chapter Three focuses on the theories that guide this study and provides the research's theoretical framework. The chapter also shows the interpretation and analysis of the following chapters.

Chapter Four focuses on the study's methodology and how it has enabled the researcher to meet the study's objectives.

Chapter Five focuses on data collection and the results. It also has an analysis of the data and it displays the students' opinions regarding the topic.

Chapter Six is the concluding chapter and it displays all the conclusions that have been reached from the recreational drug abuse study. It also states the recommendations made by the students and the researcher.

1.7 Conclusion

This chapter displays a general view of the study of recreational drug abuse, by giving insight into the specific aspects the dissertation will focus on, such as the study's background, aim, objectives, motivations and the key questions to be asked. The following chapters will express more study detail by focusing on the literature review, the theoretical framework and the theme of this study.

CHAPTER 2

LITERATURE REVIEW

2.1 Introduction

This chapter focuses on literature pertaining to the study of recreational drug use. The literature review's main objective is to discuss the current study and the various themes that surround recreational drug use on both a national and international level. This literature review on recreational drug use was used to establish a theoretical framework and to identify the key definitions surrounding recreational drug use. It was also used to identify the terminology used in drug circles as well as to identify the models and case studies that support this topic.

This chapter also highlights the specific aspects that pertain to recreational drug use amongst university students and it details aspects such as the definitions of recreational drug use, society and culture in correlation to recreational drug use as well the possible effects of recreational drug use on one's emotional, psychological and physical well-being. Other topics that pertain to recreational drug use will also be discussed in this chapter.

2.2 Conceptual Framework

Recreational drug use is the ingestion of psychoactive drugs to alter one's state of mind, in a way that enhances the person's emotions and feelings. It also changes one's perception because when a substance enters an individual's body it brings about an inebriating effect on the user. When it comes to recreational drug use, individuals tend to take depressants which are one of the three drug types and they enable one to feel relaxed. The other two types are stimulants which allow one to feel energetic and psychedelic drugs which make one's reality distorted. There are many definitions of recreational drug use as stated by Olszewski and (Olszewski Burkhardt & Bo 2010) Recreational drug use is defined to mean the use of psychoactive substances as means to 'have fun' in nightlife settings.

According to Nicholson et al (2002), recreational drug use can be defined as taking drugs in a manner that the sought after effects are ascertained with minimal complications. Behere and Mulmele (2015), mention that recreational drugs are also called "designer drugs". They are chemical substances commonly used for recreational purposes but they have no legitimate

medicinal assignment. The term “designer” signifies that the chemical compound represents a derivative of a controlled substance, one that is illicit or sometimes subverts a legal ban. This research will incorporate all the above three definitions as they provide the most precise information regarding recreational drug use.

2.3 Recreational drug use among university students: an international perspective

Recreational drug use has become an international phenomenon and it has also become a trend in the lifestyle of the elite (drugs used by the elite include expensive drugs such as cocaine) and non-elite groups (drugs used by the lower class tend to be cheaper like ‘nyaope’ because they are affordable and easily accessible). What many people do not realise is that recreational drugs have severe health consequences on the users.

Some of the commonly used drugs include but are not limited to marijuana, cocaine, ecstasy, mescaline and psilocybin. (Parker, Hodgson & Seddon 2006) Many of these drugs are obtained from natural sources whilst others are of a synthetic nature and are commonly referred to as “Designer Drugs” (Khular et al 2014). Furthermore, many of these substances are legally available worldwide through prescriptions, whilst the other addictive substances are illegal which results in illegal drug trafficking which has become common in the international front. Illegal drug trafficking can be associated with criminal activities. (Enevoldson, 2004).

Usman, Talal, Satti and Bukhari (2017) conducted a study on the practices and reasons of recreational drug use among college and university students of Rawalpindi and Islamabad. This cross-sectional study showcases recreational drug use and the impact it has had on the student population. One of the aspects highlighted in this study is education because, despite the fact that many of the students that are using recreational drugs are aware of the risks involved, they still decided to indulge in the use of illegal substances.

It was also found that males are more predisposed to substance abuse than females due to the fact that they experience more peer pressure, stress and anxiety. Males are also more curious and can be more depressed. It was noted that females did not engage in substance abuse as much as the males (Usman, et al, 2017).

University students experience multiple social factors which cause pressure, such as new social relationships, fear of the future, and separation from family, which could cause serious problems such as tendency toward drug abuse. (Nasrazdani, Magsoudi & Mahrabi 2016) This research was conducted with the goal to determine social problem-solving skills, dysfunctional attitudes, and risk of drug abuse among university students of Isfahan University of Medical Sciences, Iran. This was a descriptive-analytical, correlational, and cross-sectional research. The research sample consisted of 211 students living in dormitories. (Nasrazdani, Magsoudi & Mahrabi 2016) The participants were selected using randomized quota sampling method.

The results indicated an inverse relationship between social problem-solving skills and risk of drug abuse there was founded to be aa direct relationship between dysfunctional attitude and risk of drug abuse. (Nasrazdani, Magsoudi & Mahrabi 2016) Therefore Social problem-solving skills have a correlation with dysfunctional attitudes. As a result, teaching these skills and the way to create attitudes should be considered in university students.

A Study conducted in India on mephedrone (MEPH) is a synthetic derivative of cathinone, an alkaloid extracted from plant khat. Developed in countries like UK, USA, Australia and Israel are the main places of MEPH abuse. Abuse of cathinone and MEPH in India has started recently (Laxman, Sahota & Garg 2017)The young generation in metropolitan cities like Delhi, Mumbai, Ahmedabad and Panaji is being affected by its abuse. The increasing misuse of MEPH in India was due to its non-inclusion in the Narcotics Drugs and Psychotropic Substances (NDPS).In India, new drugs are rapidly emerging in the market and posing challenges for forensic toxicologists and law enforcement agencies. (Laxman, Sahota & Garg 2017) A country like India, this drug abuse is constantly increasing.

Over the last few decades, the illicit drug scene has evolved, and many psychoactive substances (NPS), such as bath salts, salvia, and synthetic cannabinoids, have emerged, changing the traditional drug landscape. (Bahji & Bajaj 2017) These newer drugs of abuse often display properties of multiple drug classes making it difficult to categorize drugs using traditional means.

Synthetic cathinone's, or bath salts, is a group of psychoactive substances (NPS) that have joined the illicit drug scene. This drug was once considered a legal high in many countries, recent drug legislation has rendered bath salts use illegal in many countries therefore emphasizing its abuse and dependence. Synthetic cathinone's, such as mephedrone but their use can also lead to psychosis. (Bahji & Bajaj 2017) The long-term consequences of synthetic cathinone use remain unclear, but they likely include various medical and psychiatric problems. (Bahji & Bajaj 2017) As newer forms of NPS enter the illicit drug scene, increased public health reports are required to address the NPS crisis, which should focus on increasing education and awareness of NPS use and its consequences to at-risk populations.

2.4 Frequently Used Drugs

The researcher found that according to research, the most used substances are cannabis, prescribed opioids, sedatives, heroin and opium. Out of all these substances, heroin is the most commonly abused drug followed closely by opium and psychotropic drugs (Usman., et al, 2017). The studies conducted in New Zealand, Islamabad and Washington show similar findings on recreational drug use. Even though recreational drug use is illegal in many countries, many individuals are not concerned about this aspect and they still engage in substance abuse (Usman., et al, 2017). This is also evident in the studies conducted in Pakistan, Iran and Saudi Arabia.

One of the main aspects that causes many individuals to engage in substance abuse is the fact that drugs are easily accessible and can cause dependency and this then can lead to criminal activities as the addicted persons will be trying to raise money to buy more drugs (Usman, et al, 2017).

Orsolini, et al (2015) conducted another study profiling online recreational/prescription drugs, customers and an overview of drug vending virtual marketplaces). Internet and social networking sites play a significant role in the marketing and distribution of unrestricted recreational or prescription drugs.

This study focuses on the availability of recreational drugs and how many individuals gain access to these substances. One of the aspects with regard to recreational drug use is that substances are available online and as a user can compare prices and shop online. One of the

benefits of buying drugs online is that one has the option of remaining anonymous and is able to purchase these substances easily and in some cases with free delivery. In some cases, traceability of the package is difficult and this provides maximum protection and a sense of security for the buyer (Orsolini., et al, 2015).

The websites that can be used to purchase drugs are fairly stable and most of them have high levels of fluidity in their layouts. The websites frequently change their names, IP addresses as well as postal addresses, and in some cases, many of these websites soliciting these illegal substances often go offline and disappear for a certain amount of time and then reappear after a while. Every time they come back online, they will be offering a different range of products and this decreases the probability of being found by authorities or being closed down (Orsolini., et al, 2015).

When analysing these drug vending websites, there are many similarities that can be found and these include appearance, site organisation, available products and purchase conditions. This might mean that there might be a few owners behind multiple drug vending websites (Orsolini., et al, 2015).

There are many drug vending websites but some are more popular than others. The popular ones include “Silkroad” which has a very professional appearance and offers a variety of products such as books and digital currency, but their main focus is illegal substances. This website is only accessible on an anonymised network aimed at concealing the identity of the user and as if that is not enough, their method of payment includes bitcoins and payments cannot be done through credit or debit cards (Orsolini., et al, 2015).

Overall, it seems that vending sites are taking advantage of technical developments and as a result they make it easy for anyone to buy drugs, especially if one is living in a remote location or a country that prohibits illicit substances.

According to Albertson (2013), recreational drug abuse has continued to expand without any limitations into international boundaries and it affects every social status, race and culture. It has become increasingly popular especially amongst the ages of 18-24 and many of the stimulants that are extremely popular are cocaine, heroin, methamphetamine and new designer stimulants such as “bath salts” and cannabinoids called “spice”. All these drugs are becoming problems in societies (Albertson, 2013).

Many illicit chemists are synthesising and compounding new designer drugs such as variations of amphetamine and crystal methamphetamine or Synthetic Cathinone's sold as "bath salts" and cannabinoid derivatives sold as "spice" (Albertson, 2013). Many clinical laboratories that do drug tests through blood and urine are unable to detect most of these drugs due to the combined elements, therefore, when many users are presented with health complications such as neurological, cardiovascular and pulmonary disorders, many doctors are unable to treat them because of the lack of knowledge on the new illicit substances that are being made and used by many individuals.

