



UNIVERSITY OF  
**KWAZULU-NATAL**

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**YAKWAZULU-NATALI**

**PERCEPTIONS OF THE UNIVERSITY STUDENTS ON SUBSTANCE ABUSE  
AMONG THE YOUTH: A CASE STUDY OF KWAZULU-NATAL**

by

**HLENGIWE PRISCA GASA**

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**Supervisor: Dr. Sazelo Mkhize**

**2018.**

# DECLARATION

I Hlengiwe Prisca Gasas declare that:

The research stated in this dissertation, excluding where otherwise specified is my original research submitted for the degree of Masters of Social Sciences in Criminology and Forensic Studies.

This dissertation has not been submitted for any degree or examination at any other university.

This dissertation does not contain other individual's data, or any other information unless specifically specified as being obtained from them.

Where other sources have been cited, the phrases have been re-written but the general information credited to them has been referenced. Where the precise words have been used, their writing has been referenced and placed within quotation marks.

This dissertation does not include any copy and paste writings from the internet, without specifically acknowledging the sources detailed within the dissertation and reference sections.

Signature of candidate.....

On the .....day of ..... 2018

## **DEDICATION**

This thesis is dedicated to every citizen of South Africa, more especially the younger generation, the youth. Let us stop using research as an excuse for our own personal choices.

## **ACKNOWLEDGEMENT**

First and foremost, I would like to thank my Lord and Saviour, Jesus Christ because none of this could have been possible if it were not for Him.

To the two most important people in my life, who are my guardian angels, my parents. Your dreams have been put on hold because you chose me and my dreams every time without fail. Thank you for everything boGasa, Thabela, Vezi, Syongo, Magabha, Kanethi, Nina Enawela Uthukela Nakha! INkosi izingigcinele nina zithandwa zami. To friends that turned to family, thank you bangani bami. Special thanks to Minenhle Luthuli and Mbali Sikhosana. To Khanyisile Majola, we made it friend.

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May God Bless You All!

## **ABSTRACT**

Substance abuse is a critical challenge among youth in South Africa today. This study aimed to explore the perceptions of university students on the surrounding influencing factors of substance abuse amongst young people at University of KwaZulu-Natal and South Africa.

**Methodology:** Qualitative data was gathered through in-depth interviews and focus groups to obtain views from campus resident students from two UKZN Campuses namely Howard College and Westville. 8 in-depth interviews were conducted, with 4 females (2 from the Howard College and 2 from Westville) and 4 males (2 from Westville and 2 from Howard College). 2 focus groups were conducted at both campuses consisting of 6 participants each (3 males and 3 females in each).

**Results:** The findings revealed that there are various kind of substances that are abused by university students, which include codeine, marijuana (weed) and alcohol. There is a frequent use of these substances leading to the normalization of substance abuse among university students. Students are influenced by various factors such as peer pressure, stress and depression. Most importantly, the results showed that substance abuse is a kind of behaviour that they either learn or do intentionally, despite their foreknowledge of the negative effects and the risk factors. The study concludes that university students are very aware of the various negative effects of substance abuse, but they mostly justify it as way of coping with academic pressure. There is an acknowledgement that the use of substances among young students seems to be high considering the level of freedom they might have being far away from monitoring parents and guardians.

**Conclusion:** The study revealed that substance abuse among young university students may increase rather than deteriorate, if necessary measures are not put in place to curtail the trend. Therefore, there is an immense need to ensure solutions towards the eradication of substance abuse among UKZN students and youth in South Africa.

**Kew words:** Drug abuse, Perception, Risk factor, Substance, South Africa, Youth.

## TABLE OF CONTENTS

DECLARATION .....	i
DEDICATION .....	ii
ACKNOWLEDGEMENT .....	iii
ABSTRACT.....	iv
<b>CHAPTER ONE .....</b>	<b>2</b>
INTRODUCTION .....	2
1.2 Statement of the Problem.....	3
1.3 Objectives of the Study.....	4
1.4 Research Questions .....	4
1.5 Significance of the Study .....	4
1.6 Conceptualization of Relevant Terms.....	5
1.6.1 Substance abuse .....	5
1.6.2 Risk factors .....	5
1.6.3 Perceptions.....	5
1.6.4 Youth.....	6
1.7 Structure of the Dissertation .....	6
1.8 Conclusion .....	7
<b>CHAPTER TWO .....</b>	<b>8</b>
LITERATURE REVIEW .....	8
2.1 Introduction.....	8
2.1.1 The Nature of Substance Abuse.....	8
2.1.2 Global Perspectives on Abused Substances.....	10

2.1.3 African Perspectives on Abused Substances.....	11
2.1.4 National Perspectives on Abused Substances .....	13
2.1.5 Most Commonly Abused Substances .....	15
2.1.5.1 Alcohol.....	15
2.1.5.2 Tobacco.....	16
2.1.5.3. Dagga (cannabis/marijuana) .....	16
2.1.5.4 Cocaine .....	17
2.1.5.5 Nyaope .....	18
2.1.5.6 Methamphetamines .....	18
2.1.6 Causes of Substance Abuse.....	19
2.1.6.1 Peer pressure .....	19
2.1.6.2 Curiosity.....	20
2.1.6.3 Availability of Drugs .....	20
2.1.6.4 Psychopathology and Psychological factors of Substance Abuse .....	21
2.1.6.5 Families and Parenting Styles .....	21
2.1.6.6 Socio-economic Factors of Substance Abuse .....	22
2.1.6.7 Socio-cultural Factors of Substance Abuse.....	22
2.1.6.7.1 Physical Environment .....	22
2.1.6.7.2 Social Environment.....	23
2.1.7. Biological Factors .....	23
2.1.8 The Effects and Risk Factors of Substance Abuse.....	24
2.1.8.1 Academic Decadence.....	24
2.1.8.2 Health and Safety .....	24

2.1.8.3 Isolation.....	25
2.1.8.4 Social and Economic Consequences.....	25
2.1.8.5 Delinquency .....	25
2.1.9 Conclusion .....	26
<b>CHAPTER THREE.....</b>	<b>27</b>
<b>THEORETICAL FRAMEWORK .....</b>	<b>27</b>
3.1 Introduction.....	27
3.2 The Theory of Planned Behaviour .....	27
3.2.1 Critiques of the Theory of Planned Behaviour .....	28
3.3 The Social Learning Theory .....	30
3.3.1 Behaviours Learned Through Modelling .....	31
3.3.2 Observational Learning.....	32
3.3.3 Intrinsic Reinforcement.....	33
3.3.4 Modelling Process.....	33
3.3.5 Conclusion .....	<b>Error! Bookmark not defined.</b>
<b>CHAPTER FOUR.....</b>	<b>35</b>
<b>METHODOLOGICAL ORIENTATION .....</b>	<b>35</b>
4.1. Introduction.....	35
4.2. Location of the Study .....	35
4.3. Research Design.....	36
4.4. Research Approach .....	<b>Error! Bookmark not defined.</b>
4.5. Sampling Techniques .....	37
4.6. Recruitment Strategy .....	38



4.7. Method of Data Collection.....	38
Table 4.7: Total Number of Participants.....	40
4.8. Methods Data Analysis .....	40
4.8.1 Steps for Thematic Analysis .....	40
4.9. Ethical Considerations .....	41
4.10. Ensuring Trustworthiness of the Research.....	41
4.11. Limitations of the Study.....	42
<b>CHAPTER FIVE .....</b>	<b>44</b>
<b>DATA ANALYSIS, INTERPRETATION, PRESENTATION AND .....</b>	<b>44</b>
<b>DISCUSSION OF THE RESEARCH FINDINGS.....</b>	<b>44</b>
5.1 Introduction.....	44
5.2 The Most Frequently Used Substances among the University Students.....	44
5.2.1 Codeine/Lean-New Substance on the Rise .....	44
5.2.2 Weed and Alcohol: Battle of the Number One Spot.....	<b>Error! Bookmark not defined.</b>
5.3 The Perceptions of Substance Abuse among University Students.....	<b>Error! Bookmark not defined.</b>
5.3.1 The Normalization of substances among the Youth .....	46
5.3.2 Substances are Frequently Consumed.....	49
5.4. The Causes of Substance Abuse among University Students .....	50
5.4.1 Peer pressure .....	50
5.4.2 Stress and Depression- An Escape and Coping Mechanism.....	51
5.4.3 Learnt Behaviour .....	53
5.4.4 Enjoyment .....	54

5.5 The Effects of Substance Abuse on University Students.....	55
5.5.1 Positive Effects .....	55
5.5.2 Negative Effects.....	55
5.5.2.1 Time Management and Academic Challenges.....	55
5.5.2.2 Unstable Finances .....	57
5.6 Risk Factors of Substance Abuse among University Students ...	<b>Error! Bookmark not defined.</b>
5.6.1 Academics.....	<b>Error! Bookmark not defined.</b>
5.6.2 Health Scares .....	<b>Error! Bookmark not defined.</b>
5.6.3 Crime.....	58
5.6 Perceptions of Substance Abuse in Relation to Youth Literature versus University Students. .....	60
5.8 Conclusion .....	68
CHAPTER SIX.....	69
SUMMARY, CONCLUSION AND RECOMMENDATIONS .....	69
6.1 Summary .....	<b>Error! Bookmark not defined.</b>
6.1.1 Exploring the Perceptions of UKZN Students on Substance Abuse	<b>Error! Bookmark not defined.</b>
6.1.2 Understanding the Effects of Substance Abuse among University Students .....	<b>Error! Bookmark not defined.</b>
6.1.3 Exploring the Risk Factors of Substance Abuse among University Students.....	<b>Error! Bookmark not defined.</b>

6.1.4 Determining Whether the Generally Perceived Causes of Substance Abuse (that are already in existing literature and studies) are Applicable to University Students. .... **Error! Bookmark not defined.**

6.2 Conclusion ..... 70

6.3 Recommendations ..... 72

## CHAPTER ONE

### INTRODUCTION

#### 1.1 Introduction

Globally, the World Health Organization (WHO, 2014) states that alcohol is a widely abused psychoactive substance with reliance-producing properties. Kuerbis, Sacco, Blazer, & Moore (2014) also added that alcohol and substance misuse is associated with severe physical and mental consequences, as well as massive social and financial problem on societies. WHO (2014) reports further that the abuse of alcohol has resulted in around 3.3 million yearly deaths globally. Conversely, Piano (2017) argues that alcohol use have some benefits on disease conditions like cardiovascular diseases (CVD). In the year 2012, 5.9% (7.6% for men, 4.0% for females) worldwide mortality was associated with liquor intake. These statistics increased by 50% in the year 2011 (WHO, 2014).

In South Africa, liquor use and smoking were associated with expanding dimensions of morbidity and mortality (Rehm, Baliunas, Borges, Graham, Irving, Kehoe, Parry, Patra, Popova, Poznyak, Roerecke, Room, Samokhvalov & Taylor, 2010). Numerous studies have observed alcohol to be the most utilised substance among South African youth and adults (normal use by 25% - 30%) (van Heerden, Grimsrud, Seedat, Myer, Williams & Stein, 2009 cited in Gass, Stein, Williams & Seedat, 2010). While, Parry, Pluddemann, Donson, Sukahi, Marais & Lombard (2010) indicated that tobacco, cannabis and mandrax are the next substances that were being utilised by South African's youth after alcohol. According to Peltzer, Ramlagan, Johnson & Phaswana-Mafuya (2010), alcohol misuse and the use of prohibited drugs are associated with the rise of violence and other disease conditions like tuberculosis and HIV/AIDS. Substance misuse also influences mental health through depression, other mental disorders and it also has negative social consequences, which include academic difficulties (Hingson, Zha & Weitzman, 2009). The worldwide fear about substance misuse and its public health magnitudes were deliberated on the 9th of February 2016 by the Executive Board of the WHO to be addressed later in the Special Session of the United Nations General Assembly in April 2016 (WHO, 2018a).

Furthermore, there is a convincing proof of a high occurrence of alcohol misuse among youth and more disturbing among university students globally (Norman, Pedley & Takkouche, 2010).

It is consequently vital to classify psychosocial and behavioural protective factors that may reduce the possibility of substance use behaviours with harmful penalties on the health and well-being of students (Medina-Mora, 2005). In addition, better understandings of protective elements may notify interventions to lessen morbidity and mortality that are associated with substance misuse patterns discovered among the youths. (Kyei, Chansa & Gabrysch, 2012). This study therefore seeks to explore the perceptions of University of KwaZulu-Natal students on substance abuse amongst the youth in South Africa, which have not been given sufficient consideration as most studies concentrate on determining the occurrence of substance use among youths.

The age at which students gained admission into university, (most likely 18-24 years) is a serious stage as students encounter greater independence and autonomy from parental principles and familiar societies for the first time (Boislard, Van De Bongardt & Blais, 2016). It is additionally prone to be a challenging time as students' duties increase. For example, students have to choose on their own and find a balance between the expanding strains of academic work and social relationships (Laska, Persson & Hernandez, 2009). It is likewise a period in which several students may begin and proceed with health risk practices they might be enduring as substance abuse are among the leading risk behaviours students engage in and this is moreover interrelated to unprotected sex, violence and injuries (Tucker, Ryan, Golinelli, Ewing, Wenzel, Kennedy, Green & Zhou, 2012).

Among university students, the use of alcohol seems to be encouraged by mingling, the necessity of a feeling of belonging, and peer pressure as "fitting in" with the peers become imperative (Carey, Borsari, Carey & Maisto, 2007). While, perceptions and judgement of self, social anxiety and person's abilities deficiency in coping have been danger factors for heavy drinking (Brown, Mcgue, Maggs, Schulenberg, Hingson, Swartzwelder, Martin, Chung, Tarpel, Sher, Winters, Lowman & Murphy, 2008). Currently, Armeli, Tennen, Affleck & Kranzler (2012) and Mohr, Brannan, Wendt, Jacobs, Wright & Wang (2013) unveiled that the use of substances identifies with stress is highly rampant, as individuals tend to drink when emotionally down and provoked. While, Bantjes, Kagee, MCGowan & Steel (2016) unveiled that heavy alcohol utilization for anxiety and depression among South African university students is high. Furthermore, a study conducted by Wild, Flisher, Bhana & Lombard (2014) found that most South African's adolescents do engage in alcohol misuse, smoking and other substances that can be used to combat low self-esteem. The clustering consequence of risky health behaviours is apparent as substance use may upsurge the probability of unprotected

sexual behaviour, reckless driving, violence etc (Ritchwood, Ford, Decoster, Sutton & Lochman, 2015 cited in Ellickson, Mccafrey & Klein, 2009). Hence, the aim of this study is to explore the perceptions of substance abuse among university students within the University of KwaZulu-Natal as it seeks to understand the prevalence and risks that substance abuse has among university students. Furthermore, it is seeking to get and understand the general opinion, existing perceptions of substance abuse among university students and whether they differ from the already existing literatures as university is an entire society with its own rules and regulations upon which the young people live.