2.5 Statistical Data on the use of Recreational Drugs Surveys

A study conducted in Poland surveyed high schools, secondary schools as well as universities and found that 4.74% of males and 2.77% of females had used designer drugs. Most of the drugs came from shops (57.68%), friends (31.46%), and dealers (10.1%). The designer drug users experienced happy/euphoric mood (57.7%), talkativeness (42.5%) and hallucinations (22.8%); however, 74% experienced adverse reactions, with 4.9% requiring hospitalisation. (Albertson & Fox 2011)

According to (Albertson & Fox 2011) the global estimates of cannabis users range from 2.8% to 4.5% of the world population between the ages of 15 and 64 years. In the same age group, the global estimates of opioids users are 0.3–0.5%, amphetamines, has 0.3–1.3% and cocaine has 0.3–1.3%. The global estimate of 15–64-year olds who inject drugs is 0.37% and the extrapolated global estimate of people with Human immunodeficiency virus who inject drugs is 18.9%.

There has been an overlap on intravenous drug abuse and HIV. This has contributed to drug disorders, poisonings, suicide\self-inflicted injuries and trauma to the users' (Albertson & Fox 2011).The prevention of illicit and recreational drug use will include many facets which include but are not limited to education, social, medical and legal interventions. Pharmacological interventions may combat certain symptoms such as withdrawal and go even as far as preventing intravenous drug abuse (Albertson & Fox 2011)

Even though there are many immunotherapies to combat drug abuse, these vaccines target specific drugs such as cocaine, nicotine, phencyclidine, morphine and methamphetamine. (Albertson & Fox 2011). The immunotherapies have shown potential to assist the user but they still do not assist those that are using a variety of combined elements. These vaccines have to be used in conjunction with long term medical and psychological programmes to ensure that the abuser relearns constructive behaviours and knows how to control impulses as well as cravings (Albertson & Fox 2011).

2.6 Recreational Drug use in South Africa

Recreational drug use presents a major health problem in South Africa and this can be seen in many studies. One of the first studies that represent this ever growing concern of recreational drug use can be seen in the Western Cape and it focused on drug-related cases and criminal behaviours. According to Nyadza and Coetzee (2017), there is a correlation between substance abuse and criminality which is evident from the 2015 statistics whereby there was a 2.4% increase in criminal behaviour due to drug use.

According to Nyadaza and Coetzee (2017), the crime in the Western Cape is due to substance abuse and crime increased by 30% according to the 2013\2014 report on the western Policing Needs and Priorities (PNP) and it was duly noted that drug use is the motivation behind 22% of the criminal acts.

One fact that cannot be ignored is that substance abuse leads to crime or in some cases crime leads to substance abuse. Either way, the relationship can always be explained by a common set of causes such as social, political and economic factors as well as the environment of the individuals using substances. In most cases, the biological processes which power human behaviour trigger substance abuse(Nyadadza & Coetzee, 2017).

Nyadaza and Coetzee (2017) mention that the correlation between drug abuse and criminality is a very complex one and one of the challenges of a complex system, like the one at hand, is that different key players often have competing goals. For instance, when communities are

dependent on drug trafficking for financial income, their goal will be to expand the drug network which in turn will escalate the use of substances and drug-related crime.

All the above mentioned studies have used different types of data collection measures such as police arrest records, self-report measures, urine tests, blood tests, a focus on the populations such as general populations which are arrestees and incarcerated individuals as well as mortuary cases. One aspect stands apart is that many offences that have been committed have been done under the undue influence of drugs whether it be drug dealing, drug possession or driving a vehicle while being a user of drugs. All these factors contribute to the commission of the offence because it can cause the user to become aggressive, reckless, it can distort one's inhibitions and distorts one's perception (Parry *et. al.*, 2004).

According to Parry *et al* (2004), one of the main aspects for the rise in criminality is that of motivation due to the user's need for money or goods to support continued use. Some criminal acts have been connected to drug distribution such as turf wars and collection of debts and vigilantism. In South Africa, over 3.5% of all arrestees have tested positive for drugs and the range of drugs is from mandrax, cannabis, cocaine, heroin and ecstasy which makes up about 45.6% of individuals that have been arrested.

There are many ethnicity specific market chains developed in South Africa. This has greatly influenced the types of drugs used by different race groups in this country. The correlations between race, drug use and crime cannot understand a single variable but a relationship between all three factors contributes to the ever escalating problem in South Africa.

2.7 The purpose of recreational drug use in south Africa

It is apparent that many of the youth in South Africa today tend to use and abuse drugs for a variety of reasons such as many students want to be like their friends and hence they imitate their friend's behaviours. This may also include criminal behaviours such as prostitution and selling drugs on behalf of a parent, friend, guardian, relative or a mutual acquaintance. According to Shumba and Makura (2014), many individuals who resort to drug abuse are neglected by their parents, some have been orphaned or abused either mentally, physically, emotionally or even sexually abused by either a parent guardian or relative.

Many individuals that engage in recreational drug use have only engaged in drug use due to peer pressure from friends. According to Shumba and Makura (2014), in some instances, many individuals have experienced a great amount of pressure from parental authorities such as one's parents who are using and abusing drugs or in some cases whereby one's parents are either unemployed or employed but have a low-paying job.

“The Department of Education alleged that learners from child headed homes, where there was no adult supervision, were vulnerable to drug abuse in schools” (Shumba & Makura, 2014). Another factor causing drug abuse is poverty such as in the cases of child headed households whereby the eldest child is responsible for the well-being of siblings. In some cases, grandparents cause drug abuse due to the fact that their pension is insufficient to survive on and as a result, many of these individuals sell and engage in drug use (Shumba & Makura, 2014).

According to (Guiterez, Cerda & Nemegyi 2006) there are many factors that can cause the youth to engage in drug abuse and below is a list of some of them:

Curiosity	For having fun	Despair	To look for relief	I did not know what it was
To experiment	Depression	Initiation	Low- self- esteem	No solid family foundations
I am ignored by people	Anxiety	Lose weight	It is forbidden	Seem tough
To have problems	Necessity	Sentimental	Nobody loves me	Sport performance
I Like it	To be different	To have money	To create an image	Peer pressure
Lonely feelings	Nothing to do	It is easy	To look for attention	Circumstances
Feelings of superiority	It is easy to get	Problems with society	Sexual abuse	Domestic violence
Relationship problems	Escape reality	To feel worthy	To have a better quality of life	More friends

According (Guiterez, Cerda & Nemegyi 2006), reports have indicated that there are triangulating factors as to why many individuals engage in recreational drug use. Overall, it confirms the aspect that drug use has more of an active profile which means that individuals use and abuse drugs for reasons of a personal nature which is only significant to that specific individual. Therefore, the reasons for drug use cannot be generalised due to the fact that the reasons for the use and abuse of drugs differ from person to person.

Why do Drugs Cost So Much?

The trading of illegal drugs is a global enterprise but that does not necessarily mean that the access and the cost are the same all over the globe. There are many factors that can be associated with the cost of illegal drugs such as fluctuations in international currency as well as the cost and the risk that is associated with the transportation of the drugs. Demand can have a profound impact on how much drugs can be sold. According to Alberston and Fox (2011);

There are many issues that come with the illegal trading of substances such as that of drugs such as addiction, organised crime and even the quality control of the drugs can create issues with the drug trafficking market for that reason the united nation actually focuses on how much illegal drugs cost on a global scale. The cost and the type of the drug used by an individual are determined by the type of “high” the individual wants to experience as well as the accessibility of the particular drug the individual requires will contribute to the price at which the drug will be sold at street level. The cost of illegal drugs is declining rapidly due to the fact that the cost of getting “high” today is only a portion of what it was over a generation ago, and as the cost rapidly decreases there will be more people wanting to experiment with drugs and the access will be higher and because of that addiction has a tendency to increase as well.

“Cocaine is most expensive in New Zealand, where it can cost \$480 (R6 145.46) per gram. By comparison, people in second-place Armenia pay more than \$120 (R1 536.37) per gram less. Canadians are smack in the middle of average territory, paying about \$100(R1280.31)

per gram of cocaine. But if that sounds pricey, the heroin market it is even tougher. Canadians pay only about \$300(R3840.92) per gram (Wylie, Torrance, Seymour, Butress & Oliver 2005)

Some of the cheapest places in the world to get drugs are where they are manufactured and as a result are plentiful and these places include but are not limited to Afghanistan where a gram of opium which is the main source of the establishment of heroin and opium can be accounted for only 10 cents which can be seen in other countries such as Sudan, Pakistan and Iran. Marijuana which costs about \$ 10- 15 (R128.03-R192.05) for a gram on an international scale be found in South Africa, South America and the Caribbean for a few pennies (Wylie, Torrance, Seymour, Butress & Oliver 2005)

2.8 Types of Recreational Drugs

According to (Winstock & Wilkins 2011)there are many types of recreational drugs but in order to fully understand the types, there are three main categories that recreational drugs have such as depressants, stimulants and psychedelic drugs. There are many other categories such as hallucinogens, antihistamines, euphoriant and tranquilizers, but all of these are the same as the main three categories that have been mentioned above. They are subcategories which assist in the understanding of the more defined characteristics of every drug that is used for recreational purposes (Winstock & Wilkins 2011)

Many of these colloquial names that are used to identify different types of drugs are derived from the colour, consistency, the effect of the drug and even the people that use it and in some cases, the abbreviated form of the drug is used to identify the type of drug it is.