## **1.2 Statement of the Problem**

Vithal and Jansen (2010) define a problem statement as a concise statement of how a researcher developed an interest in an issue of concern, why a researcher perceives an issue as worthy to be researched. The researcher noticed that there was an absence of detailed data with respect to the relationship between substance abuse and the youth, particularly among University students. There is lack of data in terms of the real reasons why the youth of South Africa indulges in substances abuse, what are their issues aside from the common factors such as poverty and unemployment. The researcher felt that already existing studies, literatures and the community at large were in the dark about the real reasons as to why the youth of Africa abuses substances and it was time to get a new and fresh perspective on the issue of substance abuse and the youth within South Africa, more especially the youth at tertiary institutions.

A number of theories put forward and studies that have been conducted over the years in relation to substance abuse in South Africa among the younger generation are focused more on the individual's poor social upbringing (poverty, low-income rates, unemployment and lack of education). The results are seldom focused on the individual choosing to start substances based on their own choice. In addition, the studies that already conducted focus on the younger generation that are situated in university, the underprivileged and conflicted youth of South Africa (Peltzer et al., 2010). Substance use is highly prevalent among university students and a major health concern for universities in many countries and the world at large (van Heerden et al., 2009 cited in Rhew, Hawkins & Oesterle, 2011). Studies conducted among university students in South Africa found that between 20-80-% of university students used alcohol while 58% participated in hazardous and harmful drinking (Peltzer et al., 2010). Therefore, it is of utmost importance to determine the factors, which prompt University students to use alcohol dangerously, but most importantly to know the opinions of the actual university students on the perceptions already in place about substance abuse and the youth of South Africa.



### **1.3 Objectives of the Study**

The study sought to:

- To explore the perceptions of UKZN students on substance abuse.
- To explore the risk factors of substance abuse among university students.
- To understand the effects of substance abuse on university students.
- To determine whether the generally perceived causes of substance abuse (that are already in existing literature and studies) are applicable to the university students.

### **1.4 Research Questions**

The study sought to answer the following questions:

1. What are the perceptions of UKZN students on substance abuse?
2. What are the risk factors of substance abuse among the university students?
3. What effects does substance abuse have among the university students?
4. What are the generally perceived causes of substance abuse (that are already in existing literature, studies and communities) and how are they applicable to the university students?

### **1.5 Significance of the Study**

The need for this particular study is imperative, as substance abuse amongst the younger generation within South Africa is dominant while the issue seems to be persistent and increasing (Phaswana-Mafuya, Peltzer, Ramlagan, Chirinda & Kose, 2013). The seriousness of substance abuse amongst the youth has further been reported as being twice the norm of that of the world, showcasing that there is much room for improvement and research that still needs to be done in relation to this study (Ramlagan, Peltzer & Phaswana-Mafuya, 2013). Furthermore, this type of research project will contribute to a much broader understanding of the youth generation, regardless of the social norms that have shaped the individuals through life. Therefore, an individual's opinion should not be used as a yardstick to generalize the youth as a whole. The study might also generate new knowledge in terms of the youth's different types of behaviour and why they choose to behave in a particular way. This study will be helping university students young and old to be aware of their surroundings, the events that are taking place within their surroundings and most importantly to be aware of the substances that are regularly available and abused within institutions. Above all, the government and tertiary institutions will benefit, as this study will be giving insight on the actual perceptions and reasons behind the choices that students and the youth at large involve in substance abuse, which will indirectly assist in the implementation of programs, laws, and

activities that need to be developed by institutions and government. More importantly, changes that will help combat the abuse of substances and other crime-related misdemeanours among the youth of South Africa should become a priority.

## **1.6 Conceptualisation of Relevant Terms**

This section thoroughly argues the broad use of terms such as substance abuse, perceptions, risk factors and youth. It is valid to begin by defining these terms in order to highlight their impact to this study.

### **1.6.1 Substance abuse**

Substance abuse is the use of a substance for a purpose not consistent with legal or medical guidelines (WHO, 2006). Another definition by the Royal College of Psychiatrists (1987) states that it is any taking of a drug which harms or threatens to harm the physical or mental health or social well-being of an individual or other individuals or society at large, or which is illegal. For the purpose of this study, substance abuse specifically refers to misuse of alcohol, cigarettes, marijuana (weed), cocaine, hubble and ecstasy.

### **1.6.2 Risk factors**

Risk factors definitions are often interlinked to health, psychological outcomes and criminal outcomes as well. According to the World Health Organization (2018b) risk factors are attributes, characteristics that contribute to the onset of substance use among individuals. According to Whitesell, Bachand, Peel & Brown (2013), these may include familial (child maltreatment, emotional abuse and neglect) and social risk factors (peer pressure, bullying, depression and individual factors).

### **1.6.3 Perceptions**

According to business dictionary (2018), perception is the process by which people translate sensory impressions into a coherent and unified view of the world around them. For this research study, perceptions are individual's thought and opinions relating to any phenomenon that they might have experienced, seen and happening around them or grown into.

#### **1.6.4 Youth**

Young people are heterogeneous group; whose most common denominator is their age. However, in terms of their age group, it is characterised by differences all over the globe (Marcum, 2013). According to the Swedish populace, it ranges from the age group 13-24 while the United Nations it is between 15 and 24 years of age (Singh, Parsekar & Nair, 2014). In South Africa, according to the national youth policy (2015), youth is considered to be between the ages of 14 and 35 years. For this particular study, the youth mentions unemployed males and females between the ages 19-30 years of age.

#### **1.7 Structure of the Dissertation**

The thesis consists of six chapters.

Chapter one- The chapter one of this thesis consists of the study's background, statement of the problem, research questions, research objectives, significance of the study and conceptualization of the relevant concepts.

Chapter two- The chapter two engages in applicable literatures to the study, especially the literature focusing on the commonly abused substances and the reasons behind the substances abused among the youth and individuals of South Africa at large. In addition, the risk and consequences of substance abuse were included, while the rate at which substances were abused globally, nationally and within South Africa were also discussed in detail.

Chapter three- This chapter provides a critical discussion on the relevant theoretical models to the study. This study identifies two related theories, which are: the social learning theory and the theory of planned behaviour.

Chapter four- Chapter Four focuses on the description of the methodological strategies employed in carrying out the study. Consequently, it covers steps, procedures, guidelines and strategies for obtaining and analysing data. The rationales for adopting a qualitative research methodology were clarified. Furthermore, this chapter presented a discussion on how the methodology addressed the interview questions. A discussion on how the data were collected and analysed are presented.

Chapter five- This chapter presents the discussion and analysis of the findings obtained from the focus group discussions and the individual interviews. The themes that were developed after reading the transcript further was discussed.

Chapter six- This chapter provides the recommendations that exuded from the study. It is imagined that the usage of these suggestions will be useful in addressing the issue of substance abuse and its negative effect on the youth, university students and the society in general.

### **1.8 Chapter Summary**

This Chapter One delivered an inclusive overview of this study by revealing the core of the thesis as articulated through the background, statement of the problem, aim, research questions, research objectives and significance of the study and conceptualization of the relevant concepts. The motivation for selecting the topic and the objectives for undertaking this study were outlined.

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.1 Introduction

In this section a survey of literature applicable to the objectives and aim of the present study is discussed. Polit and hungler (2013) discussed that the main purpose of literature review is to portray, outline, assess, illuminate as well as coordinate the substance of the essential report. They affirm that literature review utilizes database reports of essential or unique scholarship. The different kinds of scholarship might be experimental, hypothetical, basic, explanatory or methodological in nature. While, Leedy and Ormrod (2016) state that the main function of literature review is to take a gander at the writing in an area that has coverage to your own region of study'. It is also designed to gain thorough information of the subject being examined. The expectation of composing reviews is to exhibit an expert hold of the related theory on the study that will be embraced. Substance abuse can be connected to various elements that should be considered, more especially when dealing with the youth (Leedy and Ormrod, 2016).

This chapter contextualises the multifaceted idea of substance abuse, focusing closely on the youth. It outlines the nature, perceptions and opinions of substance abuse. Furthermore, it distinguishes substance abuse within three various spheres; globally, in Africa and nationally. Lastly this chapter takes a gander at the most commonly abused substances, paying attention to the causes, effects and risk factors that may occur.

##### 2.1.1 The Nature of Substance Abuse

Substance abuse is possibly as old as the ancient background of humanity (Crocq, 2007) for example, old stories used to identity modifying substances for variety of purposes, including trade, war (the past setting of opium use) and religion. According to the department of social development Limpopo (2013), reported that the term substance misuse insinuates the misuse and abuse of legal and illegal substances, such as, nicotine, alcohol, over the-counter drugs, prescribed drugs, alcohol concoctions, indigenous plants, solvents, inhalants and illicit drugs". Scientific confirmation shows that substance abuse is an inevitable result of a complex multifactorial collaboration between repeated preamble to drugs, natural and environmental elements (Routledge, 2005).

An health sciences multidisciplinary approach can be associated with research, balancing activity and treatment of substance abuse (Jukiewicz, Alhofian, Thompson & Gary, 2017). Some of the substance use are connected with recreational settings or specific sub-populaces. For instance, ecstasy utilization, which is commonly found among youths and it is related with particular lifestyle and events (parties, clubs, move events). While, Routledge (2005) added that it could also be found in various rich social requests, in recreational settings, to allay anxiety, poor eager aptitudes, poor capacity to supervise and oversee pressure, troublesome characteristic conditions, poor responsibility in school and nonattendance of professional aptitudes.

According to (Hesse, 2006), the use of substances do produce some degree of problems to addicted drug users. These substance abuse users tend to be more continuous users and this can lead to mental and therapeutic co-morbidities. Mostly, they are either defamed or started from limited pieces of society (Hesse, 2006). Various examinations have exhibited a strong connection between problematic drug use, social rejection, and poverty (Mackler, Kelleher, Shanahan, Calkins, Keane & O'Brien, 2015). It was unveiled by Aswad (2016) that those adolescents that experienced poor parent-child association may develop complex neurobiological misperception, dopamine system dysfunctions, expecting a critical part in weakness to addictive and rewarding disarranges.

Several studies have analysed the relationship between traumatic exposures, post-traumatic stress disorder (PTSD) and substance use, these scholars also indicate that most abusers always begin with weed and heroin utilize, while liquor reliance and sedative reliance were each related with presentation to a traumatic event (Khoury, Tang, Bradley, Cubells & Ressler, 2010). Substance abuse is filled with lots adverse effects and most abusers are victims of these effects (Mauro, 2007). Some of these adverse effects include; self-declared supervision dismiss, physical abuse, physical assault and sexual abuse. Epidemiological data also show a progressive connection between stress-related disorders, post-traumatic stress disorder (PTSD) and substance use disorder (Aswad, 2016). Studies have investigated the connection between traumatic exposures, PTSD (Post-traumatic Stress Disorder) and, while alcohol dependence and sedative dependence were related to traumatic accident.

## 2.1.2 Global Perspectives on Abused Substances

The global cause of substance abuse are the hastening urbanization and the urban-rural gap, education, ethnic diversity and developing income imbalance (Pullen and Oser, 2014). Financial disparities are both expansive in both developed and third world nations with the poorest half of the populace frequently controlling under 10% of the riches. About 5% of individuals matured 15-64 utilize unlawful substances around the world. 2, 5% utilize them frequently and 10-13% of these are problematic users. In this manner the utilization of substances is dangerous and 1 out of 7 ends up as an addict (HSRC, 2015). The most well-known abused substances globally are cannabis, opioids and opiates, cocaine, amphetamines and different stimulants, and ecstasy (Pullen and Oser, 2014).

According to the Human Sciences Resources Council report (2015) the United States of America (USA) substance misuse costs about \$500 billion consistently. Substance abuse contributes 1% in all deaths, through accidents, wounds, HIV, hepatitis, TB, and comorbidity with dysfunctional sickness". There is also a reduce in human efficiency, increase in accidents rate and wounds, drug related corruptions, family/social deterioration, loss of business, occupations, school failing and abuse behaviour at home. There are various domains all around the globe that have been found of using drugs and alcohol (HSRC, 2015).

There are some interventions implemented for the reductions of substance abuse in the society. In addition, three culturally-grounded interventions were implemented. The first intervention is known as the core cultural values of being responsible, disciplined and confident which led to recognition that excessive use of alcohol and drugs is not good (Mauro, 2007). The Three culturally grounded mediations were executed. The primary intervention is known as the Cherokee Talking Circle, which was founded in their own culture. They recognized core cultural benefits of being mindful, disciplined and confident which prompted acknowledgment that 'this unnecessary utilization of liquor and drugs was not their identity as individuals'. The second intervention is known as the CHOICES Plus Program which distinguishes high risks users of liquor, drugs and tobacco uncovered pregnancies and indicated great achievement in a nine-month intervention programme (HSRC, 2015).

The last intervention is known as Ethics First for Africa which is utilized in Latin America. This program advances 40 esteems and morals standards to young people. It results included reduced liquor and drug utilization, better school execution, reduced robbery and violence, an intense drop in the young pregnancy

rate and decreases in sexually transmitted infections (HSRC, 2015). It was noticed that within the worldwide world, the decline in mishandling of substances enhanced and kept on enhancing because of focusing on social needs and favoured learning styles of patients and customers.

### **2.1.3 African Perspectives on Abused Substances**

The third world nation is the most concerning, more particularly with its ongoing developments that are identified with substance misuse. The market powers have officially formed the uneven dimensions of the drug economy, the world's biggest buyers of psychoactive substances (the developed nations) do have effects on poor people. In many cases, poor nations have different needs and less assets and are not in a situation to ingest the outcomes of expanded substance misuse (Sorel, 2013). The United Nations World Drug Report (2012) unfolds that just 5% of problematic substance users in Africa were treated in the earlier years.