There are many different types of drugs that are considered recreational, which can be identified in the table below:

<u>No.</u>	<u>Type of Recreational Drug</u>	<u>Colloquial Term for the Drug (Street Name)</u>	<u>Effect of the Drug</u>
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1.	Cocaine	Blow, Bump, C, Charlie, Coke, Snow and Toot (Patterson, 2017)	This is a stimulant and this produces a moderate to a long lasting intense euphoric state (Patterson, 2017)
2.	Crack Cocaine	Candy, Flake and Rock (Patterson, 2017)	This is a stimulant and this produces an intense, short lasting euphoric state (Patterson, 2017)
3	Gamma- Hydroxybutyric Acid (GHB)	G, Goop, Liquid Ecstasy, Liquid X, Soap and Scoop (Patterson, 2017)	This is a stimulant and produces a euphoric state (Patterson, 2017)
4.	Heroin	Chiva, Dope, H, Horse, Junk, Skunk, Smack, Thunder, Tar and Brown Sugar (Patterson, 2017)	This is a depressant and it produces a short but intense state (Patterson, 2017)
5.	Ketamine	Jet K, K, Kit Kat, Purple, Special K and Vitamin K (Patterson, 2017)	This is a psychedelic stimulant and produces a moderate to an exceptionally intense state (Patterson 2017)
6.	Khat	Oat, O, Cat, Chat, Catha and African Salad (Patterson, 2017)	This is a stimulant and produces a moderate to intense state (Patterson 2017)
7.	Lysergic Acid Diethylamide (LSD)	Acid, Blue Heaven, Blotters, Cube, Dots, Yellow Sunshine and Mellow Yellow (Patterson, 2017)	This is a psychedelic stimulant and produces an intense and euphoric state (Patterson, 2017)
8.	Marijuana	Blunt, Bud, Chronic, Grass, Green, Herb, Kif, Joint, Mary Jane, Smoke, Trees and Weed (Patterson 2017)	This is a stimulant that produces a long lasting and intense euphoric state (Patterson, 2017)
9.	Hashish	Boom, Dabs, Gangster, Hash and Hemp (Patterson, 2017)	This is a stimulant and produces a short but moderate state. (Patterson 2017)
10.	3,4-Methylenedioxy-Methamphetamine (MDMA)	Ecstasy, Adam, Beans, Clarity, Molly, X, Uppers (Patterson, 2017)	This is a stimulant that produces a long and intense euphoric state. (Patterson, 2017)
11.	Methamphetamine	Tic, Crank, Chalk, Crystal and Speed (Patterson, 2017)	This is a psychedelic stimulant with long lasting and intense effects. (Patterson, 2017)
12.	Phencyclidine (PCP)	Hog, Boat, Angel Dust and Love Boat (Patterson, 2017)	This is a psychedelic stimulant with long lasting and extremely intense effects. (Patterson, 2017)
13.	Psilocybin	Magic Mushrooms, Little Smoke and Shrooms (Patterson, 2017)	This is a psychedelic stimulant with moderate to intense effects (Patterson 2017)

14.	Synthetic Cannabinoids	Spice, Black Mamba, Bliss, K2, Fire and Moon Rocks (Patterson, 2017)	This is both a depressant and a stimulant and can have adverse effects on the user (Patterson, 2017)
15.	Synthetic Cathinones	Bath Salts, Bloom, Vanilla Sky, Scarface and Cosmic Blast (Patterson, 2017)	This both a stimulant and psychedelic drug that produces long lasting and intense euphoric states (Patterson, 2017)

Routes of Administration

A route of administration is the path in which a drug, fluid or poison or any other substance is taken into the body and this can generally be classified by the location at which the substance is administered and some examples are oral and intravenous administration.

The next aspect to be focused is routes of administration which will include the different types of drugs and the way in which they are administered as well as the price range of these drugs in Durban, South Africa.

The routes of administration can be seen in the table below:

<u>No:</u>	<u>Drugs</u>	<u>Administration</u>	<u>Price Range</u>
1.	Cocaine	This drug comes in a powder or a (white) rock which can be heated using a cylinder and then broken down into a powder form and one can administer this through insufflation	R 350- 750 per gram
2.	Crack Cocaine	This drug can be in the form of a rock which is yellow to brown in colour and it has to be heated using a cylinder and then crushed into powder and it is administered through insufflation	R 750-R 1000 per gram
3.	Gamma- Hydroxybutyric Acid (GHB)	This drug comes in a tablet or capsule form in various colours and sizes and this is administered orally	R 500- 1000 for a capsule

4.	Heroin	This drug comes in a liquid form and is administered through an intravenous injection	R 500 – R 1000 for one dosage
5.	Ketamine	This drug comes in a liquid and a tablet form the colour and size may vary and it can be administered through an intravenous injection or orally	R 500- R 1000 for a single tablet or a dosage
6.	Khat	This drug comes in a (White) powder form and it is administered through insufflation	R 200- R250 for one dosage
7.	Lysergic Acid Diethylamide(LSD)	This drug comes in the form of a strip that can be administered through a sublingual manner	R 100- R200 for one strip
8.	Marijuana	This drug can be smoked or consumed orally and it can vary in colour from green or a light or dark shade of brown	R 5- R 350 for a bag
9.	Hashish	This drug comes in a ball or a marble form the colour and size can vary and it can be broken down so that it can be smoked or orally administered	R 450- R1200 for one ball depends on the type whether it is indoor (milder drug) or outdoor (stronger drug) Hashish
10.	Methylenedioxy-Methamphetamine (MDMA)	This drug comes in a tablet form and the colour and size can vary and can be administered orally	R 50- R150 for one tablet
11.	Methamphetamine	This drug can be smoked or orally administered or it can be administered through an intravenous injection. The colour and size and weight can vary	R 650- R850 for a tablet or one dosage
12.	Phencyclidine (PCP)	This is a yellow oily substance that can be administered through smoking or orally or even through an intravenous injection	R 550- R650 for one variation
13.	Synthetic Cannabinoids	This can come in the form of a capsule or a bottle of oil and it can vary in colour and size and this can be administered orally	R 100 per a capsule
14.	Synthetic Cathinones	This drug comes in many forms such as a tablet a liquid to consume orally or powder for insufflation and even in a liquid form that can be administered through an intravenous injection	R 50- R150 depends on variations
15.	Psilocybin	This can be administered orally or through intravenous injection and it comes in the form of a mushroom, which can vary in size, colour and weight	R 550- R 650 for one dosage

2.9 Consequences of drug use

The use and abuse of drugs is a key challenge and major concern facing schools, families and societies globally. Research shows that drug abuse is now a serious problem in South Africa. Drug abuse is not just a problem at university level, it is a trend that has developed through secondary schooling and as a result, it happens to follow many individuals from high schools to universities (Shumba & Makura, 2014). According to Shumba and Makura (2014);

Betancourt and Herrera carried out a study which explored aspects such as drug abuse and sexual and physical abuse in urban high schools in the Eastern Cape and this study outlined the predictors of drug abuse among many adolescents which are psychosocial factors such as victim attributes and peer drug abuse and these were often the gateway to drug abuse for many adolescents. A major factor that contributes to many adolescents resorting to criminal activities and drug abuse is due to community pressures such as crime, unemployment, insecurity and newly found freedom and individuals who have low self-esteem and individuals who have been abandoned by one's parents or have been orphaned these individuals have a profound inadequacy and are extremely vulnerable to drug abuse.

The authors mention that in many cases, many individuals tend to engage in drugs for various reasons such as forgetting one's problems and 23% admitted to taking drugs for this particular reason. Other users took drugs to increase performance and 21% of individuals have admitted to engaging in drug abuse for this particular reason. The majority engaged in drug abuse for self-harm was and these were 97%. Drug abuse typically carries a high risk for engaging in criminal behaviours.

The extent of drug abuse develops from one's community, which can clearly be seen in this statement, a student said, "*they are imitating friends; cooling down stress; these learners are moneyed; their parents using drugs too/selling drugs; have background problems*".

Another learner from another school said, '*Curiosity, they want to know how they would feel after they used dagga. They say they become clever but that is not so instead they become more hyper that means they talk a lot and more often out of topic discussed*'.

A learner from another school said, "*They feel neglected by their parents when they ask for something and do not get it; some parents do not care for their children; feel relaxed; fears*

go away, worries vanish also. The other one was left with a gun by the father who passed away” (Shumba & Makura, 2004).

It is quite clear that the above students have used drugs because of psychosocial factors such as wanting to belong, peer pressure, social problems, neglect, their communities have a lot of drugs that are easily accessible through one's parents, friends, family and distant relatives. Most of the people that are giving these students access to drugs are most often than not abusing drugs and due to that, many individuals have become exposed to this lifestyle and have become predisposed to criminality.

The Laws Surrounding Drug Use

There are many ways to prohibit illicit drug use such as the use of sumptuary legislation or religious law, even though some drugs are illegal to possess, many governments have started manufacturing, distributing, marketing and selling certain types of drugs on a prescription basis.

For example, amphetamine may be legal if it is prescribed by a doctor but other than that it is illegal to possess it. One must take into account that only certain drugs are prohibited against all forms such as possession or use of drugs such as cocaine or heroin.

The most widely prohibited substances are psychoactive drugs and they extend to some forms of steroids. Many governments do not criminalise the possession of a certain quantity of drugs such as that of a personal nature but with certain restrictions such as manufacturing or selling a specific volume of a drug is known as *ipso Jure* which is trafficking or sale of a drug.

According to the United Nations (n.d.), the below mentioned countries have drug prohibition laws:

- Singapore- Misuse of Drugs Act of 1973

- Republic of Ireland- Misuse of Drugs Act of 2015
- Poland- Drug Abuse Prevention Act of 2005
- Republic of South Africa- Drugs and Drug Trafficking Act of 1992
- Thailand – Psychotropic Substances Act of 1971
- Sweden- Control of Narcotics Act of 1992
- United Kingdom- Misuse of Drugs Act of 2005
- United States of America- Controlled Substances Act of 2000
- Belize- Misuse of Drugs Act
- Australia- Standard for the Uniform Scheduling of Drugs and Poisons Act of 2007
- Canada- Controlled Drugs and Substances Act of 1996
- Philippines – Comprehensive Dangerous Drugs Act of 2002
- Estonia- Narcotic Drugs and Psychotropic Substances Act of 1997
- India- Narcotic Drugs and psychotropic Substances Act of 1985
- Germany- Narcotics Law (Betaubungsmittelgesetz) Act of 1971
- Netherlands- Misuse of Drugs Act of 1975
- Pakistan- Control of Narcotic Substances Act of 1997
- New Zealand- Misuse of Drugs Act of 1975

According to OSSAfrica (n.d.), in South Africa, the Drug and Drug Trafficking Act 140 of 1992 seeks to address the ever growing problem of drug use, abuse and drug trafficking. According to South African law, drugs are considered illegal to use, to be in possession of, to deal in, or to manufacture drugs of an illicit nature. The law also states that it is the duty of South African citizens to report certain information to relevant authorities with regard to illicit drugs.

As stated by OSSAfrica (n.d.), the laws that prohibit drug use in South Africa are listed below:

Actions considered to be illegal in South Africa Regarding drugs

No person shall be allowed to:

- Manufacture and supply scheduled substances, which are substances used in the unlawful manufacture of drugs;
- Use or possess any substance which produces a dependency;
- The Act allows for a number of exceptions, however. These are as follows:
 - The person is a patient and has received the substance from a medical practitioner as part of a medical prescription;
 - The person has acquired or bought the substance for medical purposes;
 - He is legally entitled to use or deal in such substances in his professional capacity for example as a dentist, vet, nurse, or pharmacist;
 - He is an employer of a person legally entitled to use or deal in such substances, and therefore does so as part of his professional duties;
 - Deal in drugs, or any substance that produces a dependency;
 - The same exceptions apply to this law as those listed above. Provide false information to the police related to a drug offence or hinder in any way a police investigation into a drug-related offence.

2.10 What are the penalties for drug-related offences in South Africa?

Any person who:

- Obstructs or fails to cooperate with a police investigation into a drug-related offence shall be liable to imprisonment for no longer than twelve months or a fine, or to both a fine and imprisonment.
- Uses or possesses an illegal substance or tries to frame another person by placing such a substance in their vehicle or premises, is liable to a fine or to imprisonment for no longer than five years, or to a fine and imprisonment.
- Deals in an illegal drug is liable to a fine or to imprisonment for no longer than ten years, or to a fine and imprisonment. Illegally manufacturing a scheduled substance, or a person who use or possesses a dangerous dependency-producing substance is liable to a fine or to imprisonment for no longer than 15 years, or to both a fine and imprisonment.
- Deals in a dangerous dependency-producing substance is liable to imprisonment for no longer than 25 years, or to both imprisonment and a fine. Whenever a person is convicted of a drug-related offence, any substance, animal, vehicle, container or immovable property that was used in connection the offence, will be forfeited to the state for a period of 30 days. This will not affect any interest, which any person other than the convicted person may have in the property, item or article.

If any person other than the convicted person claims through an application that he has an interest in such an article, item or property then the state may return it to the applicant, or compensate him for it if it has been disposed of. The application must be made within a period of three years from the date that the item, article or property was forfeited to the state.

2.11 The Effects of Recreational Drug Use

There are both short and long term effects of drug use and every drug has its own unique manifestations, in the sense that there are certain indicators that an individual displays that determine whether that particular individual is using drugs and some of these indicators are:

- Sudden change in behaviour;

- Sudden changes in moods;
- Sudden withdrawal from family and friends;
- Glacial and red eyes sometimes with enlarged or dilated pupils;
- A red nose and skin or a nose that is eroded as well as nasal congestion;
- A sudden change in sleeping patterns;
- Loss of interest in personal grooming habits;
- Loss of interest in personal hobbies.

One of the main aspects about recreational drug use is that every drug reacts differently to a particular individual, no drug will have the same effect because of an individual's biological attributes such as gender, age, weight, height and one's mental state. In terms of the short term effects of recreational drug abuse, the effects will depend on the amount of the drug that is used, the type of drug used as well as if the drug was in its pure form when taken or it was synthetic meaning other ingredients were added to enhance the drug's effectiveness.

The abuse of recreational drugs can impact a person for many years. It can affect one's mood, perception, thinking, decision and problem solving skills. Since the long term effects of drugs can impair motor functioning and reduce inhibitions as well as cause other physical ailments, the individuals that use cocaine may experience nasal impairments due to the insufflation of the substance.

Even though many of the effects of drugs are mild and do not last for a long period of time, the abuse of the substance over a long period of time may cause severe and life threatening outcomes especially in the cases where an individual's use becomes frequent. Over a period of time, some users will experience long term effects, but obviously, the use increases the likelihood of adverse consequences.

According to Ure (2012), there are effects associated with nervous system toxicity.

Many drugs can have stimulant qualities and as a result, they can have long term consequences such as:

- Persistent memory impairments;

- Psychological dysfunction;
- Imbalance of hormone production;
- Serotonin malfunction;
- Sleep problems;
- White matter damage in the brain;
- Damage to axons, which impacts impulse conduction;
- Decreased connectivity between brain areas.

Drug abuse is considered an addiction and can lead to significant impairment in many areas of an individual's life such as family, friendships and relationships. According to Craine (2017), addiction can be characterised as a compulsive need and people that have drug addictions are unable to see that they have an addiction and the individuals are unable to control their lives in terms of the usage of the drug.

An individual that engages in recreational drug use can sometimes experience physical dependence and as a result, it can cause the development of unpleasant emotions and sensations. This usually happens when the individual has been using drugs for a minimum of 30 days and they can also experience many withdrawal symptoms such as:

- Anxiety;
- Insomnia;
- Headaches;
- Cravings;
- Mood swings;
- Anger;
- Vomiting;
- Fatigue;
- Lack of concentration;
- Muscle spasms;
- Depression;
- Poor academic performance.

2.12 Conclusion

Recreational drug use has become a lifestyle amongst the South African youth, especially within universities. Drug use in universities has been associated with peer pressure, that is “fitting in with the crowd” in order to please others. The use of drugs can have a negative impact on students, for example, if a student is found in possession of drugs by the police, they are faced with a criminal offence, which will result in them having difficulty in finding employment. Another negative use of drugs would be, the result of students performing poorly in their academics resulting in prolonged degree completion.

CHAPTER 3 THEORETICAL FRAMEWORK

3.1 Introduction

According to Passer and Smith (2011), a theory can be defined as a set of formal statements that explain how and why certain events or phenomena are related to one another. The theoretical framework of this research study will look at how the Social Disorganisation Theory and the Social Learning Theory can comparatively explain recreational drug use the Howard and Westville campuses.

3.2 Social Disorganisation Theory

The Social Disorganisation Theory was developed by the Chicago school of thought and it is related to ecological theories. It is the opposite of social control.

It refers to, “a state of anomie or normalessness and one of the core principles of this, theory is that an individual’s residential location is a substantial factor in terms of determining

whether or not they will become involved in criminality” (Rengifo, 2007). This theory suggests that, individual characteristics such as age, gender and race are not determinants of whether a person will be involved in criminal behaviours but rather the location of the individual in terms of where the individual resides.

“Social disorganisation is defined as an inability of community members to achieve shared values or to solve jointly experienced problems. Both theoretical development and empirical research in the study of community influences on crime and delinquency have focused on urban settings” (National Criminal Justice Reference Services (NCJRS), 2003:2). Social disorganisation occurs when the rules and the laws of society are inadequate and are not enforced. This can result in negative attitudes and behaviour of the members in society and in some cases, some society members reject the laws, rules, regulations, norms, values and beliefs and then become personally disorganised and then deviate into criminal behaviour

The theory also suggests that youths from disadvantaged neighbourhoods participate in a subculture which approves of delinquency and that these youths acquire criminality in this social and cultural setting.

3.2.1 Recreational Drug abuse in relation to Social Disorganised Theory

In explaining recreational drug abuses in terms of the social disorganised perspective, it can be said that “socially disorganised communities with extensive, street-corner peer groups are expected to have higher rates of crime” (Sampson & Groves, 1989). The authors further explained that social settings play a role in substance abuse, they argue that the more disorganised the society, the more dominant drug users in that community.

Looking at the communities surrounding Howard College, they consist of two suburban areas and two location areas. Both these communities contribute to the disorganisation that leads to excessive use drug use and alcohol abuse. These are the places where drugs dominate and they are easily accessible Howard College students. The suburban areas surrounding Howard College are mostly communes, therefore, there is no adult figure to monitor behaviour, therefore, this leads to delinquent students who use recreational drugs because there is no parent figure so they can do “whatever with their lives”. Westville campus, on the other hand,

is only surrounded by suburban areas, therefore, obtaining drugs would not be as easy as it would be for Howard students, thereby, making Westville a little less disorganised in terms of social settings.

“Population density is rather different from the other community factors for two reasons. First, evidence of a relationship between population density and urban crime and delinquency is inconsistent. Second, the meaning of density becomes quite different for nonurban communities, where, in the least dense areas, one must travel several miles to have significant contact with people outside of one's immediate family” (NCJRS, 2003:2). The original reasoning for the urban context was that high population density creates problems by producing anonymity that interferes with accountability to neighbours. In the least dense rural areas, social isolation may limit social support to monitor children and respond to problematic behaviour

3.3 Social Learning theory

3.3.1 Definition of Social learning theory

Albert Bandura's Social Learning Theory proposes that new behaviour can be acquired by observing and imitating others. It states that “learning is a cognitive process that takes place in a social context and can occur purely through observation or direct instruction, even in the absence of motor reproduction or direct reinforcement” (Passer & Smith, 2011). Behaviour, learning also occurs through the observation of rewards and punishments, a process known as vicarious reinforcement. When a particular behaviour is rewarded regularly, it will most likely persist; conversely, if a particular behaviour is constantly punished, it will most likely desist. The theory expands on traditional behavioural theories, where behaviour is solely governed by reinforcements and by placing emphasis on the important roles of various internal processes in the learning individual.

The Social Learning Theory integrated the Behavioural and Cognitive Theories of learning in order to provide a comprehensive model that could account for the wide range of learning experiences that occur in the world. As initially outlined by (Bandura & Walters 1963) and further detailed in (1977), the key tenets of Social Learning Theory are as follows:

- Learning is not purely behavioural; rather, it is a *cognitive* process that takes place in a social context;
- Learning can occur by observing a behaviour and by observing the consequences of the behaviour (vicarious reinforcement);
- Learning involves observation, extraction of information from those observations and making decisions about the performance of the behaviour (observational learning or modelling). Thus, learning can occur without an observable change in behaviour;
- Reinforcement plays a role in learning but is not entirely responsible for learning;
- The learner is not a passive recipient of information. Cognition, environment, and behaviour all mutually influence each other (reciprocal determinism).

3.3.2 *Observation and direct experience*

Typical Stimulus-Response Theories (SRT) rely entirely upon direct experience (of the stimulus) to inform behaviour. According to Passer and Smith (2011), Bandura opens up the scope of learning mechanisms by introducing observation as a possibility. He adds to this the ability of modelling, a means by which humans "represent actual outcomes symbolically". These models, cognitively mediated, allow future consequences to have as much of an impact as actual consequences would in a typical SRT. An important factor in the Social Learning Theory is the concept of **reciprocal determinism**. This notion states that just as an individual's behaviour is influenced by the environment, the environment is also influenced by the individual's behaviour. In other words, a person's behaviour, environment and personal qualities all reciprocally influence each other. For example, a child who plays violent video games will likely influence their peers to play as well, which then encourages the child to play more often. This could lead to the child becoming desensitised to violence, which in turn will likely affect the child's real life behaviours.

3.3.3 *Social Learning Theory and recreational drug use*

According to Koch (2012), Social Learning Theory has a cut out application in explaining recreational drug use. In explaining drug use, it states that the use and abuse of psychoactive substances can be linked by exposure to different groups of people. "These groups provide the social environments in which exposure to definitions, imitations of models and social

reinforcements for use of or abstinence from any particular substance takes place. The definitions are learned through imitation and social reinforcement of them by members of the group with whom one associates themselves with” (Koch, 2012).