Therefore, the danger of public health catastrophe presently exists in the third world nations that would dominate masses of humankind to the depression of substance reliance, considering the blast in heroin utilization in eastern Africa and cocaine use in West Africa for instance. The world's drug issue cannot be fathomed by moving drug utilization from the first world nations to the third world nations. The utilisation of customary substances, for example, liquor, cannabis and khat (an evergreen bush local tropical East Africa, having dim green inverse leaves, which are bitten crisp for their animating impacts), stays predominant in contemporary Africa (Sorel, 2013).

The overview of prescription drugs with Africa radically expanded the accessibility and utilization of professionally prescribed drugs to Africa definitely expanded the accessibility and utilization of psychoactive substances (Stein and Manyedi, 2016). This in any case, liquor, cannabis, khat still remain the most well-known substances of maltreatment in Africa. In later occasions, trafficking of heroin and cocaine has made opiate drugs effectively accessible all over Africa, despite the current legitimate control measures. The influence of poverty, political instability, social distress, and displaced person issues to the fast spread of psychoactive substances and its maltreatment in Africa, especially among the adolescent remains a problem (Sorel, 2013). While, World Health Organization (2014) confirmed that the eastern and southern Africa locales have the greatest consumption of liquor in the whole world.

In Africa, when 1.5 and 5.2 million individuals were assessed on the utilization of amphetamine-group substances in 2008, an expansion from 1.4 to 4 million individuals evaluated for 2007. The higher range



level in 2008 was detected in South Africa, where the yearly predominance expanded from a scope of 0.5 to 0.8% in 2006 to 0.7% to 1.4% in 2008 (Sorel, 2013).

Current mediations for substance misuse issue in African settings covers essential social insurance intercessions and community oriented endeavours between present day mental health, health experts and indigenous healers. In, addition, the full scope of present day psychotherapies inside the setting of African indigenous healing practises are not rendering effective care, much more so inside the African setting (Mahomoodally, 2013). A considerable number of individual that were getting care are not getting holistic care, and significantly more so inside the African setting. Notwithstanding the natural trouble of treating two issues as opposed to one, an assortment of institutional, attitudinal and money related components have been set as influencing the clinical procedures of care inside the African setting, which thusly influence results (Sorel, 2013).

Gureje, Vasquez-Barquero & Jenea (1996) revealed that half of the nations in sub-Saharan Africa have health strategies set up, while exhaustive strategies were set up for substance misuse and its issues". Individuals who misuse substances in Africa normally look for assistance from psychologists' and indigenous healers. Normally, there are no formal referral framework exists for patients from specialists in the formal health part or the other way around. In a country like South Africa, it has been assessed that 70% of its natives counsel indigenous healers, who incorporate diviners, consulted indigenous healers, faith healers and conventional birth orderlies had counselled indigenous healers amid the previous year in an investigation by Robertson. Indigenous healer's elucidations have all the earmarks of being instinctive instead of dependent on phenomenological or physiological proof of brokenness (Sorel, 2013). Confirmation between the formal and informal part is proposed in light of the fact that indigenous healers have been serving African people group since ages and these set of people understand the belief system of their people, and they were well regarded in their general public (Sorel, 2013).

Lamentably, western medication regularly mocks this basic knowledge, and numerous individuals endure and die every year just to continue an allopathic industry that is particularly intended to support the fantasy of healing. In any case, more information need to be gained, shared, and discussed, particularly about how indigenous healers practice and the type of cooperation needed by these people (Sorel, 2013).

#### **2.1.4 National Perspectives on Abused Substances**

It has been expressed that in South Africa, the healthcare, social and monetary outcomes related to risky substance utilization have been recognized as a burden (Deveau 2008). It further explains that the spread of HIV among youth substance abusers is a huge issue in Africa, South Africa specifically, and in different parts of the world'. He unfolds further, that drug utilization is accounted for most accidents and that substance utilization assumes a huge job in the spread of HIV. The issue of substance abuse is not just confined inside a specific fringe, yet is a worldwide wonder that causes health and social pathologies among the adolescent and populace everywhere (Department of social development Limpopo report, 2013).

Manm and Reynolds (2006), expressed that family risk variables, such as aggressive behaviour at home, drug use, criminal conduct on part of the parent or guardian, marital conflict and child abuse, disrupt parent-child connections and family structures can impact negatively on the development of young people (Lander et al., 2013). Youth from dysfunctional families have a higher probability of taking part in substances and perform ineffectively at school, working environment and in different settings. Broken families confronting issues of substance abuse swing to concentrate more on the addiction instead of on the needs of the kids (Department of social development Limpopo report, 2013). Substance abuse has been implicated in disrupting family functioning, social cohesion, violation of traffic rules, violence related injuries, domestic violence, gang violence, robbery and assault (National Drug Master Plan, 2012). Effects are evident amongst vehicle occupants, pedestrian road users, as well as victims and perpetrators of interpersonal violence (Parry cited in SAPS, 2013).

As indicated by Lightowlers (2011), the South African government perceives that the central role of liquor abuse and drugs in crime commitment, unemployment, road traffic accidents and other social pathologies are illuminous. The illegal drug trade exchange is connected to worldwide organised crime, terrorism, human trafficking, crime, tax evasion and the unlawful arms exchange (Parry, cited in SAPS, 2013). Substance misuse has further been connected in disturbing family working and social attachment and is an indicator of a scope of traffic and violence related wounds, abusive behaviour at home, gang violence, burglary and assault (National Drug Master Plan, 2012). Impacts are obvious among vehicle inhabitants, pedestrian road users, and perpetrators and victims of violence.

The South African Police Service (SAPS) information demonstrates a 123% expansion in drug related crimes since 2003/4, while drinking and driving expanded by 148% (SAPS, 2013). The national damage mortality observation framework on post-mortem examinations unveiled that 54% of brutality deaths and 52% of transport-related deaths were liquor related. An investigation at five trauma units in Cape Town, Durban and Port Elizabeth unveiled that 33% of patients were tried positive for cannabis, 15% for metaxalone, and 14% for 'white pipe' (blend of cannabis and metaxalone) (Parry et al, 2005). Violence is also unmistakably identified with utilization of substances (67% liquor, 45% illegal medications, 84% somewhere around one substance, 40% cannabis, 17% white pipe) and a comparative pattern exists for transport accidents (42% liquor, 36% unlawful medications, 67% any substance, 31% cannabis, 10% white pipe) (SAPS, 2013).

Furthermore, violent deaths, liquor and drugs are much related with occasions of the utilization of sharp objects, blunts and guns (Pridemore and Eckhardt, 2008). In deaths associated with traffic, positive testing for liquor as well as drugs is likewise normal for pedestrian persons, drivers and few travellers. These patterns reflect US discoveries, where 29% of culprits of intimate partner brutality and violence confessed to the utilization of drugs or liquor before the assault took place, 67% had utilized a mix of cocaine and liquor, and 45% of reckless drivers were observed to be sure for cannabis (dagga), and 25% for cocaine (World Health Organization, 2009).

In South Africa, there is a genuinely decent learning about the negative impacts of substance misuse. Therefore, South Africa possessed the capacity to intercede at different levels to lessen the impacts of illegal substances that were expended. Interventions have taken numerous structures, including financial changes, for example, forcing 'sin' tax on liquor, community-level watching and policing, work environment interventions, and individual level restoration programs (Department of social development, Limpopo report, 2013). Liquor is a huge indicator of weakness and decreased personal life satisfaction. Perceiving the immediate and backhanded impacts of liquor on individual wellbeing, the health of others, and the general healthcare framework, the minister of the National Department of Health in SA is not just quick to limit the offer of liquor, but spurring for a restriction of liquor promotion (Department of social development Limpopo report, 2013).

While numerous substance misuse decrease intercessions function admirably, there is no adequate proof that they are both powerful and effective. Building up an exploration plan with the end goal of demonstrating that mediations are compelling, as well as that intercessions can be scaled up for populace

level impact, demonstrating effectiveness is of most importance. Given the gaps in the insight, it requires ordinary, national studies to be led in any event once every three to four years to set up the epidemiological example of substance use and its abuse crosswise over South Africa to give the proof base to approach advancement and usage (SAPS, 2013). A longitudinal national review is a dependable plan to empower analysts to find out the commonness and occurrence of substance abuse of the wide range of existing and new unlawful drugs. Information from broadly delegates reviews that this will enable the nation to move in the direction of incremental dynamic acknowledgment of a 100% free substance South Africa.

## **2.1.5 Most Commonly Abused Substances**

Maithya (2009) states that it is important to note that all substances are dangerous and that the deliberate ingestion of drugs is harmful to an individual, family and the whole community at large. Most of these commonly abused drugs in South Africa are discussed in details below.

### **2.1.5.1 Alcohol**

Alcohol is easily retrieved by consumers, even the youth (Crawford-Williams, Roberts & Watts, 2016). According to Masilo (2012), alcohol is the most readily available drug on the market and is not illegal to use or possess. The 2013-2017 National Drug Master Plan illustrated that alcohol still remains the most abused drug in South Africa (Department of social development, 2013). Findings revealed that 7.5% and 31.5% of South Africans have an alcohol problem or are in danger of having such an issue (Seggie, 2012). Liquor is contained in beverages such as lager (beer), wine, cognac (brandy), spirit and whiskey. It is an extremely strong drug that acts on the body primarily as a depressant. However, if taken in low doses it may be a stimulant. It is further noted by Chesang (2013) that if used in excess, it will damage or even kill body tissues including muscles and brain cells.

The consumption of alcohol causes various changes in conduct and behaviour. In some cases, the consumer of liquor will act violently when they are drunk. There are diverse street names given to alcohol by regulars. These names include; booze, pints, slaush, brew and jolly juice (Chesang, 2013). According to Makhubele (2013), homebrewed liquor is alluded to “as Ndzi ta ku nyisa, meaning ‘I will beat you up’” in the Mopani District of Limpopo Province in South Africa. Other brewers call it Skopdonorr. One of the studies conducted by Makhubele’s (2013), clarified that the instructions of homebrewed alcohol are as

follows: “it is not supposed to be drunk by weak and sick people”. Especially with this liquor, one should drink after they have eaten, ideally porridge in order to escape vomiting and dizziness, because most of the consumers might not be able to walk after drinking due to the dizziness.

### **2.1.5.2 Tobacco**

Smoking has been recognized as the major root of some illnesses, disabilities and diseases worldwide. It is of the view that it does not injure the active smokers alone but also the passive smokers. Tobacco contains a large number of nicotine and this substance does have a recognisable behavioural impact on humans and these include; changes in the mood, stress decrease and improvement of performance (Mhlongo, 2005). It was stressed that the issue of tobacco utilization ought to be seen and addressed as an individual, social, financial and environmental weight on an individual, family, community, national, provincial and worldwide levels (Hodge, McLellan & Cerbone, 2001).

As it was indicated by the Department of Social Development Limpopo (2013), South Africa has an especially high predominance of smoking and one of the highest weights of tuberculosis (TB) and HIV, which were both dangerous factors that worsen the effects of smoking. Tobacco smoking also upsurges the threats of TB, cancer, pneumonia, ischaemic heart disease and stroke, which are all leading roots of death worldwide (Bagaitkar, Demuth & Scott, 2008). Statistically up to 33% of male deceased over the age of 35 years were caused by tobacco use (Doll, Peto, Boreham & Sutherland, 2004). Passive smoking also increases the risk of cardiovascular disease in grownups and respiratory disease, mostly among children. The expense of smoking related disease to the South African economy is valued to be R1.2 billion (van Zyl-Smit, Allwood, Stickells Symons, Abdool-Gaffar, Murphy, Lalloo, Vanker, Dheda & Richards, 2013).

### **2.1.5.3. Dagga (cannabis/marijuana)**

Cannabis or weed is an addictive mind-expanding drug, which inclines to be smoked but also baked. It causes a rare thirst or craves, uninhibited mood swings, chattiness, impaired perception, troubled judgement, mind disorders, a feeling of overjoy and happiness (pleasant feeling of enthusiasm and of getting away from reality) (Rehn, Jenkins & Cristal, 2001). It is additionally specified that cannabis makes its users intoxicated, confused, ecstatic and calm. Some users assert that its use can serve as a depressant, but the drug can also encourage sensory distortions of vision, hearing or body balance. Due to the sensory

effects of dagga, young person's usually use it during occasions in order to experience a distinct feeling (Ondieki & Mokua, 2012).

In the religious field, weed is utilized as a part of Rastafarianism (wisdom weed). The Rastafarians assert that cannabis ought to be smoked as a religious ritual (Lander, Howsare & Byrne, 2013). It was discovered that weed grew out on the grave of King Solomon of the Bible to whom God gave Wisdom. Subsequently it is trusted that in the wake of smoking weed, a man ends up smarter (Ondieki & Mokua, 2012). Conversely, Allan (2001) argued that there is no place in the Bible where it is stipulated that Marijuana grew out from the grave of King Solomon. Along these lines the individuals who utilize Marijuana ought not to hide under the front of the Bible. This shows that the utilization of marijuana cannot be supported by religion.

#### **2.1.5.4 Cocaine**

Cocaine is one of the drugs that usually leads to addiction (Pridemore and Eckhardt, 2008). Its unceasing use prompts quick deterioration of the body, particularly the nervous system with external injuries. According to Ondieki and Mokua (2012), the street names for cocaine "include coke, snow, flake, snowbirds, blow, hardy and nose candy". It is usually in the form of white glittering powder and often weakened with other ingredients. It was unveiled that cocaine has healing effects of dismissing pain, euphoria effects, decreased fatigue and recreational drug. Cocaine incites noticeable excitation, with an upsurge in intellectual activity, chattiness, and euphoria and rise in muscular strength. When the dosage is enlarged, shivers, nervousness and even convulsion may arise (Mhlongo, 2005).

Furthermore, studies have shown that cocaine has powerful and negative impacts on the heart, brain and emotions. Consequently, persons who fall prey to this drug end up stuck with its long-term impacts and perilous results. While, the occasional cocaine users are at risk of serious neurological injury and death. There are several health impediments related with cocaine use and misuse (Mhlongo, 2005). Fluctuating from heart attacks, to respiratory failure, strokes, seizures, migraines, intestinal pain and nausea and since cocaine has a trend to decrease appetite, numerous users experience major weight loss and often malnourishment.

### **2.1.5.5 Nyaope**

As indicated by the Department of Social Development (2013), “Nyaope, also known as whoonga was made from cocktail ingredients such as rat poison, heroin and antiretroviral drugs”. It abolishes the future of young people. Nyaope is a white powder that people occasionally take on a creamy tint, it is usually sold in minor bundles at the rate of R30 per portion in South Africa currency. Youths in Johannesburg expressed that it all started in Pretoria, with Nigerians in charge of the supply.