This theory explains that behaviour is learnt through socialisation. Looking at both campuses of the University of Kwa-Zulu Natal, they are filled with people from different backgrounds, ethnicity and different upbringings. Therefore, they meet each other through the processes of socialisation (interacting with one another). This is where people learn other peoples’ behavioural patterns. In relation to drug use, no one is born using drugs, they are taught to an individual in the process of social learning, whether from the societies, school or work. The problem of social learning theory is that “the theory does not, however, explain how a given individual falls into a social circle that defines an activity (such as drug use) in positive terms” (Koch, 2012).

3.4 Conclusion

Both these theories play a crucial role in explaining the hows and whys of recreational drug use. It is therefore important to make use of the theoretical framework when explaining phenomena, as it broadens the knowledge of why individuals commit deviant criminal behaviour and how their behaviour affects individuals or societies.

CHAPTER 4

METHODOLOGICAL ORIENTATION

4.1 Introduction

The purpose of this chapter is to outline the research design and the empirical techniques applied. This chapter will show how the used sampling method, as well as how the data collection and analysis techniques, were implemented. The sampling method used was Snowball Sampling and the main data collection techniques used for this research study were interviews and focus group discussions. The data analysis was done thematically using the themes emerging from the data. This study is a comparative qualitative study therefore, it will compare and contrast the use of recreational drugs by Howard College and Westville campus students. The comparison will include how drug use exists in each campus and which type is frequently used in each campus.

4.2 The Nature of the Study

The researcher used the Comparative Qualitative Research Method to conduct the study, therefore interviews and surveys were conducted between the two campuses of the Kwa-Zulu Natal University.

In order to study recreational drug use, the two theories which are used in the study are the Social Disorganisation Theory and the Social Learning Theory. These two theories will be incorporated in the study. The researcher makes use of both primary and secondary data sources to further explain the research findings. Primary data sources were obtained from the interviews and participant observation that was conducted in the Howard and Westville campuses, while secondary data was obtained from previous studies that include, journals, books and other relevant sources. Since this is a comparative research, the results for both campuses will be elaborated.

4.3 Westville campus Coding

The University of Kwa-Zulu Natal is made up of five campuses and Westville is one of the Campuses which is situated 8kms from Durban Central business district There were 15 questions set for the interviews and 10 respondents for this study.

The research findings show that the recreational use of drugs is prominent in the Westville campus due to; the easy availability of the drugs, and the social setting which makes drugs easier to obtain. Respondents also stated that drugs cannot be obtained over the counter, on prescription at the pharmacy or at a general practitioner. drug are used to enhance emotions (by adding extra excitement at a party, making you energetic and make a boring space exciting) or to suppress them (drugs act as anti-depressants, that make your problems disappear and feelings of sadness are replaced by feelings of happiness when one is high).

Respondents also mentioned that the most frequently used drugs within the Westville campus included weed, sugas, GND, X. meth, LSD and neon. All respondents agreed that the use of drugs by other students can lead to them engaging in criminal behaviour. The types of criminal behaviour include; violent behaviour, aggressiveness, individuals on drugs become rebellious and unruly. The types of crimes that were mentioned by the respondents were assault, robbery, murder and stealing of cellphones as well as laptops. The perceptions that surround drug use in societies are that, drugs are not valid, tare not acceptable, societies have become desensitised and the criminal justice system has become so corrupt and they are not doing enough to minimise drug use amongst youth.

4.4 Howard College

Howard College is situated between Glenwood and Cato Manor. It is located approximately 3kms from Durban CBD. The researcher had ten respondents from this campus who participated in the study.

The Howard College study findings were similar to those of the Westville campus. They showed that the recreational use of drugs is prominent at Howard College because of the easy availability of the drug and the social setting. The college is very close to a 'kasi'

neighbourhood (Cato Manor). Respondents also stated that drugs cannot be obtained over the counter, on prescription at the pharmacy or at a general practitioner, therefore, they have to travel to the CBD and Cato Manor to get a “fix”. The respondents also stated that drugs are used to enhance emotions (by adding extra excitement at a party, making you energetic and make a boring space exciting) or to suppress them (drugs act as anti-depressants, that make your problems disappear and feelings of sadness are replaced by feelings of happiness when one is high).

Respondents also mentioned that the most frequently used drugs within the Howard College Campus were weed, cocaine and ecstasy. They also stated that cocaine was mostly used by the elite because it is very expensive and not everyone can easily afford it. The study participants highlighted that the drug everyone could afford was weed because it is easily accessible, they even mentioned that one can even get a dealer on campus. The respondents also mentioned that ecstasy is mostly used by students in night clubs and even non-drinkers use this drug so that they can be energised and enjoy clubbing.

All respondents agreed that the use of drugs by other students can lead to them engaging in criminal behaviour. The types of criminal behaviour mentioned were violent behaviour, aggressiveness, individuals on drugs become rebellious and unruly. The types of crimes that were mentioned by the respondents were; assault, robbery, murder as well as stealing of cellphones and laptops. The perceptions that surround drug use around societies are that drugs are not valid, they are not acceptable, societies have become desensitised and the criminal justice system has become so corrupt and they are not doing enough to minimise drug use amongst the youth. But amongst the youth with both universities drugs are seen to be acceptable, a trend and they even feel that some drugs need to be legalised.

4.5 Sampling Technique

This study used Non-probability Sampling, where the likelihood that any given element will be chosen is unknown. Out of the four types of Non-probability Sampling, Snowball Sampling was used. According to Maxfield and Babbie (2012), Snowball Sampling is commonly used in field observation studies or specialised interviewing, it begins by identifying a single subject who will then identify similar people who might be interested in

participating in the study. The reason for snowball sampling being chosen in this study is because this process allows the researcher to be able to reach out to the university population that are using drugs especially since sampling university students that are indulging in drug use are difficult to sample when using other sampling methods.

In both the Westville and Howard Campuses, the researcher identified a single participant who is exposed to drug use within the campus, that single participant was able to identify other participants who were interested in participating in the study. The study sample size 20 respondents (10 from Howard College and 10 from Westville campus). The data was collected using the Non-probability Snowball Sampling technique. Respondents were from different levels of study (1st years, 2nd years, 3rd years and a few postgraduate students), different ethnic groups and different age groups.

The researcher chose the University of Kwa-Zulu Natal because of its diverse nature, it consists of different cultures, ethnicity, age groups, people from different backgrounds and it mostly consists of the youth. The university has composed a lot of information with regards to drug use as the youth are mostly affected and influenced by drugs.

4.6 Research instrument

The research instruments that were used to conduct the study included interviews and questionnaires. Since Snowball Sampling was used, the first participant that was interviewed was asked to introduce the other participants that were interested in the study. The interviews were all semi-structured and the researcher used open-ended questions to allow the participants to lead the interview. Since drugs are an illegal matter, the participants were informed that confidentiality is essential when participating in the study.

4.6.1 Administration of interview schedule and participant observation

The interviewing process can be defined as, “the use of questionnaires in a systematic way to interview a group of people, interviews can be face-to-face or telephonic” (Maxfield & Babbie, 2012). Participant observation is, checking how a participant responds to a question

that has been asked, this can be observed by looking at their verbal and non-verbal responses. According to Maxfield and Babbie (2012), an interviewer has two roles:

1. **Familiarity with the questionnaire:** This states that the interviewer must be able to read questions without stumbling over the words. The researcher must also have done enough research about the topic at hand;
2. **Probing for response:** Probes are frequently required to elicit responses to open-ended questions. The researcher can pause for a while, then the respondent might probably think about how to respond to the question that was asked by the researcher

“Interviews are planned, prearranged interactions between two or more people, where one is responsible for asking questions pertaining to a particular theme or topic of formal interest and other(s) is responsible for responding to the questions” (Lankshear & Knobel, 2004:198). With tool-gathering data, Carpecken (1996) advocates that interviewers take the opportunity to:

- Generate content about an event from an insider perspective ;
- Check the honesty, certainty and the exact meaning of the subject’s reply in a face-to-face interview;
- Access a person’s definitions and understandings of concepts and processes that are of interest to the researcher;
- Analyse both verbal and non-verbal responses;
- Give immediate clarity if the interviewee was uncertain in their reply;
- Follow-up questions, which can arise, to provide detailed and/or specific answers;
- Tap into beliefs, values, worldviews and other important aspects on the part of the interviewee.

The interviews were semi-structured and consisted of ten participants from Howard College and ten from Westville campus, therefore resulting in 20 participants being used to conduct

the study. The purpose of the semi-structured interviews was to gain in-depth responses from the participants without intimidating them with the formal procedures. Another purpose for this semi-structured interview was to make the respondents feel free, at first there was a bit of hostility (since the topic at hand is an illegal matter) but after a while participants were less hostile and were able to talk openly.

The aim of these interviews was to gather enough views on how recreational drug use affects students in the two campuses, what type of recreational drug is frequently used and how do social settings influence drug use. Another aim was to get students around these campuses to broaden the researcher's understanding on drug use amongst students and why they take such irrational decisions to use drugs.

4.7 Ethical consideration

When conducting any research, it is important to look at ethical consideration and to adhere to its principles. Since drug use is prohibited in South Africa, it is important to look at ethical consideration.

4.7.1 Principles of ethical consideration in research

Being ethical is “conforming to norms and standards embraced by a group or profession”. Norms regarding ethical behaviour for research on human subjects are often described by professional associations of researchers” (Maxfield & Babbie, 2012). Ethical consideration entitles the following principles when a researcher is conducting their study:

- **No harm to participants:** Social research can cause psychological harm or even embarrassment if participants are asked to reveal information about themselves (for example if the research asks if the participant is taking any drug and why?), the participant might feel judged and blamed for their actions. Therefore, the research must avoid causing any type of harm at all cost;

- **Voluntary participation:** The participant must volunteer themselves to participate in the study and must not feel obliged or forced to participate in the study;
- **Anonymity and confidentiality:** The researcher's participants must remain anonymous and the researcher is not in any case allowed to give the true identity of participants. Information shared during the interviewing process must be confidential;
- **Deceiving participants:** The researcher must be transparent with the participants and not manipulate them in order to get information. The researcher must be honest for the purposes of research;
- **Analysis and reporting:** The researcher must analyse data collected and report to the participants.