Goldenberg (2010) unfolds that most users perceived that Nyaope gives strong craving as well as severe stomach pain and seizures which are withdrawal indicators. In regard to drug interaction among various drugs of abuse, clinical readings disclosed that they worsen the body’s addictive response and causes serious adverse effects. For example, serious stomach pain, seizures, nausea, salivation and psychosis (Khine, Mokwena, Homa & Fernndes, 2015). This ignites the consumer to devour more Nyaope because of the belief that taking more will relieve these symptoms. A user always feels as if they need more in order to perform their daily living activities. Until the contents of this street drugs were understood, treatment policies and rehabilitation care for the users may be problematic to accomplish (Khine et al, 2015).

### **2.1.5.6 Methamphetamines**

Methamphetamine is a common drug that is accessible in altered forms. Crystal meth, tik, MDMA and ice are only a couple of the different forms of methamphetamines. These drugs harvest a quick-acting and it can last for several hours, this also varies with the type of methamphetamine that has been used. Consumers always feel very active; they do not have any desire to sleep and they do experience hunger suppressed. Due to its effect as an appetite suppressant, it began to gain fame amongst young females as a weight loss instrument. It is likewise perilous for the reason that it drops inhibitions and upsurges libido- which can prompt promiscuity and aid the spread of sexually transmitted diseases such as syphilis and HIV ( van Heerden et al, 2009).

The use of methamphetamine is principally common between young males of coloured race (coloured race denotes to people of mixed-race ancestry who form a distinctive cultural grouping in South Africa). However, some studies reported that high rates of methamphetamine use among Black African

communities, especially among their females (Wechsberg, Jones, Zule, Myers, Brown, Kaufman, Luseno, Flisher & Parry, 2010 cited in Weybright, Caldwell, Wegner, Smith & Jacobs, 2016). In Cape Town, methamphetamine use adds to poor mental, poor physical well-being, disrupted relationships, enlarged rates of crime, violence, and unemployment in the community (van Heerden et al, 2009). When compared with non-methamphetamine users, methamphetamine users conveyed more polysubstance use, higher rates of violence, including physical and sexual abuse, and intimate partner violence, risky sexual behaviour such as sex trade, sex with multiple partners and unprotected sex (Hobkirk, Watt, Myers, Skinner & Meade, 2016).

### **2.1.5.7 Heroin**

Heroin is a white powder commonly utilized via injection but at the same time it is accessible in darker granulated shape, this form is usually for smoking. In this way heroin can either be injected or snorted. As indicated by Schinke, (1991), heroin is a standout amongst the most ground-breaking painkillers. Studies have demonstrated that heroin has an adverse effect on focal nervous system including the breath and heart rate. Schinke (1991) revealed that heroin clients regularly encounter constipation. Different investigations have demonstrated that a man can build up a resistance to heroin utilize and this happens when a client moves from snorting or smoking to infusing to boost the consumers' level of heroin.

### **2.1.6 Risk factors of Substance Abuse**

Several studies have shown that there are lots of factors that do cause people to engage in substance abuse (Jukiewicz et al., 2017, Khoury et al., 2010).

#### **2.1.6.1 Peer pressure**

According to Masese (2012), relatively few people start using drugs on their own. Peer group pressure can never be overlooked as one of the factors that do cause substance abuse, especially among youth. A group of peers is usually the common source of data for drug consumers, researchers and governments. When an individual is following a group that engage in the misuse substances, he/she might be tempted to participate in substance abuse. Pullen & Oser (2014) also added that adolescents tend to emulate peer behaviour and seek reinforcement from their peers”.



D'Angelo & Omar (2010) emphasized on how peer pressure increases the rate at which youth engage in substance abuse. While, Pullen and Oser (2014) unfold that positive social picture of substance use, giving access to the substance and giving a domain to substance use also aid youth involvement in substance abuse. The pre-adult stage is a stage that youths attempt to find their place in the society, when the youth experiences trouble among same sex dyads, roundabout sex dyads or the group of peers, this can lead to an agonizing and emotional disturbances for the teenager (D'Angelo & Omar, 2010). These inconveniences can lead to peer crisis on the affected youth, while trying to cope (coping mechanism) with this situation, he/she might try to make new friends and even end up in joining bad groups (van Zyl-Smit et al., 2013).

### **2.1.6.2 Curiosity**

Curiosity is one of man's remarkable qualities (Seggie, 2012). It shows up throughout everyday life and prompts broad exploratory conduct. It is not astounding that numerous young people will wish to attempt a few substances with the end goal to decide the impacts for themselves (WHO, 2012). In substantiating this, it was shown that young people dependably need to examine and explore adult methods of conduct, fulfilling needs, difficulties and the dangers that these set of usually go through. Mahomoodally (2013) revealed that anchoring of information and knowledge through experience is believed to prevent people from preventable problems. Furthermore, Litman and Jimerson (2004), state that an individual may start to misuse a particular substance if he or she perceives that the substance will have a pleasurable effect. This potentially pleasurable effect will ignite the individual to engage in substance abuse (Kalivas, 2003). The individual may be pulled in to the dangers that envelops substance abuse, as the costs and perils wind up higher, thusly the motivation for continuing may be more noticeable or emotionally uncommon, this depends on the personality and financial capacity of the individual (Wyatt, 2007).

### **2.1.6.3 Availability of Drugs**

The law of buying substances in South Africa states that it should be persons older than the age of 18years. However, this law is not effective in the country as teenagers can buy substances in school uniform even without being scared of no one that can reprimand them in the store or arrest them. It had been identified as a normal and legal action in the society. Craig (2004) states that people use illegal drugs because of the availability and such availability is facilitated by those who benefit financially from drug sales". In an

examination done by (Wechsberg et al., 2010), it was uncovered that the environment in which students school can add to their commitment in drug use. Moreover, students were ready to get liquor as well as dagga, while some utilize their breaks to smoke dagga in the school toilets (Sahu & Sahu, 2016).

#### **2.1.6.4 Psychopathology and Psychological factors of Substance Abuse**

The National Institute of Drug Abuse discovered that 6 out of 10 individuals have a substance misuse disorder and psychological disorder. This is frequently disregarded in the treatment of substance misuse. The most essential angle to be considered in the treatment of those with dual diagnosis is the advancement of a coordinated treatment program. This incorporated treatment program ought to be given at the same time (NIDA, 2009 cited to in Booyens, 2009). It was also discovered that trauma can add to substance misuse. Relapse of a recovering addict is another imperative mental factor related with substance misuse, because most of these patients do relapse back to substance maltreatment three months after treatment.

#### **2.1.6.5 Families and Parenting Styles**

The abuse of liquor and different drugs by the youth may result in family dysfunctions, imperil numerous parts of family life and most of the time it brings about family dysfunctions. The children and guardians are significantly influenced by liquor and drug. Substance misuse can deplete a family's budgetary and assets (Makoloi, 2012). The family framework is a pillar that strengthens development. Subsequently, family framework is working as a sufficient emotionally supportive network, an individual may encounter constant wellbeing and support of a firm family condition. Consolation for fitting expression of an extensive variety of sentiments, and an unmistakable feeling of proactively managing issues that emerge in family life (Williams, Decmitt & Bertrand, 2003 cited to in Makoloi, 2012).

It has also been indicated that parents and guardians assume an imperative role in the lives of adolescents and teenagers. The parent-teenager relationship quality, parental checking and support, have been shown as parental styles preventing adolescent substance misuse conduct. It has been recognized that these parent styles, including parental warmth, care, nursing, decision making and discipline (Makoloi, 2012). Two kinds of parenting styles were acknowledged in which one encourages growth and development while the other depresses it.

These are authoritative and authoritarian parental styles. Authoritarian parents and guardians offer firmness in direction, it also permits the adolescent the liberty to be restricted. They monitor teenagers to suitable behaviour, inspire cooperation and provide motive behind motives taken. Teenagers who are parented in an authoritative style of parenting were less expected to discard parental authority compared to those who practiced authoritarian parenting (Makoloi, 2012). The dismissal of parental authority as on account of authoritarian parenting were linked with higher substance misuse.

#### **2.1.6.6 Socio-economic Factors of Substance Abuse**

Frequent substance misuse can be connected with unemployment, poverty, family violence, physical abuse, and limited admission to resources. Social class has a multifaceted connection with substance misuse. It was stated that individuals from lower financial groups are more defenceless to substance misuse disorders. However, it has also been contended that substance misuse arise across all social classes (Wallace, Kohatsu & Last, 2007 cited in Booyens, 2009). Despite the fact that individuals from lower socio-economic clusters also engage in it, substance misuse takes diverse structures in various classes. Higher financial groups drink more frequently, while lower socio-economic groups have less beverages. Substance abusers from low class people have less access to treatment and they do end up in penitentiaries and mortuaries, while substance abusers from the middle and first classes are treated more privately and have more access to treatment facilities (Wallace et al., 2007 cited in Booyens, 2009).

#### **2.1.6.7 Socio-cultural Factors of Substance Abuse**

The social and cultural factors surrounding substance misuse can be separated into two: the physical and the social environment. In any case, one needs to take into consideration the way one will dependably influence the other.

##### **2.1.6.7.1 Physical Environment**

The physical environment can compel and encourage a person who manhandles substances. Substances should be accessible to be utilized. For instance, substances are being utilized in the hospital, while those that were utilized at events will result in bad practices. The physical environment is a vital factor concerning substance misuse and the users conduct (Routledge, 2005).

### **2.1.6.7.2 Social Environment**

The sociocultural environment comprised of physical items and social existences, these can advance or block the impacts of a substance. Each culture has their own stipulated standards that influence the rate and reliance of substances in critical ways (Barlow and Durrand, 1999). For instance, at social events in Korea, people are required to drink intensely. Regular exposure may encourage substance misuse.

In direct diverge from these contemplations, Nevania Moodley of the University of Johannesburg, who is associated with school's program in Meadowlands to battle substance misuse, recommends that South Africa unemployment and poverty are adding to substance misuse in schools. "Most pupils who use drugs are from deprived backgrounds", he says. "They resort to drugs and alcohol as a way to escape from their problems. A lot of them also found that they can make quick money to support their families by selling drugs"(The Star, 8 February, 2005). Thus; culture and financial class seems to impact substance misuse rates.

If one considers the way youths that experience poverty are more probable to live in cramped homes, lacking essential assets, warming and ventilation. These set of people are more prone to be prohibited from social exercises like school excursions and relaxation exercises; more inclined to have stressed associations with their guardians and parent and more they are not always contented with their appearance and lives. This shows that young people in the lower class are more prone to engage in substance misuse than others (Wallace et al., 2007 cited in Booyens, 2009).

Moreover, traditions relating to particular societies or social orders everywhere set their tone and feeling of how to utilize some specific substances and normally this will affect substance use and misuse. Clearly exposure to substances is a precondition to the utilization substances.

### **2.1.7. Biological Factors**

Gold (1991) states that "most biological models of substance abuse assume a physiological or metabolic abnormality, often with a genetic basis as the central aetiological factor". On account of substance misuse for a young person, misuse is not inescapable because it requires the closeness of other hastening factors (Barlow and Durand, 1999). For instance, despite the fact that a young person might be hereditarily helpless, he or she should settle on a choice regardless of whether to utilize the substance. An ongoing

examination has concentrated on the specific DRD2 quality on chromosome 11 as identified with liquor misuse, discoveries to date demonstrate that no single quality is in charge of the advancement of liquor abuse in people (Barlow and Durand, 1999). Furthermore, some studies have demonstrated that an enzyme called aldehyde dehydrogenase that separates a chemical known as acetaldehyde, which is a side-effect of liquor is normally missing in specific individuals (Newlin, in Barlow and Durand, 1999 cited in Makoloi, 2013). Subsequently, these people have a physiological reaction to liquor known as alcohol flush-syndrome which is repulsive and therefore makes them stay away from such substances.

Some research on substance misuse centres on liquor unfolds that liquor is the most accessible lawful substance. The organic models are frequently centred on natural parameters and their emphasis on the substances as this removes the control and obligation from the individual (Marlatt and Gordon, 1985). Currently, Mahomoodally (2013) state that hereditary may influence how people encounter substances, teenagers may also tend to reuse substances and how they will respond to them.

### **2.1.8 The Effects of Substance Abuse**

Youths who perseveringly misuse substances frequently encounter a variety of issues which will be discussed in this section of the research study.

#### **2.1.8.1 Academic Decadence**

Declined grades, non-attendance at school, college and its exercises, expanded potential for dropping out of school and universities are issues related with youth substance misuse. It has been shown in research that a low level of education and higher truancy rates give off an impression of being identified with substance use among youth. These may meddle with their academic progress (Sahu & Sahu, 2016).

#### **2.1.8.2 Health and Safety**

Psychoactive drugs influence the focal nervous system and act by changing a man's sentiments, contemplations and conduct. They also act by influencing the central nervous system (CNS) by prompting different complexity, health and conduct issues. Injuries due to accidents, physical incapacities, illnesses, and the impacts of conceivable overdoses were among the health related outcomes of youth substance

misuse. Unbalanced quantities of youth involved with liquor and different drugs confront an expanded danger of death through homicide, suicide, illness and accidents (Sahu & Sahu, 2016). Injury, trauma, violence, organ damage, different diseases, risky sexual practices, premature death and poor nutritional status.

Transmission of HIV/AIDS fundamentally occur through transmission of an infected body fluid via unprotected sexual contact, sharing of unsterile sharp object. Another essential method for transmission is from an infected mother to new-born babies during birth procedure. Numerous youth that abuse substances do contract HIV/AIDS or other transmittable infections. (Sahu & Sahu, 2016).

Depression is part of the health factor. It has been said by numerous analysts that individuals who engage in drug misuse, do experience depression twice others that do not manhandle substances, and will probably have emotional disarranges than others. Furthermore, it has been contended that drugs give a moment of satisfaction that different things cannot give (Baker 2004 cited to in Makoloi, 2012).

### **2.1.8.3 Isolation**

Youths that misuse substance frequently are always disparaged by their companions. Teenagers utilizing liquor and different drugs do always suffer withdrawn from school, community exercises, denying their companions and networks of the positive commitments. Many young people tend to shy away from people and the world in order to be alone, hereby resulting in isolation.

### **2.1.8.4 Social and Economic Consequences**

Many of the families with substance users do have difficulties in running their daily activities, because the available resources were spent on substances rather than their basic needs. This has a great psychological impact on other family members (Wilson & Howell, 1993 cited to in Sahu & Sahu, 2016). Consequently, this usually disturb their emotion and psychology. The social and monetary costs spent by youths that misuse substance are high. Therefore, this makes the involved youths to be always broke, hereby resulting into loan sharks and debt.

### **2.1.8.5 Delinquency**

There is a certain connection between substance misuse and misconduct. Arrest, sentencing, and intervention programmes by the juvenile justice system were inevitable for some, young people occupied with liquor. It cannot be asserted that substance misuse causes reprobate conduct or misconduct (Wilson & Howell, 1993 cited to in Sahu & Sahu, 2016). Possession and use of liquor with other drugs are unlawful for all youth. However, there is a robust proof of connotation amongst liquor and other drugs and delinquent conduct of juveniles. Substance misuse is related to both violent and income-generating crimes by youth. Thus; gangs, drug trafficking, prostitution, and growing numbers of youth homicides are among the social and criminal justice hitches frequently related to teenage substance abuse (Sahu & Sahu, 2016).

## **2.2 Chapter Summary**

The reviewed literatures hereby unfold that substance misuse are unpredictable. These range from psychological components, peer connections, family working to social variables. These elements are narrowed and they all connect with each other. The discoveries likewise attract consideration regarding the need to comprehend the implications.

## CHAPTER THREE

### THEORETICAL FRAMEWORK

#### 3.1 Introduction

This chapter discusses the theoretical framework that was considered suitable for this research study. Grant and Osanloo (2014) express that theoretical frameworks are mainly an outline for the complete dissertation. It fills in the guide on which to assemble and support this study. Furthermore, it gives the structure to describe how you will philosophically, epistemologically, methodologically and analytically approach the thesis as a whole. Eisenhart (1991) characterized a theoretical framework as a structure that aides research to depend on a formal theory that sets up and gives a clear explanation of a certain phenomenon and its associated relationships (Eisenhart, 1991 cited in Grant and Osanloo, 2014). The theoretical models that were adopted for this research study include:

- i. The Theory of Planned Behaviour
- ii. The Social Learning Theory.

#### 3.2 The Theory of Planned Behaviour

The theory of planned behaviour (TPB) is an addition of the theory of reasoned action. The theory of reasoned action was first presented in 1967 by Martin Fishbein in an end goal to understand the connection between attitude and behaviour. The theory of planned behaviour, which was created in the year 1980, seeks to foresee a person's intention to participate in a behaviour at a particular place and time. The theory was envisioned to clarify all behaviour over which an individual has the skill to apply self-control. The key element to this model is behavioural intent (Ajzen, 2011).

The theory of planned behaviour has been utilised effectively to envisage and clarify a wide variety of health behaviour. Intentions include smoking, drinking, health services utilization, breastfeeding and substance abuse. The theory of planned behaviour expresses that behavioural accomplishment relies upon both motivation (intention) and ability (behavioural control). It distinguishes between three kinds of philosophy which include behavioural, normative and control. (Lange, Kruglanski & Higgins, 2012). This theory proposes to provide a framework for substance abuse among the university students and young



people in general. The theory of planned behaviour consists of six models that symbolize and speak to a person's behaviour. These models are numerically discussed as follows.

1. Attitude – This suggests the degree at which an individual has favourable or unfavourable evaluation of his/her behaviour of interest.
2. Behavioural intention – This serves as an effect of a given conduct where an individual intends to perform a particular behaviour, the more likely the behaviour will be performed (Ajzen, 2011).
3. Subjective norms- This is viewed as the general opinions of social pressure, this reveals an individual's own estimation of the apparent social pressure to accomplish or not accomplish the target behaviour (Lange et al., 2012). This alludes to the belief about whether most people affirm or restrict the behaviour. It recognizes an individual's beliefs about whether acquaintances and persons of importance to the individual figure should take an interest to participate in the behaviour (Lange et al., 2012).
4. Social norms - This indicates to the customary codes of conduct in a collection or persons or bigger cultural setting. Social norms are seen as normative, or ordinary, in a group of people.
5. Perceived power – This essentially alludes to the presence of elements that may assist or delay execution of a behaviour (Ajzen, 2011). Perceived power adds to individual's apparent behavioural control over each one of those variables
6. Perceived behavioural control - This implies to a person's view and belief of the straightforwardness and worry of playing out the behaviour of interest. Perceived behavioural control changes across conditions and actions, which results in an individual having shifting impressions and perspectives of behavioural control depending upon the situation. This idea of the theory was incorporated later, and made the move from the theory of reasoned action to the theory of planned behaviour (Ajzen, 2011).

### **3.2.1 Critiques of the Theory of Planned Behaviour**

- It was established to address only those behaviours that were volitional, with the idea that performance of behaviour was only reliant on personal agency
- It accepts the individual has secured the probabilities and resources to be effective in playing out the desired behaviour, regardless of the intention (Lange et al., 2012).

- It does not plea for different variables that factor into behavioural intention and motivation, for example, fear, threat, inclination, or past experience.
- While it thinks about normative powers, in any case it does not consider biological or monetary components that may influence an individual's goal to accomplish a behaviour (Lange et al., 2012).
- It accepts that behaviour is the outcome of a straight decision-making process, and does not think about that which can change in the long run (Ajzen, 2011).
- While the added idea of apparent behavioural control is a serious alternative to the theory, it does not state anything concerning actual control over behaviour.
- The time period among "behavioural" and "intent" is not addressed by the theory

As the theory of planned behaviour gives a systematic structure to decide factors which impact a person's decisions to achieve behaviours such as, deliberate use of illegal drugs as well as liquor utilization and smoking (Ajzen, 2011). In connection to substance abuse, the theory of planned behaviour postulates that cognitions which include attitude and social norms may foresee the intention to start utilizing these substances (Bashirian, Hidarnia, Allahverdipour, Hajizadeh, 2012). The fundamental debate in Ajzen's theory of planned behaviour, together with the theory of reasoned action is that intention is the main determinant of behaviour. Furthermore, the results of substance abuse are mostly violent conducts and medical issues. An example would be people who are actually mishandling any type of substances. These individuals cannot express that they are mishandling substances due to null vacancies, poverty and social financial issues, they are mishandling substances due to the fact that they mentally chose to do so as they had the intention from the earliest starting point (Lange et al, 2012). A practical example of this model may be a case scenario of two university students. First, one university student that drinks alcohol and smokes cigarettes on a daily basis and owes his drinking and smoking habit to underprivileged background, unemployment, stress of not being able to afford daily needs, broken family, as well as school stress etc. The second university student also drinks alcohol and smokes cigarettes and owes his drinking and smoking habit to life depression and frustration, even though he/she came from a wealthy and caring background, which allows him/her to do well at school because there is no experience of socio-economic issues. From the stand point of planned behaviour theory, both students had already planned to embark on this form of behaviour despite that they were fully aware of the harmful consequences of substance abuse. This theory essentially states that these students cannot argue they are on these substances due to unemployment, stress, depression; but they should rather state that they are on the substances due to their

own free will and planned decision (Lange et al, 2012). The theory of planned behaviour asserts that an individual must first look at the outcome of the behaviour intending to put into action and its attendant consequences before deciding to actually do it.

### **3.3 The Social Learning Theory**

Albert Bandura's (1977) social learning theory is gradually alluded to as a fundamental component of sustainable natural resource administration and the advancement of wanted behavioural change (Muro & Jeffrey, 2008). This theory was created on the notion that we learn from our associations with others in a social setting. Distinctly, through observing the behaviours of others, individuals conform and mimic that behaviour, particularly if their observational encounters include rewards identified to the observed behaviour. According to Bandura (1977) cited in (Muro & Jeffrey, 2008), 'imitation involves the actual reproduction of observed motor activities'.

The general measures of social learning theory join that persons can learn by watching the behaviour of others and the results of those practices and behaviours. Learning can happen without an adjustment in behaviour (Nabavi, 2012). Behaviourists say that learning must be connoted by a permanent change in behaviour, interestingly social learning researchers say that since people can learn through observation alone, their learning may not really be appeared in their execution. Learning could possibly bring about a change in behaviour (Nabavi, 2012). Cognition assumes a section in learning. Over the span of the most recent 30 years, social learning theory has turned out to be progressively subjective in its clarification of human learning. Expectations, awareness and desires for future aides or penalties can significantly affect the practices and behaviours that individuals show. Social learning theory can be viewed as a connection or a shift between behaviourist learning theories and intellectual learning theories (Artino, 2007).

Individuals are commonly strengthened and supported for demonstrating the behaviours of others. The social learning theory further mentions that the environment, moreover, emphasizes modelling. This can be found in a few possible methods which include:

- The observer is strengthened and supported by the model (Artino, 2007). For example, a non-drinking student, who will drink alcohol in order to fit in with the cool and famous group of students, has a solid and strong likelihood of being acknowledged and reinforced by that group.

- The observer is strengthened and supported by a third individual. The observer may model the activities of another person (Nabavi, 2012). For instance, one member of the cool and famous group of students will notice the non-drinking student's new habit of consuming alcohol. The rest of the members of the cool and famous group of students will compliment and acclaim the observer for modelling such behaviour, thus strengthening the behaviour.
- The imitated behaviour itself prompts results. Many behaviours that we acquire from others produce sufficient outcomes. For instance, a non-smoking student could watch how the weed smoking student is always happy, free of stress and also doing well academically. This student in turn would also try smoking weed and also receive pleasure and enjoyment (Nabavi, 2012).
- Consequences of the model's behaviour influences the observer's behaviour vicariously. This is known as vicarious reinforcement. This is where, in the model, is strengthened for a reaction and then the observer shows an increase in that same reaction. This can be seen through a student who started smoking and drinking due to the fact that they wanted to fit in with the rest of the well-known and cool group students on the university campus (Artino, 2007). These cool and well-known students used substances on a regular basis but the new members smoking and drinking habits result in relying on the substances, turning it to substance abuse.

The social learning theory has developed into the most powerful theory of learning and development (Smith and Berge, 2009). It is established in a large number of the basic ideas of traditional learning theory. This theory has regularly been known as a bridge between behaviourist learning theories and cognitive learning theories since it encompasses attention, memory and motivation (Smith and Berge, 2009). Nevertheless, in this regard, Bandura believes that direct reinforcement could not represent for all sorts of learning. For that reason, in his theory he included a social element, arguing that individuals can learn new information and behaviours by watching other individuals. As indicated by the elements of this theory, there are general standards for learning from one another, which include behaviours learned through modelling, observational learning, intrinsic reinforcement and the modelling process.

### **3.3.1 Behaviours Learned Through Modelling**

The people who are observed are called models and the procedure of learning is called modelling. Bandura's specified second and third stages of social learning, imitation and behaviour modelling, will take place if a person detects positive and desired outcomes in the first stage. If, for example, the quiet and

reserved university student attends and observes a party whereby substances are used at this party and is entertained, informed and approved of the way the cool and famous students act, they are more likely to start partying and being a part of the cool and famous group of students on campus. They can then use the behaviour they experienced to imitate and model the cool and famous group of student's styles when going out and also when they are on campus (Bandura, 1986).

Earlier studies have long established that at least partly of many behaviours can be learned through modelling. Some examples that can be cited in this regard are, students can watch parents abuse one another physically when one is drunk, students can watch the demonstrations of problems, or seen someone acting bravely in a fearful situation (Bandura, 2006). In view of this point, aggression can also be learned through models. Most research studies indicate that children become more aggressive when they observed forceful or violent models. From this view, moral thinking and moral behaviour are influenced by observation and modelling. In consequence, learning includes moral judgements regarding right and wrong which can in part, progress through modelling.

### **3.3.2 Observational Learning**

In the year 1961, Bandura conducted his famous experiment known as the Bobo doll experiment, to study patterns of behaviour, at least in part, by social learning theory, and that related behaviours were learned by people shaping their own behaviour after the actions of models. The Bobo doll experiment is one of the classical studies in the field of psychology relating to social learning by Bandura (Johnson, 2014). The experiment consists of children being shown a film whereby adults interacted aggressively through hitting, punching and kicking an inflatable doll toy known as the Bobo doll. The children were put into four different groups, where the first group watched a film version where the adult was rewarded for aggressive behaviour. The second group of children watched the film version whereby the adult was punished for the aggressive behaviour, while third group watched a film version where the adult received no consequences for the aggressive behaviour displayed on the Bobo doll. The last group was the control group, where they did not watch any films (Johnson, 2014). Bandura's results from the Bobo Doll Experiment changed the course of the present day psychology, and were widely credited for helping shift the focus in academic psychology from pure behaviourism to cognitive. The experiment is among the most lauded and celebrated of psychology experiments (Newman, 2007). The study was significant because it departed from behaviourism's insistence that all behaviour is directed by reinforcement or rewards. The children received no encouragement or incentives to beat up the doll, they were simply imitating the behaviour they have

observed. Bandura termed this phenomena observational learning and characterised the elements of effective observational learning as attention, retention, reciprocation and motivation (Newman, 2007). He demonstrated that children learn and imitate behaviours which they have observed in other people. In this process, he identified three basic models of observational learning:

- A live model- which consists of an actual person acting out a behaviour
- A verbal instruction model- which includes descriptions and explanations of a behaviour
- A symbolic model- which contains real or imaginary characters displaying behaviours in books, films, television programmes or online media (Newman, 2007).

### **3.3.3 Intrinsic Reinforcement**

One of the alternative formats of learning is defined as a form of internal reward, for example, pride, satisfaction and a sense of achievement. Based on some researchers such as Muro and Jeffrey (2008), who supported Bandura's social learning theory, arguing that learning also stresses on internal thoughts and cognitions and it can assist in connecting learning theories to cognitive developmental theories. In this regard, Bandura (1986), disapproved this process and believed that external, environmental reinforcement is not the only factor to influence learning and behaviour.

### **3.3.4 Modelling Process**

Bandura noticed four essential conditions which are needed in modelling process. By bearing in mind these steps, a person can effectively make the behavioural model of someone else. These four steps include attention, retention, reproduction and motivation.

- Attention- The person must first focus on the model. The more striking or distinctive something is the more expected it is to gain attention. Likewise, if we regard something as significant, attractive or like ourselves, we will take more notice (e.g colour) (Lee, Akers & Borg, 2004).
- Retention- The observer must have the capacity to remember the behaviour that has been observed (Lee et al., 2004). One way of increasing this is using the technique of rehearsal
- Reproduction- The third condition is the capacity to duplicate the behaviour that the model has just illustrated. This implies that the observer has to be able to duplicate the action, which could be

problematic with a student who is not ready to duplicate the action developmentally (Lee et al., 2004).