4.7.2 Followed Procedure

When conducting a research, it is important to follow procedure. Since the researcher is a Howard College Campus student at the University of Kwa-Zulu Natal, it was easy to gain entrance into the university and identify a subject that would introduce more subjects that would be interested in the study. However, gaining access to the Westville campus was a bit different since the student card can only help the researcher gain access at Howard. The researcher had to go sign in at the main gate and explain that they are a UKZN learner from a different campus, and only then was access granted. Since the researcher was unfamiliar with Westville campus, the aim was to target a group of students that engaged socially.

Once the participants had been identified, the researcher sat down with them and briefed them about what the study was about and how their help was needed to conduct the research. The semi-structured interviews were conducted on both campuses since the research was comparing both campuses. After explaining the research's purpose, informed consent forms were given to the respondents before the interviews could proceed so that the respondents could be aware of their rights during the study. The researcher observed the participants' non-verbal and verbal responses as questions were being asked.

4.7.3 Responsiveness during the interview

A response can be verbal or non-verbal, therefore, as a researcher, it is important to respond effectively, without intimidating the respondent. It is important not to pass off judgemental gestures or responses towards the participants as this might offend them. The researcher's job is to be observant of how the respondents answer the questions and to gather information from them without coming across as biased or judgemental.

Responsiveness during the interview is very important, the interviewer must be very observant during the interviewing processes. They must also look for non-verbal responses during the interview. A person's body language or gestures tell a lot about how they feel about the topic at hand. Even though the participants were hostile and uncomfortable when the interviews were taking place, it was the researcher's duty to make participants feel free and comfortable.

4.7.4 Informed consent

Informed consent includes informing selected study participants about how the researcher plans to use the participants in the study, what the aims and objectives of the study are and how participants' safety and confidentiality will be a top priority during the study. According to Passer and Smith (2011), before people can agree to participate in research, they should be well informed about:

- The study's purpose and procedures: It is essential for the researcher to inform the participants, why the study is being conducted and what procedures will be followed. This allows the researcher to gain the participants' trust;
- The study's potential benefits: The researcher must inform the participants of what the study's potential benefits are;

- Potential risks to participants: The researcher must always let the participants know of any potential risk that may be in the study, to allow the participant to withdraw if need be;
- The right to decline participation and to withdraw at any time without penalty: In a study, the participants must know that they have the right to know that they can withdraw any time from the study;
- Whether responses will be confidential and, if not, how privacy will be safeguarded. In this study, the real names of participants are not used, but the participants' responses will be highlighted.

The principles of informed consent emphasise the importance of risk/benefit analysis and deception. It is therefore very important for the researcher to give and receive consent from participants whether it is in the form of verbal or written consent.

4.8 Limitations of the study

There were a few limitations that were noted during the study. The first limitation the Researcher came across was gaining access to Westville campus, as their student card is registered at Howard College. As soon as the researcher got access to the campus, it became easy to identify people that were willing to participate in the study. Another limitation was travelling back and forth between the two campuses, this was time consuming and strenuous. The last limitation was the withdrawal of participants and having to obtain new study participants.

4.9 Conclusion

This chapter incorporates all the used methodological elements when conducting the study and it also emphasises the importance of ethical considerations when conducting a research.

CHAPTER 5

DATA PRESENTATION AND DISCUSSION

5.1 Introduction

This chapter discusses and analyses collected data and the findings of the study conducted on recreational drug use at Howard College and Westville campus. The data is first presented, analysed and discussed using the information obtained through interviews and participant observation. Responses given during the interview are presented and then discussed. The data between these two campuses is then analysed. Pseudonyms are used in place of the participants names, as requested by the participants. The researcher used pseudo names in order to respect and adhere to ethical and informed consent protocols. No other data was changed with regard to the conducted survey research.

From the 20 participants that were on the Westville and Howard College campuses, all of them agreed that the most frequently used drugs are weed, sugars, ecstasy, GNB, heroin, meth and LSD. The participants agreed because the researcher individually approached each participant and explained the study and what it entails and if they would like to participate in the study. According to Trim, *et al.* (2006:392), Howard College is located near the central business district of Durban and as a result due to the proximity of the campus, drugs are easily obtainable. Westville campus is located near Westwood Mall in Durban and as a result, this can enable many students to meet drug dealers at the mall to purchase drugs.

5.2 Types of Drugs

The study findings revealed a lot of information such as:

A 19-year old second year student Sihle said:

‘When me and my friends need a fix we don’t struggle that much because we stay at res, therefore, we just hire an Uber which costs about R30, which allows me and my friends to meet up with (“our guy”) at any given time to get our fix’.

Drugs are easily accessible within the university and surrounding areas. About six of the students did not seem to know where drugs are bought and where they can access them; they just see their friends using them and do not question where they buy them from. Two of the respondents believed that weed is easily accessible in their residence because they seem to smell the strong aroma of weed all the time.

Sandie a first year said:

I'm not much of a weed smoker because I feel, it makes me very slow. I love energy, therefore, I use ecstasy now and then when I'm in the club. When you use ecstasy you don't have to spend a lot of money buying drinks, because the energy I receive is like I drank a whole bottle of vodka (she said laughing with excitement). I get to dance the night away with just one pill.

Sandie mentioned that, '*unlike weed, which is easily available around the areas of Howard College, ecstasy is a night drug, which is mostly obtained in clubs and on the streets near clubs*'. She went on to mention that the pill costs about R50-60 and can be broken in half and used by two people.

Michael a second year mentioned that:

"... cocaine is for those rich students mostly whites and Indians, I don't know where one buys them but I know somewhere in Glenwood or Berea you can get it. It's too addictive and expensive for me, will stick to a joint (rolled weed) for now".

Drugs can be socially classified, weed is used by every student, even the financially struggling students can easily afford and access weed, whereas ecstasy is a bit expensive and is used frequently for night life and cocaine is used by the more wealthier students. A student named Patience mentioned that, "*You have to be one of those students in order to access drugs that are of an elite status*".

Sarah a 21 year old 3rd-year female student said:

' Weed is the most frequently used drug in this campus because you will find small groups of students in hidden corners of the campus, I'm not a weed smoker so I don't know where they obtain it from '.

Where weed is accessed at the Westville campus is unknown by others, unlike at Howard College where everyone seemed to have an idea where they can buy weed from and how much it costs. The second recreational drug that was mentioned was heroin.

Jeff a 20-year old male student mentioned that,

Heroin is used a lot in the streets of Westville campus, I am not sure if students engage themselves in this drug. Because it's very a very dangerous drug and I doubt a student on heroin can last a semester in the university. But kids on the street use it a lot.

Michael a 21 year old male student also highlighted that,

Similarly to Howard College, the third drug that was mentioned was 'x' (also known as ecstasy) and it was the third most dominant drug in the Westville campus and students also seem to agree with what one of the students in Howard College said, that x is mostly used in the clubs and it is available there. The respondent also stated that unlike weed, 'x' cannot be used whenever because one can barely sit down when they are on the drug. He also stated that one can see someone in the club when they are high on 'x' because the person is always on the dance floor without getting tired; they will also be chewing bubblegum non-stop because the jaws need to be kept busy and they drink a lot of water. The other drugs were GNB, meth, sugar and LCD, but not a lot was mentioned about them.

According to the findings, it has been stated that drugs are widely used and acceptable amongst the student population due to their accessibility and the fact that they are apart of the student community culture. They have now become a norm within the student community so much so that the students have become so desensitised towards the use or drugs that many campaigns and drug initiatives do not seem to have any effect because many students want to experience a full university experience by indulging in drug behaviour whether it be on the university premises or off the university premises. Many

students engage in drugs due to social influences, peer pressure, family issues or simply because they enjoy the feeling of the drugs. In some cases, students indulge in drug use out of pure experimentation but one thing can be made absolutely clear that drugs have become extremely popular amongst university students. All the study respondents have tried drugs at one point or another and they have all started at the bottom of the drug chain as it were, using the “base drug” or an “introductory drug” which is commonly known as weed before moving on to the higher grade drugs commonly referred to by students as the “top drugs” which are heroin, meth and x amongst many others. Therefore, drug use has become extremely normalised within the university culture.

5.3 Types of criminal behaviour caused by recreational drug use

There are a lot of similarities with the cases mentioned by the student participants of Howard College and Westville campus with regards to types of crimes committed by a recreational drug user, and how this criminal behaviour has affected them. Types of criminal behaviours committed were violent behaviour, breaking into the residences, pickpocketing, robbery, theft and sexual assault (rape).

Out of the 20 respondents, 18 agreed that drug use does cause one to engage themselves in criminal behaviour and commit crime. Whereas two out of the 20 respondents agreed that drug use does not cause a person to engage themselves in criminal behaviour.

Jim a 19-year old male student said:

Students or any other person who uses drug will do anything to get a “fix” that includes turning to crime to get money. Here on campus, we don’t feel safe anymore because other students break into our rooms at res and steal our valuables because they need to go get their drugs.

Matt a 20-year old male student said:

There was a case where I stored my food in the Res fridge with hopes to eat it the following day. When I woke up in the morning there was no food in the fridge,

luckily I found the perpetrator that ate my food, and when I asked him about it his response was "I was high dude, I got munchies." If you stay at res and don't have your own fridge, then you in trouble.

A respondent named Jackson stated that, laptops and cellphones were stolen by other students and that theft was the biggest problem amongst drug users because drugs are expensive and pocket money alone was not enough. He also stated that one must not leave their belongings unattended because they will lose them. Two participants namely Darushan and Innocent agreed that drugs do not cause one to behave in a criminal manner or lead one to commit crime, they stated that criminal behaviour is in one's mind.

Jackson and Wiseman are both drug users and they both had similar responses, they both said that they both use drugs and have not had the edge to steal because they are high. If a person can commit crime when they are high, they can also do it when they are sober, they just blame drugs because they have no other option. Sandie a respondent stated that *"I believe that a person is born with a criminal mind and gene, therefore, they do not need drugs to make them steal or rape, and drug do not make u lose your mind, they enhance your emotions"*.

All the participants agreed that drugs cause aggressive behaviour and they can cause one to commit criminal acts such as rape, assault, theft and robbery. All 20 participants were victims of crimes committed against them or their families.

Mary Jane a 21-year old female student said:

'I remember me and my friends were at a party here in Westville, the party was organised by this guy who was a classmate at his house. His parents were away for the weekend; I was a first year student so I was scared to drink. Guys kept on hitting on me but I didn't pay attention to them because I was not interested. I remember holding a glass of juice the next my head was buzzing and from there all I remember was I woke up in a bed somewhere in the house naked. When I told my friends they said my drink might have been spiked with a silver bullet (a drug)'.