- Motivation- The final compulsory element for the modelling process to occur is motivation. Learners must wish to demonstrate what they have learned. Keep in mind that since these four conditions fluctuate among persons, diverse people will reproduce the same behaviour differently (Lee et al., 2004). Reinforcement and punishment play an significant role in motivation

The social interactions that have the greatest impact are with people who were germane to persons while they were growing up. This includes parents, guardians and other family relatives. It may likewise include a neighbour or educator. They learned from these people through observation, imitation and modelling of their behaviour (Johnson, 2014). The probability that persons will engage in criminal and deviant behaviour is increased and the probability of them conforming to the norm is decreased when they differentially associate with others who commit criminal behaviour or espouse definitions favourable to it.

### **3.4 Chapter Summary**

This chapter discussed the theoretical framework from the perspectives of social learning theory and the theory of planned behaviour. It discussed the applicability of these theories to substance abuse among the university students and the youth at large through using practical examples.

## CHAPTER FOUR

### METHODOLOGICAL ORIENTATION

#### 4.1 Introduction

The purpose of this chapter is to present the research design and the empirical methods used. The section will summarise how the data were attained, the sampling method used, as well as the data collection and analysis methods. A good strategy for collecting and analysing data was vital in this study to obtain the desired information intended of the study. The sampling method employed was purposive sampling and the main data collection techniques utilised for this research project comprised interviews and focus group discussion. The data analysis was done thematically using the themes generated from the data.

#### 4.2 Location of the Study

The study was conducted at the University of KwaZulu-Natal. This university consists of five campuses, namely the Pietermaritzburg, Howard College, Edgewood, Medical School and the Westville campuses (UKZN website, 2018). However, due to limited time and money, the researcher conducted this study within two campuses: Howard College and Westville campuses. The Westville campus is located at 8km from the central business district of Durban and Pinetown. The Howard College campus is situated on the Berea. Overall, the location of both campuses used for the study was within the urban areas.

This study focused on the Howard and Westville college campuses due to the fact that a substance abuse study has been conducted within these two campuses before. However, this study focused more on health promotion and health issues as it was from the Psychology discipline, and it was entitled “Alcohol and substance abuse among students at the University of KwaZulu-Natal, South Africa: The protective role of psychological capital and health promoting lifestyle” (Tesfai, 2016). Therefore, the researcher thought it would be interesting to further the study within both campuses, so as to gain meaningful knowledge about the effects and perceptions around substance abuse among the youth of South Africa through obtaining first-hand data and opinions from the youth, being the university students of these campuses.



### **4.3 Research Approach**

Creswell (2014) states that ‘research approaches are the plans and procedures for research that span the steps from broad assumptions to detailed methods of data collection, analysis and interpretation’. Essentially, it is mainly built on the nature of the research problem that is being addressed in the research project. There are three types of research approaches, namely the qualitative, quantitative and mixed methods approach.

Qualitative research was adopted in this study. Qualitative research tends to explore the deeper significance that the subject of the research ascribes to cover the topic in detail (Marshall & Rossman, 2011). This study is qualitative in nature as qualitative research properly seeks answers to questions by examining various social settings and the individuals who inhabit these settings and how inhabitants of these settings make sense of their surroundings through symbols, rituals, social structures, and social roles and so forth (Berg, 2011). This specific research approach was chosen to be a part of this research study due to the fact that it is relevant as the researcher was exploring perceptions of UKZN students on substance abuse in their setting, with the aim of gaining an in-depth information as qualitative research allows.

### **4.4 Research Design**

It is vital to be clear about the role and purpose of a research design. A research design is the overall idea for linking the conceptual research problems to the relevant empirical research. The research design fundamentally enunciates what data information is required, what methods are to be utilised to collect the data, and how all of these are going to answer each research question (Durrheim, 2004). Various design reasons are used for different kinds of studies (Durrheim, 2004). This research project employed the case study method of design. Case study enables a researcher to closely examine the data within a specific context. Case studies explore and investigate contemporary real-life phenomenon through detailed contextual analysis of a limited number of events or conditions, and their relationships (Zainal, 2007). According to Yin (1984) “it is an empirical inquiry that investigates a contemporary phenomenon within its real-life context, especially when the boundaries between phenomenon and context are not clearly evident, and in which multiple sources of evidence are used.” The researcher chose this particular method

for this research project as it allowed the exploration and understanding of complex issues such as understanding how educated students may have an issue of substance abuse but failing to understand that they are, in fact, abusing substances. Furthermore, it appears more prominent in relation to issues such as education, poverty, unemployment, drug addiction and illiteracy within social science studies (Zainal, 2007). Thus, it was relevant for this study as it deals with the issues of substance abuse within tertiary institutions.

#### **4.5. Target Population and Sampling Techniques**

According to Webster (1985) ‘a sample is a finite statistical population whose properties are studied to gain information about the whole’. The sample should be illustrative to ensure that it can simplify the results from the research sample to the entire population, for example when dealing with individuals, it can be defined as a set of respondents selected from a bigger populace for the purpose of a survey (Cochran, 1977). Sampling has dissimilar techniques that are used to select the sample. From the various types of sampling methods that are in existence, the purposive sampling method was used to recruit participants for the study.

The purposive sampling method, which is also known as judgmental, objective or selective sampling was selected based on characteristics of a population and the objective of the study. As there are seven types of purposive sampling (heterogeneous, homogeneous, typical case, deviant case, critical case, total population and expert sampling), this study solely focused on heterogeneous sampling method (Crossman, 2018). The heterogeneous method, also known as maximum variation, this type of purposive sample is selected to provide a diverse range of cases relevant to a particular phenomenon or event. The purpose of this kind of sample is to provide as much insight as possible into the event or phenomenon under examination (Crossman, 2018). The researcher specifically chose the purposive-heterogeneous sampling method as it was more relevant and in line with the study of substance abuse. This is due to the fact that this study needed different kinds of individuals, who spoke their opinions based on their knowledge and personal experiences related to substance abuse among the young generation across the country, while they also keep in mind the already existing perceptions linked to substance abuse.

There are often debates about the question of “how many” when selecting sample size. Dworkin (2012) suggests that participants anywhere from 5 to 50 is adequate for qualitative study. Therefore, the researcher employed a sample size of 20 participants for the entire study. Participants were taken from both Westville

and Howard College campuses, consisting of males and females, using the purposive sampling method. At Howard College, the participants were taken from the Albert Luthuli Residence, otherwise commonly known as Tower Residence and secondly, Pius Langa Residence commonly known as New Res Residence. At the Westville campus, the participants were taken from the New Res Residence and the S Block Residence. Each residence has between 300-350 students. These residences were chosen due to the fact that they are the biggest campus residences on both campuses with the advantage of unisex students' residence registration.

#### **4.6. Recruitment Strategy**

The researcher applied to the Humanities and Social Sciences Research Ethics Committee for ethical clearance Certificate to conduct the study (See Appendix). Furthermore, the researcher applied for permission from the Registrar's Office (gatekeeper's letter) to use UKZN students as participants. Both applications were given full approval for the researcher to continue with the study. The researcher then went to Albert Luthuli, Pius Langa, New Res and the S Block residences, moving door-to-door and explaining the research project to the students in order to get the participants that would be interviewed. After the researcher identified the participants at all the four campus residences, times, dates and venues were set with the chosen students for both the in-depth interviews and focus group discussions sections of the research. The data were then successfully collected.

#### **4.7. Method of Data Collection**

Data collection merely entails the gathering of data to address those serious evaluation questions that the researcher had identified earlier in the evaluation process. It is a vital aspect of any type of research project (Peersman, 2014). There are two types of technique of data collection namely: Primary and secondary data collection methods. It is essential to express that this research project utilized both techniques of data gathering. According to Kothari (1985), primary data is original information collected for the first time while secondary data is information that has been collected previously and that has been obtained by means of literature studies. The secondary data for this study were obtained through a review of journal articles, books, and already published dissertations. As for primary data, the researcher collected data through the focus group discussion and in-depth one-on-one interviews with participants.

In-depth interviews involve conducting intensive individual interviews with a small number of participants to explore their perspectives on a particular idea, program or situation (Kothari, 1985). The researcher decided to use in-depth interviews as another technique in terms of collecting data within this study due to the fact that in-depth interviews are useful when one wants detailed information about an individual's thoughts and behaviour's or want to explore new issues in depth (Boyce & Naele, 2006). Furthermore, the primary advantage of in-depth interviews is that they provide much more detailed information than what is available and an individual may be more comfortable having a conversation with the researcher as opposed to filling out a survey. This study also made use of focus group discussion. Focus group is a group comprising individuals with certain characteristics who focus discussions on a given issue or topic (Dilshad & Latif, 2013). They are usually used to gaining more information and understanding on the shared experiences of those who have experienced substance abuse within themselves, friends and community. Using this tool places, the study at an advantage as participants are more likely to open up more as there will be people around them who are similar to them in thoughts and opinions.

The researcher conducted 8 in-depth interviews in total, with 4 females (2 from the Howard College and 2 from Westville) and 4 males (2 from Westville and 2 from Howard College). The main reason for the gender balance in the study was due to the fact that the researcher did not want to have an unbalanced and biased study, such that may rely on opinions from the feminist perspective rather than patriarchal. According to Crow & Semmens (2008), focus group typically consists of 6-8 participants. Therefore, this study consists of 2 focus groups sections (one was held at the Howard College and the other at Westville), consisting of 6 participants each. The 6 participants in each focus group consist of 3 males and 3 females, forming a gender balance from both campuses. Normally male and females have different opinions and experiences, thus the researcher saw the need to consider gender balance in order to gain an understanding of different opinions. Both focus groups and individual interviews were conducted at convenient locations for the participants. An hour was allocated to each individual interview while hour and a half for focus group discussion side. See table 4.7 for more illustration:

**Table 4.7: Total Number of Participants**

<b>Data Collection Techniques on Both Campuses</b>	<b>Number of Male Students</b>	<b>Number of Female Students</b>	<b>Total Number of Participants Sampled</b>
HC Focus Group	3	3	6
HC Interviews	2	2	4
W Focus Group	3	3	6
W interviews	2	2	4
Total participants	10	10	20

#### **4.8. Methods Data Analysis**

Data analysis is a process whereby a researcher adopts a strategy to reduce data to a story and its interpretation. It is the process of reducing large amounts of collected data to make sense of them (LeCompte & Schensul, 1999). Therefore, the approach adopted by the study for analysing the collected data is the “thematic content analysis approach”. The thematic approach was suited for the study because qualitative research is a major design of the inquiry and it includes emergent frameworks to group the data and then look for relationships (Sunday, 2013). The researcher used the following thematic analysis steps:

##### **4.8.1 Steps for Thematic Analysis**

- Familiarise yourself with the data once the data were collected. The researcher re-listened to audio tapes and read transcript a few times to enhance familiarity.
- Generate initial codes- Organize data relevant to each code and relate it to the theoretical approach.
- Discover themes/ search for themes- Discover themes that are linked to the study, review and name these themes.
- Writing the analysis- Researcher provides an analytic narrative based on the data that were collected from the participants.

It is noteworthy to show that a detailed explanation of data analysis will be presented in the Chapter Five of this thesis.

## **4.9. Ethical Considerations**

Fouka and Mantzourou (2011) state that ‘ethics refers to a system of principles which can critically change previous considerations about choices and actions. It is said that ethics is the branch of philosophy which deals with the dynamics of decision making concerning what is right and what is wrong’. In relation to scientific research, ethics refers to human actions that are ruled by a person, community and social standards. It involves requirements on daily work, the protection and defending of dignity of subjects and the publication of the data in the research (Fouka and Mantzourou, 2011).

All ethical considerations adhered to the rules and regulations in order to protect and give privacy upon all participants. All the participants signed an informed consent form but were informed of their right to withdraw from the research project at any given stage of the process. Participation was voluntarily as no one was forced to do or say anything. Each participant’s identity was protected through the use of confidentiality and anonymity. This technique ensured the protection of the participants by using ‘fictional names’ rather than the participants’ true identity. Request for ethical clearance certificate to conduct the study, as well as a permission letter written to the University of KwaZulu-Natal Registrar’s Office to obtain a gatekeeper’s letter was also enlisted as part of the ethical considerations for the study. The researcher applied for ethical clearance to UKZN ethics and was granted full approval.

## **4.10. Ensuring Trustworthiness of the Research**

### **Credibility**

The researcher addressed the issue of truth value through prolonged and persistent observation, peer debriefing, member checks and deviant-case analysis. The research was credible as it included recognised design and research methods that were in line with the research questions and theories. Furthermore, the researcher made sure that field notes and recordings of the data collected from the participants were indeed the opinions and ideas of the participant as they made no comments during the interviews.

### **Transferability**

The researcher addressed the concern of applicability through thick descriptions, referential adequacy, prevention of premature closure of the data and reflexive journal. The researcher also ensured all

interactions between researcher and the participants were recorded and noted, which made the overall process neutral and fair to the participants at all the times.

### **Dependability**

The researcher was consistent through dependability audit and reflexive journal. This guarantees that any researcher who may come across to do a similar study may come to similar findings as that of yours. The researcher constructed personal notes of observation which acted as documentation of any varying points that helped in compiling the research project.

### **Confirmability**

This has to be neutral through reflexive audit and conformability audit. The researcher remained unbiased towards the opinions, experiences and narratives of the participants at the time when data were collected, regardless of the researcher's personal thoughts and opinions. Confirmability also ensures that the researcher writes down exactly what was said by the participant, rather than what they thought they said or meant.

### **4.11. Limitations of the Study**

There are a number of challenges/problems that a researcher encounters while in the process of their research project. One of the challenges that this researcher encountered during the course of this study was the time spent awaiting a response from the ethics committee after submitting the research proposal. Furthermore, the researcher had to wait a lengthy time to get a full approval for the study. Another problem that the researcher encountered during this research project was getting the participants to agree to sign the informed consent forms in order to become a part of the study as whole. Once the participants had agreed to be part of the research project, another problem that arose was all sorts of domestic disturbances experienced with the participants' personal activities such as receiving phone calls, attending to other assignments and giving assistance to other individuals during the continuance of the research project. Another major challenge was getting access to the male and female participants of the focus group discussion and the interviews at the same time, as they were mostly all available and free at different times and on different days. Financial constraints of purchasing stationery (such as the printing of informed consent forms, tape recorder etc) and money for a language editor and statistician was a great challenge to the researcher as well.

#### **4.12 Chapter Summary**

This chapter has discussed the research methods and approaches that were employed when embarking on the journey to discover the perceptions of students on substance abuse at the University of Kwa Zulu-Natal campus residences. The basis behind the selection of these methods and approaches was specified. The strategies that were employed for data collection, as well as the reasons for using such strategies were explained. The research methodology and design that were selected for this study were significant for the purpose of the research in the sense that data that were collected were able to address the research questions of the study. The researcher was able to acquire a deeper understanding of the participants' experiences and perceptions of substance abuse among the students of the University of Kwa Zulu-Natal.



## CHAPTER FIVE

### DATA ANALYSIS, INTERPRETATION, PRESENTATION AND DISCUSSION OF THE RESEARCH FINDINGS

#### 5.1 Introduction

This chapter essentially presents the findings from the research study conducted regarding the perceptions of the University of KwaZulu-Natal students on substance abuse among the youth in South Africa. The data were collected using focus group discussions and individual interviews from the participants at the Howard College and Westville campuses. The thematic analysis was used to analyse the collected data. The researcher repeatedly went through the theories, transcriptions of the data collected and the literature to develop the significant themes for the study that were related to the objectives of the study. The themes created were characterised based on the repeated and similar perceptions and opinions of the participants during the interview process, which was formed into patterns that better clarify the themes. Not only did it showcase as to whether there are similar opinions and perceptions among the participants only, but also included the links and similarities between the data collected and the literature review. The researcher utilised fictitious names in relation to each participant's responses.

#### 5.2 The perceptions of UKZN students on substance abuse

Substance abuse and their effects are a vital concern among adolescents and young adults (Olofinbiyi et al., 2016). Different effects have been stated about the regularity of alcohol and drug use among the university students in research inquiries conducted across the world (Olofinbiyi et al., 2016). However, in South African universities now, research has shown that a codeine is now the most abused substance.

##### **Theme 1: Abuse of Codeine rising**

The data that were collected from the participants showcased that there is, in fact, a new substance that is being regularly abused by the youth of South Africa today. When the participants from the undergraduate focus group discussion were asked about the most frequently abused substances among the university students, the majority mentioned lean/codeine. The participants were then asked to thoroughly explain further regarding this new substance that is on the rise.

KB explained codeine as follows:

*“An overdose of codeine can cause you to become drowsy and get drunk. Most students mix it with cool drinks such as sprite or Fanta orange In South Africa it became popular in the year 2017 and its slang name is ‘screw-screw’”.*

Sakusaku’s definition of the substance is described as follows:

*“Most first year students drink codeine on campus because they adopted it from the high school. They see it from celebrities, the 2000s generation see the celebrities promoting it and then they think its fashion so might as well do it. Rap music celebrities sing about the purple drink and put it in bottles and double red cups, and the youths see them carrying the codeine in the music videos thinking its alcohol but it’s actually the purple drink.”*

During the post-graduate individual interviews, only one participant, Tom knew about the new substance and this is what he said:

*“At the moment it is codeine that is the leading substance that is being abused because everywhere you go you will see a 2litre of sprite, there are different types of codeines but they are mixed with 2litre sprite. The dosage is one spoon as it is designed for alleviating flue, coughing or when your body is overheating, but they use it to get high. It is widespread on all campuses, and I have seen them on the Howard College, Pietermaritzburg and Westville campuses at the café’s students sitting and drinking it and they do not have a problem with it. I am sure even codeine is going to get to a point where someone will sell it at School and at res as well.”*

Reece further commented on the personal characters of the majority of the students who abuse codeine on the campus:

*“A girl on campus actually showed me the ‘screw-screw’ people who actually use codeine. Usually the young people who wear shorts, colourful socks and oversized jackets. They also wear shades most of the time because of their eyes. The usually use foul language such as, ‘what the fuck dude’ and have dreadlocks as well, and they view it as swag”*

To buttress the argument of Reece and Tom, Cakes argued that:

*“Codeine is very cheap and you do not need doctor’s prescription to get it you just go the pharmacy and ask for whatever cough syrup that you going to get high. Lil Wayne broke the record when he was admitted*

*into a hospital high on codeine, and now students are trying to copy that and to fit in this society of university because university is a society as well.”*

Based on the participants’ narratives, codeine substance is on the rise within the South African society. The study is similar to an international study emphasised that codeine has become the preferred drug for many African-American teenagers in many Texas communities. (Elwood, 2001 cited in Pelters et al, 2011), showcasing that there is a link between already existing literature and the collected data. The report displayed that the participants who had an idea about codeine were younger male and female participants, who are still within their undergraduate level at the university. While the older post graduate students did not know about this substance as only one older participant mentioned it when they were asked to name the most frequently used substances among the university students.

Moreover, the report of this new substance that is emerging among the university students and the youth at large in South Africa is linked to the social learning theory. As the social learning theory submits that a behaviour can be acquired through observing and imitating others. It further illustrates that the younger university students have been observing the behaviours of the young emerging rap celebrities during their high school years which were much recent when they are compared to the post graduate students whose rap celebrities that they grew up were not into this substance. The younger generations of the youth are using this substance and are now imitating their behaviour and actions by taking this substance as well.

## **Theme 2: The Normalisation of substances among the Youth**

The empirical findings of this research study revealed that the abuse of substances among the youth and the country at large is becoming a normal phenomenon that is a part of society today. Most of the participants were in agreement that the abuse of substances in South Africa is no longer a shameful and illegal thing; rather an individual who does not abuse or take part in substances is seen as the wrongful one within the communities.

Cooper said:

*“We do not view substance abuse as something negative. It is viewed as something normal sometimes it happens that its substance abuse. We see it as something like partying, taking alcohol is normal to us as students and it is a part of our student life”*

Tom stated:

*“Substance abuse includes alcohol and drugs. The perception is that it is okay to do it because we have the mentality that we want to test and we want to live our lives so the perception of students is that whenever we do it, we doing it just for fun. However, we do not mind the consequences and repercussions. If you go around campus the majority of students especially black students are taking codeine without knowing the repercussions of the drug towards their mental health as it is not designed to be overdosed but the students overdose it everyday”*

Msenti also narrated:

*“I think it has become a norm to use drugs and I know it is not specific to this university it is our lifestyle and this is how we view it and enjoy ourselves through using drugs and everything”*

While Mbusi said:

*“Previously when we were growing up, cocaine and ecstasy was something that was seen on television but nowadays you it is not a shock to see someone taking cocaine. It is something that is being done in parties at the university or if we go out on weekends to Florida. It is something that that is happening and has become a norm”*

Sbhuda said:

*“Substance abuse is now a fashion, and is a norm in how students push for drinking at the parking lot making a noise, there’s events like sessions where weed is just like a normal thing. The Mc sells the herbs like normal products, and the smokers create a ‘valid reason’ for abusing this drug. You cannot chase them away from the parking lot because they will tell you off and will inform that they are adults. The number of people who smoke weed is exponential and it is shocking”*

Over half of those interviewed reported that alcohol and weed were frequently abused and was normalised. During the focus group discussions, minor debates occurred as to which substance between weed and alcohol is better than the other. Even, responses from 80% of the participants of this study revealed that substance abuse has been normalised. For example, Tsepo) said:

*“I prefer weed. It is a natural plant and it does not do harm like the other drugs. Weed in the long run you lose weight but there are not really internal changes. Tobacco is bad for the lungs but also alcohol is bad for the liver”.*

Cakes also preferred weed:

*“I prefer weed. It helps me after a stressful time. When I am happy it makes me happier. It helps me balance my emotions. It helps me release stress. It hypes my already existing emotions”*

Other participants preferred alcohol to marijuana. One interviewee (Busi) argued that:

*“I prefer alcohol because it is not an everyday thing like weed, people have to smoke it in the morning, afternoon and at night. I drink alcohol once in two months. Health wise weed is better as it can be used in hospitals but it is not necessarily healthy”.*

The views were also supported by Thabz who said:

*“I prefer alcohol. I drink like two beer dumpy every day and I sleep. I once took weed and it made everything seem simple, you go out (high and dose off)”*

Mbusi the closed off the debate by substantiating Thabz’s statement as follows:

*“Alcohol does the same thing. If I am sad and I go drink I become happy. If I am happy I become happier. With weed if I am sad I become deeper and think about how to get out of the situation that I am in but at the same time it also depends on the person. Either you choose to be happy or sad. For example most rappers smoke weed to get ideas on what and how to write their songs. When they sober hey have no ideas but with weed they can write like 20 pages like Emtee. Alcohol makes me happy, and forget my problems, but I also do things that I regret afterwards”*

The focus group participants illustrated that weed and alcohol may be both leading but the individual interviewees’ ultimate substance that is mostly abused among the university students at this current stage is weed. This report further illustrated that weed and alcohol were common to both the undergraduate and post graduate students at the Westville and Howard College campuses but was, in fact, more prevalent among the post graduate students. When the individual interview participants were asked to name the most frequently abused substances among the university students from descending to ascending order, the following responses were obtained:

Tom stated that: *“Right now the common substance university students is codeine but it might become like weed since it has been legalised by government and weed is at number one”* Cooper also added: *“You wake up at the halls of residence and it is smelling in the corridors and sleep with the same smell still in the corridors. They students overdosing on weed and it’s accessible, codeine is also easily accessible but weed is sold here on campus and at res”*

The normalisation of abusing of substances as stated by the participants of this research study is accurate and complementary to the previous reports on the use of substances in South Africa, as over the past years, there had been numerous numbers of movements for the legalisation and decriminalization of weed around the globe, particularly in South Africa and America. On the 18<sup>th</sup> of September 2018, the South Africa’s Constitutional Court governed that persons now have the right to smoke and also plant weed in their households for personal use, proving that substances are no longer a taboo or a form of deviant behaviour but a part of human society.

This report showcased that the leading substance among the university students is weed, followed by alcohol. Within already existing literature and studies that have been published nationally in relations to the youth and the most commonly used substance in South Africa. Alcohol is in lead as indicated in the 2013-2017 National Drug Master Plan, stating that alcohol actually remains the most mishandled substance across all over South Africa (Department of Social Development, 2013). This study has displayed that there is a difference between the already existing literature and the data that were collected in this study, because the leading substance, as expressed in the narratives of the study’s participants is weed while it is alcohol in literature.

### **Theme 3: Substances are frequently abused**

Another perception that came up regularly among the participants was the fact that university students drink and smoke a lot, but they are not aware that they are abusing substances. Furthermore, there are also various hidden reasons behind the abuse of substances, and some of the participants are aware of these reasons, but some are not.

The truth of this assertion is captured in the statement by Sakusaku as follows:

*“The students use substances a lot. It is their form of entertainment because whenever it is their free time what pops up in their mind is alcohol and weed. The abuse a lot on a daily basis whether it is a weekend or weekday, they do not care, they just drink and smoke”*

The majority of the participants (75%) reported that a majority of students are into binge drinking and most of them are addicted to drinking because they view the same as a sort of an escape from everything that is happening around them

These responses serve as proof that university students do, in fact, have a huge intake of substances, resulting in their lives being abused without them being aware of this vital factor.

### **5.3 The risk factors of substance abuse among university students**

Risk factors are defined in literature as something that increases one; susceptibility or likelihood of using drugs (Whitesell et al., 2013). The narratives from the participants revealed the following risk factors of substance abuse: Peer pressure, Stress and Depression, socialisation and enjoyment.

#### **Theme 4: Peer pressure**

Peer pressure is a reality and it is greater in the adolescent period. This is also a period in which adolescents are likely to experiment with substances. It is this period that the adolescents strive to be recognised, and to be cool (Makoloi, 2012). Based on the perceptions of the participants, the leading recurring answers for reasons as to the causes of substance abuse among university students are due to peer pressure. These findings appear to be in consonance with findings in the existing literature. Primary evidence in support of these findings is captured in the statements of the following participants.

Lindz stated the following:

*“I think most of the time there is pressure from the peers and this necessarily ‘force’ one to drink and smoke. Without doing the above-mentioned a student may feel left out. I know sometimes I feel an urge to smoke weed and drink, mostly the fear of missing out (FOMO) and that is peer pressure cause the person having fun does not realise that they negativelt influence their peers”*

The Majority of the participants also reported that

*abused substances because they wanted ‘to fit in’,. Most of them have never tasted alcohol at home or before they enrolled at the university.. But, when they enrol, (at the university), they find friends influence them to drink, and they end up trying so as ‘to fit in’ with the popular groups on campus*

*Peer pressure from friends is subtle and may be viewed by the victims as normal, but they realise it when in trouble.*

Msenti stated:

*“We from different backgrounds, different homes and places and sometimes we meet people from different places we may never know how they grew up or understand how they do things. Mostly we come here surrounded by fake people so sometimes whatever they do we do because of trying to fit in with them trying to understand them”*

*One of the perceptions is that because friends use a drug together, they now feel bonded through drinking. They know there are other options but some will fear losing their friends. This may be due to the fact that they may have been in university together for a while.. This means if their friends go to Eyadini (pub and grill), then they do not, they would not have that connection as friends so, they would rather go with together everywhere.*

Dough puncher (2004) recognised that young persons would explore different avenues regarding substances as a social activity. He brought up that young people would only occasionally distinguish dire peer pressure as a contributory component to their mishandling of substances. Peer pressure exists even within the post-graduate students who have been within the university for a much lengthier time, but they still fall in the trap of substance abuse. This reveals that peer pressure shall always be a major factor in the abusing of substances, irrespective of age and the level of maturity.

### **Theme 5: Stress and Depression- An Escape and Coping Mechanism**

One of the major reasons behind the use of substances among university students was stress. Narratives from 80% of the participants support this this assertion.