It is not considered safe to go to parties with other university students because a lot can happen and it is not safe to take a drink that has been open already. Cases such as Sharon's have been reported a lot. Sharon might have been raped, but the researcher did not want to probe her with a lot of questions because they could tell by her facial expression that it was still a very sensitive issue. Another participant namely Greta mentioned that she experiences a lot of violence at home.

Darushan a 19-year old second year student said:

Having to go home every day after school is a nightmare, I have applied for residence several times because things at home are not good. My brother is a drug user and he abuses us a lot. He uses any drug to get high; when he is high he will beat us up including my mother, demanding money. We have to give him money because if we don't we will no longer own any furniture at home because he steals anything that he can sell. Sometimes I don't even have money to come to campus because he will demand it from me, which has negatively affected my grades.

There are a number of other students who are like Darushan that experience abuse in their homes because relatives or siblings are involved in recreational drug use. This concurs with the findings of the Central Drug Authority Report in 2012 that people that use drugs steal a lot in order to buy drugs.

Innocent a 20-year old female student highlighted that:

'I was robbed while I was going to the parking lot at campus, they took my laptop and cell phone, since I couldn't afford to purchase a new laptop instantly, I logged into student central and looked at the adverts and I was lucky to find a student selling a laptop for R1500, when me and my boyfriend went to meet the guy for the laptop, we received and exchanged cash. When I got home I noticed that it was my stolen laptop. Luckily I still had the guy's details and he was arrested. When he was asked what he would have done with the money, he said he was going to split the money amongst his other two friends and buy "groceries", they were tested for drugs and tests were positive'.

According to Nyadaza and Coetzee (2017), recreational drug use presents a major health problem in South Africa and this can be seen in these studies. One of the first studies that represent this ever growing concern of recreational drug use can be seen in the Western Cape and this study focused on drug-related cases and criminal behaviours. According to Nyadaza and Coetzee (2017), there is a correlation between substance abuse and criminality which is evident from the statistics in 2015 whereby there was a steady increase of 2.4% in criminal behaviour due to drug use. Therefore, these results from the respondents display that drug abuse is becoming increasingly problematic and that due to drug use many individuals can be prone to criminal behaviours.

According to the study, drugs has become a serious epidemic because 18 out of 20 students have indulged in criminal behaviour due being under the influence of drugs and as a result, many of the individuals that have engaged in drug use in most cases have a case of partial amnesia whereby they do not recall certain events that have occurred whilst they were under the influence of drugs. Many students, therefore, act out of character as they can become aggressive, violent and indulge in criminal behaviour that one would not normally do in their normal state of mind. Many students have resorted to criminal activities in order to keep their drug habit going as it were because the individual that is indulging in regular drug use has developed a sense of dependency on the drugs and cannot live without the drug. In some cases, some students indulge in regular drug use because of the “feeling”, many enjoy the feeling of being high because many students use drugs as a means of escaping reality and even though many of these students do know that it is wrong, they still choose to indulge in regular drug use due to a false sense of reality.

5.4 Consequences of drug use

All 20 respondents agreed that drug use has negative consequences amongst students; they all mentioned that it has the following consequences:

Wisemen a respondent stated that:

“I am now hooked on it and if I don’t take it I feel sick, miserable and depressed”.

Schmidt a respondent stated that:

“ Just the fact that you miss out on life and all it has to offer because of that high at times you can’t study and you are incapable of actually doing work at all and you just there in your room on your bed feeling everything once like a rush of emotion”.

Terrence a respondent stated that:

“It really disrupts your entire life and it affects your relationship with your parents and friends you can lose everything”.

MJ a respondent mentioned that:

“Once you try it you become addicted and you cant get out”.

Sarah Chetty a respondent also highlighted that:

“Peer pressure like if you don’t want to try it your friends will still force you that’s the worst when friends do that”.

Greta a respondent noted that:

“ I am hooked on it and I cant do without it”.

Research Findings

According to the participants, many students have indulged in regular drug use due to the university culture and as a result, many of the students have reached a point whereby they cannot function on a daily basis without the use of drugs. Drugs have become a large part of the student’s life because they serve as a means of escape for the students from family issues such as violence, abuse and socio-economic circumstances such as living in a home with a lack of parental supervision as well as limited resources. These issues can contribute to drug use as well as peer pressure and students will indulge in drug use to appease their peers in order to gain a sense of belonging even though the student knows that indulging in drugs is not acceptable. Drugs can be seen as a gateway into more serious offences such as

criminality and as a result, many students do not seem to respond well to any sign or message of help due to a lack of interest because many students are still in denial about having a problem. Many students in this research have stated that once university is over they will no longer indulge in drug use, many of the students that were involved in the research would not classify themselves as addicts but rather individuals who have a specific need and that need was not being met by society and as a result they have resorted to drugs to fulfil that need. The needs to which many students have referred to include love, compassion, kindness a sense of belonging and a sense of empowerment.

5.5 Police and University Security Response to drug problems.

Of all the students that were interviewed, 80% felt that police together with University Risk Management (university's security), did very little to help with crimes related to drug use in both campuses.

Mandy a 20-year old female student said that:

'Alcohol and any drug use are prohibited to enter the university premises, but here on campus (Howard College), you pay R20 to the security and you can enter with your alcohol.'

This shows how corruption dominates South African societies. Laws are broken because of money. Another student said, the Security Company at the university plays a role in criminal activities that happen within the campus, but they do not have control of criminal activities that happen outside campus.

Ran a student said:

'I was fortunate to recover my stolen bag which had my laptop, wallet and books, I want to report the incident at The Information and Communication Services Division (ICS) at UKZN because this incident occurred at the Lans and they referred me to on camp security and they were very helpful because they looked through the cameras and found the person that was responsible'.

The on-campus security is responsible for all the problems that occur within the university, they are responsible for the staff and student's safety within the university. Students also agreed that they also report incidents to the South African Police Services (SAPS) but they do very little. Incidents that are reported to the SAPs are incidents that occur outside of campuses. Students also mentioned that visible policing of security companies such as Blue Securities also play a role in protecting them in the streets, because the cars patrol around the campus areas.

In terms of the responses by the participants, many felt that the Risk management services (RMS) and the police were ineffective because drugs were able to be brought into campuses and public spaces without detection and they can be sold and distributed amongst many other people, therefore the majority of the respondents did not feel that any law enforcement agency was doing enough to combat illegal drug distribution and usage. Many drug users and dealers have never been prosecuted and the students feel that the university has not done enough to ban drugs because the security system that is in place is extremely ineffective due to the lack of patrols on the residences after hours and on campus. The fact that many students are dealing in drugs on campuses during campus hours as well as after hours and the security does not seem to take a pro-active approach in dealing with this shows that there are not enough support groups on campus that have taken any sense of initiative to resolve this drug problem and help those that are indulging in regular drug use.

5.6 Reasons for drug use and causes of drug use

The major factor that contributes to students abusing drugs is to make them feel high or happy. Peer pressure and curiosity amongst students in universities play a major role. Students who receive more money from their parents also turn to drugs. Students that receive more money are most likely to turn to drugs such as cocaine because they can afford it, these children are often neglected in their homes and their parents feel that they can fill this gap by giving them money.

According to Sandie a respondent:

Some students use weed because they say that it helps them keep calm and focused and it makes it easy for them to concentrate in class and while studying for a test or an exam and therefore perform well in their academics and it also is an escape from social pressures and a crazy family life.

Micheal a respondent said that:

People that use cocaine use this drug to escape from realities of life, whether they have problems at home, or they are performing poorly at school, they use cocaine because it drifts them apart from reality and it takes the edge off like no more like money problems or families or friends or social issues they leave in a fantasy when they are high.

Brutus a respondent stated that :

“It makes me feel good about myself and the drugs help me stay awake especially when need to study it helps me focus and stay in control I become more free and I talk more I am not shy like I used to be I even have a girlfriend now so drugs really helped because I was no longer influenced by the money problems my family had and peer pressure from friends by trying to be like them”.

Ran a respondent mentioned that:

“It makes me feel nice I forget about all my sadness it created a new reality a way to escape from my problems and my life and everything in it especially my family I sort of withdrew and stayed alone in my room a lot I don’t like people much and I use to like playing soccer with my friends but now I got no time the drugs have seriously made my life for the better because it like took over my body and made me feel awesome”.

Jackson a respondent highlighted. that:

“Drugs helped me greatly for studying I made a lot of new friends but I kinda didn’t talk to my family much because I had new friends my family gave me a lot of problems it was an escape for me especially because of the economic climate right now whereby my family cant afford stuff its like the drugs took over and made me feel better”.

According to the research, drugs can affect every individual differently and as a result, many of the students reported that biological characteristics can have a huge impact on how drugs can react to a person and this can be due to age, gender, weight, height and one's mental state. The research states that the short term effects of drug use will depend on the amount and the type of drug being used as well as it if it has been mixed with any other ingredients such as “weed cut with diluted rat poison” or “heroin cut with X”. It can change the effect of the drug and it can result in an individual having extreme hallucinations as well as delusions and becoming extremely aggressive or violent or in some cases a person just becomes extremely quiet or drowsy. If the drug is in its pure form, it might cause some sense of delusions, hallucinations or violence but not as extreme in comparison to when other drugs or other ingredients are added to it.

The one fact that cannot be ignored is that substance abuse leads to crime or in some cases, crime leads to substance abuse. Either way, the relationship can always be explained by a common set of causes such as social, political and economic factors as well as the environment of the individuals using substances. In most cases, the biological processes which power human behaviour also come into play (Nyadaza & Coetzee, 2017).

The study findings concur with the findings of Nyadaza and Coetzee (2017), that the relationship can always be explained by a common set of causes such as social, political, economic factors, the environment of the individuals using substances as well as in most cases the biological processes which power human behaviour.

The participants have stated that due to economic and social reasons such as family issues and not having enough money, students have turned to drug abuse in order to escape their

reality. They tend to lose grip on reality and enter a new alternate reality which is one without social, economic and environmental issues. They need a place they can escape from all their problems, be happy and content due to this alternate reality. Many participants noticed certain changes and personalities whereby a person who was once an introvert is now an extrovert due to biological processes, therefore, drugs have enhanced certain ingrained characteristics.

5.7 Effects of Drug Use on Students and Measures that can be taken to Control Drug Use in Universities

Students believe that drug abuse causes poor performance, they develop aggressive behaviour and drugs become a stumbling block to the students learning behaviour. When a student is intoxicated, it becomes impossible to concentrate in studies or even interact with other students or lecturers. This is what the participants had to say:

Charlie a respondent stated that:

“ There can be random drug checks on the campus and residences as well as the lecture halls by searching students”.

Anne a respondent stated:

“RMS can do more patrols around the campus especially the shady areas like the park and the pond to prevent selling of drugs by other students”.

James a respondent mentioned that:

“Make students aware that they will be prosecuted if they sell drugs on campus have searches at all the entrances to the campus especially the cars because people can hide the drugs in their cars because many of these students tend to become aggressive that’s why there needs to be searches because if it is done by security the students might not act out”.

Kuhle a respondent stated:

“ They should get the police to come on the campus because then people will be scared because you know these students they don’t want go to jail but what they are doing is wrong and the campus guards are doing nothing about it that’s why the students have no fear and keep selling drugs why I said they need the police because many students become violent and start to act out of hand its like they have no fear maybe a stronger police presence will help in the fight against drugs”.

All 20 participants all agreed that the university does not take enough measures to combat drug use. Or do not provide awareness campaigns against drug abuse. The respondents provided the following ideas that the university can use to decrease drug use within the university:

Kuhle a respondent stated that:

“Any student found in possession of any type of drug must be expelled with immediate effect because many of these students do no take the university seriously and as a result tend to start stealing from other students to support their habit”.

Charlie a respondent stated that:

“Counselling must be provided to anyone that believes they at the vogue of using”.

Ran a respondent highlighted that:

“Awareness campaigns warning students of the effects must be held monthly or once in a while. Posters and pamphlets must also be provided that warns students of dangers of drugs as well on campus counselling because what I have noticed is that many students tend to neglect their friendships and their parents and stuff because of drugs and it takes them away from university work and these people end up failing modules and stuff”.

Brutus a respondent said:

“In university residents, random drug searches must be conducted. Even though conducting random drug test can be very expensive, it can also be conducted even if it is on a yearly basis this will greatly help the university because it will then allow many of the students to focus on their studies instead of going to parties at the res and drinking and taking drugs and acting out like hitting other students over a girl or something”.

Many students believe that there needs to be rules and regulations on the university grounds as well as more of a police presence to discourage students from indulging in drugs and behaving in an aggressive manner which can then lead to violent and abusive behaviour. The responses are similar in the sense that drugs ultimately cause a complete breakdown in the students' system because they affect the student's personal life such as relationships, and their education. Many of the respondents believe that the university needs to create awareness and the university needs to take a more pro-active approach in discouraging drug use.

One factor that cannot be overlooked is that the use of drugs can lead to criminal behaviour which explains the relationship between drugs and criminality. This can be attributed to a certain set of causes such as social, political as well as environmental factors such as students indulging in regular drug use. Therefore, many students have stated that drug abuse can lead to aggressive and in some cases violent behaviour, which can lead to criminality and ultimately a loss of life, or in some cases losing one's self to the drug addiction that.

How drug use has become normalised among youth

For many students, taking drugs has become a norm especially at university level and non-drug trying students will become a minority group. Drugs have become normalised because they have become easier to find and even easier to buy.

Jane a respondent stated that:

“Drugs have become such a normal thing that if you don’t do it you aren’t cool but some students don’t do it I don’t understand why its weird but one of my friends patience was doing drugs and I went to her parents so that she could get help her drug use was like so bad”.

Nkululeko a respondent highlighted that:

“Drugs are so easy to come by like I know so many dealers on campus and you just need to know the right people so that you can get your fix like my friends but you know what as hardcore as they are into drugs I would never report I don’t bug on my bras”.

Happiness a respondent stated:

“ I love drugs I feel everyone should it and I don’t get why people are so against it because it's such a normal thing to do like everyone is doing it I even have a t-shirt that says love marijuana and a marijuana sign like you know the 3 leaves”.

Brutus, a respondent mentioned that:

“ Everyone should try drugs at least once so you know what it feels like because everyone is doing it lets be like French Montana we need to be like the cool people we see on tv and music videos”.

Many students have stated that the media plays a very large part in why many students are indulging in drug use because many rap songs contain lyrics about drugs and many films now have drug story lines. Some clothing lines even have images of the marijuana plant and marijuana sayings and these items are widely available and many celebrities who have also taken drugs have spoken about it very openly. Another aspect is that peer norms have also influenced the normalisation of drug use. What the researcher has noticed within the study peer norms differs according to gender as women are more likely to report drug abuse behaviour and men are less likely to report it.

CHAPTER 6

CONCLUSION AND RECOMMENDATIONS

6.1 Introductions

This study was conducted to investigate the misuse of drugs, comparing Westville and Howard College campuses. This chapter presents the conclusion of the study together with the appropriate recommendations.

6.2 General Conclusions

The general conclusions of this chapter will be based on the objectives of this study. Which are as follows:

- To investigate the misuse of recreational drugs amongst university students;
- To assess how and why these individuals indulge in drugs and the use of drugs;
- To analyse the types of individuals that commit criminal acts for drugs;
- To determine the effects of drug use on different sets of individuals;
- To determine the nature of how drug use has become normalised among youth.

The general conclusion sought to see if the following questions have been answered:

6.2.1 The misuse of recreational drugs amongst university students

All respondents agreed that the use of drugs by other students could lead to them engaging in criminal behaviour. The types of criminal behaviour mentioned were; exchanging sexual favours for drugs, robbery, assault, violent and aggressive behaviour. It was also reported

that individuals on drugs become rebellious and unruly. The types of crimes that were mentioned by the respondents were; assault, robbery, murder, stealing of cell phones and laptops. The perceptions that surround drug use around societies are: drugs are not valid, they are not acceptable, societies have become desensitised and the criminal justice system has become so corrupt and they are not doing enough to minimise drug use amongst our youth. Amongst the youth at both universities drugs are seen to be acceptable, are a trend and they even feel that some drugs need to be legalised.

6.2.2 How and why these individuals indulge in drugs and the use of drugs

This study found that many students indulge in drug use because of family issues and an unhealthy living environment such as abuse from family members and limited resources such as financial limitations, demanding parental authority and in some cases family members involved in crime because of drug disorders. Many students are resorting to criminal behaviours on campus such as theft, rape, assault and robbery to indulge their drug addiction and they commit crimes because they are high and as a result, many of the students committing crime may or may not know that they are committing criminal acts.

6.2.3 The types of individuals that commit criminal acts for drugs.

The individuals that commit crime are students that are involved in drugs and therefore have a drug addiction to support. As a result, they indulge in many criminal activities such as theft, rape, robbery and assault and in some cases many students may commit crimes due to being under the influence of drugs.

6.2.4 Effects of recreational drug use on students who were direct victims/witnesses of drug use

The study has found that recreational drug use affects the users and other students that do not use drugs. Students that are drug abusers are affected as their academic performance is poor and they do not attend classes which can result in them quitting university or they can be excluded from the university for several years, which reflects badly on their statements.

The other effect that drug use has on students is that it makes them commit crimes, resulting in the student having a bad criminal record, which makes it hard for her/him to find employment after they have completed their degree. The other effect that was mentioned was that drug users become aggressive and violent when they are intoxicated.

The study also looked at what effect drug use has on victims and other students that do not use drugs in the university. Students that were interviewed are individuals that are using drugs and they complained of robbery, of their valuables, they were physically and sexually assaulted. They also stated that drug abusive students also disrupted their studies because they often listen to loud music in residents and they can not study properly.

6.2.5 How drug use has become normalised among youth

Drugs have become normalise amongst the youth because many students have stated that the media has played a very significant role in normalising drug use. Many students are indulging in drug use because of peer norms because many of their friends are doing it and it seems like it is the “in thing to do” and the study reveals that there are dealers on campus and as a result drugs have become more accessible to patrons and therefore reinforcing the norm that trying drugs is normal and it will not do any harm. There are significant differences between men and women regarding peer norms because females will get help for their friends if their drug abuse has gone out of control whereas males will not, therefore, peer norms reinforce drug normalisation in university culture.

Respondents Recommendations

6.3 Police and security assistance

Students also outlined what role the police and on-campus university had on trying to combat drug use within the campus. Students stated that on campus security tries to protect the students from inside the campus but they do not feel safe outside campus because police take their time to respond to reported cases. They mentioned that visible policing by

Blue Securities plays a huge role in ensuring their safety when they are walking to their communes because they are always patrolling the streets.

6.4 Recommendations made by students that can be used by the university

The respondents provided the following ideas that the university can use to decrease drug use within the university:

- Any student found in possession of any type of drug must be expelled with immediate effect;
- Counselling must be provided to anyone that believes they are at the vogue of using;
- Awareness campaigns warning students of the effects must be held monthly or once in a while. Posters and pamphlets must also be provided that warn students of dangers of drugs;
- University residents must have random drug searches. Even though conducting random drug tests can be very expensive, it can also be conducted even if it is on a yearly basis;
- The university can also have workshops educating students on drug use, especially at the beginning of the year, when first year students enter the university because they are more prone to peer pressure;

If ideas of students can be implemented by the university maybe there can be a decrease in drug intake by students and the university can function more effectively without cases of criminal activities being frequently reported.

6.5 Researchers Recommendations

After assessing the study and reviewing everything that has been said by the participants, the following recommendations can be made:

- Students need to be aware that once they enter the university in their first year, they are on their own, with no parents to monitor their movements and whereabouts, therefore they need to become responsible of their actions and they need to know that every action taken has consequences to be faced. Students also need to be able to distinguish between right and wrong friends;
- The university also needs to tighten their laws with regards to drug use in the university. Punishment must be very harsh to anyone that is found guilty of selling or using drugs. Punishment must also be very harsh to any security guard found guilty of accepting money from students as a form of bribery;
- The SAPS also needs to be visible in patrol areas around campuses to ensure students safety outside of the universities. Police must also be responsive when a crime is reported and they must respond fast.

6.6 Conclusion

This chapter has basically provided a summary of all the study findings and it has also outlined the participants and the researchers' recommendations in dealing with recreational drug use in the Westville campus and Howard College. This chapter looked at the views and concerns that were raised by the 20 participants on recreational drug use. The chapter also outlined the consequences drug use has on other students, how the SAPS services and University Risk Management handle drug use complaints. The respondents were also given a chance to express how the university can try and minimise drug use in the universities. The respondent's answers were paraphrased in the chapter and pseudonyms were used.

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