According to Wondergirl:

*“Some suffering from stress and they were told that if you want to relieve stress then escape your realities turn to substance abuse”.*

Ncami also supported the notion:



*“Most people do not know how to deal with their feelings and their emotions and most of the time abusing substances emanates from destructive behaviour. Most students suffer from emotional pain and they try to numb and escape reality. A drinker, for example may not be aware the effort of trying to numb that pain because they are drunk all the time. It makes it hard for the substance abuser to reflect on why they feel this way and what got them there in the first place.”*

Most participants (80%) reported using drugs recreationally. They are overawed by schoolwork, and then seek an escape. The recreation ends up becoming a habit and dominating the schedule. *“I always notice how everyone says ‘I need a break’ and to me, it is an escape” Sbhuda*

Narratives from some participants also revealed that sometimes substance abuse is just a way of coping with pressure. Stress from the pressure from the family and expectations even from people is added to school stress as well. This was reiterated by Supergirl who said:

*“School stress is high because sometimes some just need to be away and just from school and not think about it so they abuse drugs just to get away from reality. Maybe after exams some go out to distress and drink and forget about exam stress so they are just doing something that will relieve them of that stress”*

While Shane stated:

*“There are personal problems like dealing with relationships and heartbreaks, it can be from home as our parents are putting pressure on us in terms of completing these degrees without knowing that it’s hard so we deviate to substance abuse”*

Lebo closed off the argument by stating:

*“Black people from townships are the most affected by substance abuse because depression is prevalent in those areas. The black community just do not want to come into terms with the fact that depression exists within the society. We do not want to accept the depression we have there is a mentality that black people do not suffer from that, as we perceive ourselves as able to handle problems”*

Conversations with the above participants during the interview and focus group sections of this study illustrated that young persons may abuse substances due to being stressed and depressed. As indicated by Baker (2004), individuals who have a background marked by depression are twice as likely as others to mishandle substances and will probably have affective disorders than others. Carpenter (2001) contends this is because substances give a moment satisfaction that different things cannot give. Maurice, Martin,

Romieu and Matsumoto (2002: 513) agree that individuals need to feel physically and emotionally great with a good intake of substances. The scholars stressed further that mishandling of substances turns into their method for getting away from their true feelings. They are in torment and they need to numb the torment. The individual needs to escape from the experience of feeling hurt, and for a minute, and the substance removes them far from the hurt and hence they feel "better". This also draws up a connection of depression between the existing literature and the current study.

## **Theme 6: Socialisation**

Another important theme reported during an interview with participants in relation to their reasons for the abuse of substance was socialisation – the behaviour has been a part of their entire lives right from their family, relatives and communities from which they grew up. The participants mentioned the following:

As Minza said:

*“Alcohol, cigarettes and weed have always been a part of my life as my father was and still is an alcoholic and smoker. At home, I would always see my father and his friends chill in the dining room and just drink cases of beers and bottles of whiskey without a problem. I remember at one point my father and his friends decided to make it a family gathering whereby during Christmas and News Years their families would meet up at one of the households (take turns) and we would feast on food and they would drink and smoke as usual. Therefore, for me since an early age alcohol and cigarettes always seemed right as my elders were always drinking and smoking. My older brother also introduced weed to me when I always see him and his friends smoking all the time at home at the back of the house. I had some premonitions that it was wrong because he would never do it in front of my parents, it was like a secret.”*

KB said:

*“It is a certain lifestyle from the communities that we live in, especially in townships where every situation is a good reason to drink and smoke. You will find in my neighbourhood that there are those boys that are always on the road in a corner the whole day smoking and just drinking like that is their lives on a daily basis. At home, uncles and older cousins are always drinking even the girls now chill at the taverns and dance the night away like any normal day. We are just surrounded by substances all the time back at home as well”*

Tsipa stated:

*“I grew up at my aunts household and they have a tavern and a store so alcohol and cigarettes has always been a part of my life”*

This report substantiates the points from social learning theory, proving that the participants observed the behaviour of those around them and their behaviours prolong through imitating the behaviour of their family members and communities.

### **Theme 7: Enjoyment**

Another prominent reason for the abuse of substances among university students was “choice”. Some of the participants used substances because of problems but most of the time they used it out of enjoyment rather than negative reasoning. Interviews with a number of participants submitted the following narratives.

Ncami said:

*“The first reason might be people drink because of the company they keep because of the people they hang out with because it is nice we drink together, it has no other connotations than that just that we are out having fun and we decide to drink or we want to go out have fun and drink”*

Fez also said:

*“I think people tend to think students drink due to problems. I do not think students drink due to problems I just think they drink because they enjoy drinking like the way I do. I do not drink because I have problems so I am of the view that it is not a poverty problem. I am sure there are students who do have problems initially, but as for the people I know it is never the cause”*

Based on the conceptual and theoretical arguments of the theory of planned action, individuals that engage in the use of substances do so based on personal reasons, intention and enjoyment. Understanding this theoretical context provides a better understanding of the behavioural reasons for youth involvement in the use of substances. This is because the most important component of the theory of planned behaviour is behavioural intention. The participants above declared that their main intent for consuming alcohol was to ‘have fun’. Thus, taking substances was solely a choice, not pressure or problems.

## 5.4 The Effects of Substance Abuse on University Students

### Theme 8: Positive Effects

In already existing literature and research studies, the abuse of substances connotes a negative impression. The results of abusing of substances are harmful and risky. However, some of the participants in the research study were of a contrary opinion. When questions were asked about the effects of substance abuse among university students, the following contributions were obtained.

Glory stated:

*“If it helps some people forget about the misery of the situation that they find themselves in then I guess that could be a positive thing. Also the relations that people build; I know people who met at joints and then they became best friends, others are dating and are still in serious relationships against all odds, so I think it has both positive and negative”*

Sbuda further said: *‘I sincerely view it as enhancing your thinking, but only if you are not smoking with stupid people. It stimulates your mind because you engage in serious conversations about controversial things in society’*

A critical look into the above expressions suggests that in every good, there is bad and in every bad, there is good. Even in substance abuse, it may not be that much, but sometimes, there is an advantage to gain from its consumption.

### Theme 9: Negative Effects

Negative and harmful effects of substance abuse are inevitable. The abuse of anything is never a good act because it can bring human life to a ruin. When the participants were asked in relation to the effects of substance abuse among university students, the majority mentioned time management, academic challenges and finances during the focus group and individual interviews sections of the research.

#### Subtheme 1: Time Management and Academic Challenges

In response to the question of academic challenges, Sakusaku mentioned:

*“Low performance at school but it does not hold for everyone. However, some students will struggle as maybe on Sunday some are drinking but they are submitting on Monday, so you think to yourself when*

*will this person start the assignment? For example my friends are always up to date with their schoolwork but they do some other substances even during the week”*

Glory said:

*“Has a negative effect. Because some of the students will just drink the whole weekend and they forget they have school work to do and they end up missing out on work cause of hangovers, so it has a bad effect on their schoolwork.”*

While Minza mentioned:

*“Also, if a student mixes up with bad friends, they end up missing lectures because they are tired, or drinking more to get rid of the hangover. Some people drink from Sunday to Sunday. It is an on-going cycle. Some will have submissions due in two days or a test the next day”.*

In relation to time management, Sbhuda thoroughly explained:

*“It hinders their efficient use of time, especially when it starts becoming a habit. I smoke weed and it wastes a lot of my time because I need to accommodate people now that are my friends in weed, and we share the same habit so it means that there is going to be a gathering where we smoking at their own convenience and my inconvenience. To smoke, I have to go outside and when I come back from smoking, I am going to take maybe 10-30 minutes trying to get my mind back into the work mode, trying to dodge all other temptations like YouTube, Facebook and Twitter. You also need to understand that when you are high your mind catches on something it will just stick on that one thing. Therefore, if I am going to be on YouTube, then I am going to be there for a while, so it is going to take a lot of discipline for me to leave YouTube and come back to my schoolwork. Once I am stuck on my schoolwork, I am stuck for good to a point where weed starts weighing off and I start feeling sleepy then I know it’s time for my next ‘blunt’. When I work at night its because during the day I have been wasting time and it ended up being a part of my daily schedule to such an extent that in the afternoon I cannot.”*

Thabz said:

*“When it comes to time management, some cannot handle their time very well if they are using substances. Further, at university examinations are not based on what they know but by how much you manage your time. Because one is given everything in class, so yours is just to make time to go through everything that*

*you were given in class. Obviously it's going to have a very negative impact on your studies because you can't balance substance abuse and schoolwork."*

## **Subtheme 2: Unstable Finances**

"Unstable finances" were said to be some of the negative effects of substance abuse among university students in South Africa. Evidence in support of this assertion is illustrated in the statements of the following participants.

Reece said:

*"If you are a substance abuser, most of your money will go to the substance that you are abusing. Obviously now you don't have enough money for food, school (can't study when you hungry) can't concentrate without proper food, your weight is down, your family even thinks you may be sick HIV positive but it is just the substances you are using that are affecting you but not paying attention"*

While Wondergirl said:

*"Any habit needs to be sustained financially. If a person smokes cigarettes, they going to be buying cigarettes frequently, if I smoke weed I need to sustain my weed smoking habits so it is wasteful. I is better when you are in university because you have a network of people who smoke weed and are also financially stable, some on your level some more than your level"*

## **Subtheme 3: Risky Sexual Behaviour**

Over half of the participants reported an increased risk of unprotected sex as an effect of substance abuse, as many people become irresponsible especially when they are drunk. As alluded to by Reece:

*"Substance abuse has led young people to date adults. They want to have this fancy life posting pictures on Instagram so that people see them popping champagne. They consequently fall prey to sugar mamas and the so-called 'blessers'."*

Thabz further explained:

*"This also leads to susceptibility to STIs because you have to pay and you don't have any means of paying besides sex and you don't have a say or the right to negotiate when it's time to pay back the alcohol when it comes to having sex such as suggesting protection you can't say that. You start being controlled and*

*you end up having 'blessers' and sugar mamas and being at a risk cause some other 'blessers' will want you to bring another friend you submitted to saying yes and not no so you end up recruiting people"*

Participant narratives also revealed that when students attend these parties there is likelihood of rape as their hosts frequently spike the drinks so that they can have sex without the consent of the victims. As revealed by Wondergirl:

*"I was told that there is a club you would find your drinks spiked and then you do not remember the next morning you wake up in the room with money next to you. In addition, it is all yours with a note written, 'thanks for the night here is your payment.' Moreover, it happens to both girls and boys. I read in an article that this drug is usually used on horses but now on people. It makes you sleep and not to remember anything and it destroys all semen so whatever you going to say to your friends or the police there is no evidence and it kills your womb to bear any children."*

#### **Subtheme 4: Crime**

Crime happens to be one of the negative effects of substance abuse among university students. There are many crimes that occur stemming substance abuse. As substance abuse continues to increase among the youth of South Africa, the occurrence of crimes is also becoming greater and greater. Findings show that one of the most common crimes ever recorded among the youth as stated by the participants was drinking and driving. Another common crime among university students that was mentioned regularly during the course of the interview and the focus group discussion was violence; and this was further interpreted in various ways.

Supergirl said:

*"When boys are usually drunk they tend to be overly touchy with girls and that's where it all starts. This leads to sexual assault and rape- cause some guys when they drunk or high they usually gain this power I don't know where it comes from and when they want something they have to have get it regardless of you saying yes or no."*

Sakusaku mentioned:

*“People tend to be reckless and aggressive which then this leads to violent fights that results in death nowadays”*

Theft is another crime recorded to be prevalent among university students, more especially at the students’ residences.

Corroborating the above statement, Mbusi explained thoroughly stating that:

*“Substance abuse can definitely lead to crime. People need to understand that university is a society on its own so everything that happens in the real world also happens in universities. The students that are now addicts do commit crimes such as theft within student’s residences because they are desperate for the next fix, may it be alcohol, weed or cocaine. At C block at the girl’s floor last week there were multiple break ins that took place and laptops were stolen and rumour has it within the reses that it is a group of boys that actually steal them that are also students on campus and they sell them as they are on cocaine”*

According to the participants’ narratives, one of the biggest crimes that took place at the Westville campus during the school’s annual fresher’s bash, was the death of a student that was murdered by another student.

KB who claimed to attend the bash had this to see:

*“There was a bash on Friday the 14<sup>th</sup> of September at the Westville campus. All 5 campuses are allowed to attend as the student representative council (SRC) is behind the planning of the biggest event take places every year. Okay so I got there around 8pm and the bash ended after midnight. A fight between two boys that are from the Westville campus took place. Apparently they were fighting over a girl. The two boys were drunk. It is said that one of the boys lives on campus so they went and took a knife from his res and stabbed the other boy with it and he died. I don’t know all of the details so I cannot comment further than that”*

This report reveals that there are many risk factors that continue to increase in the use of substance among university students. Furthermore, it proves that the community of crime in South Africa is targeting all types of young persons, the poor, the uneducated, the unemployed and even the ones who are meant to make a difference in the country.



## 5.5 Perceptions of Substance Abuse in Relation to Youth Literature versus University Students Perceptions

Numerous research studies and journal articles across the globe have focused attention on the prevalence of substance abuse among the youth. Furthermore, similar studies have also been conducted over the years in relation to substance abuse in South Africa but the focus was more on individual's poor social upbringing, poverty, low income rates, unemployment and lack of education that characterize the lives of the younger generation that is situated across the South African higher institutions (Peltzer & Ramlagn, 2009). The participants were then asked if the general opinions and perceptions of substance, already in existing literature studies and community, apply to university students. Some participants agreed with the notions while others did not.

Sbhuda did not agree by thoroughly explaining:

*“No. for university students we have different exposure but people that smoke weed within communities’ bad connotations of weed exist because of those people. This is because none of them become successful. It’s only a few people that make it with weed. The greatest of people smoked weed, Obama recently admitted in 2015 that he smoked weed. There were pipes that were found in Shakespeare’s garden that he used to smoke weed and those are the greatest writers of all times. There are many benefits to weed but there are not so many good examples of consumers of weed that actually make it especially in townships because you start smoking weed at a young age where you are not matured enough to discipline your habit”.*

He stressed further:

*“A habit requires a lot of discipline and time and a lot maturity because like if you are in Grade 8 and you already smoking weed. you do not know how much is enough for you, you don’t know how much your system can take for you to function and you are still dealing hormones and in your pubic stage so you are confused so most of that you do not have adequate access to financial resources to sustain this habit that needs to be bought because you do not work. What happens is that you end up getting into crime to sustain this habit. Now when you get into crime you still smoking the weed and then you still in love with this habit and now you are embracing this culture of crime because its helping you embrace this habit and you don’t notice so it’s not the weed that is actually a problem but it’s the person who hasn’t mastered the discipline.”*

Sbhuda continued:

*“so that’s why there are bad examples because weed is bad, I wish I could go to my community and tell them about the benefits of weed but I can’t because there are not so many good examples of people that smoke weed. The benefits we all know them from the health perspective medicine, intellectual even but because in townships and communities there are no good examples. So the moment you firstly okay the culture as well plays a huge role and education as well. Us here at university we have the people around us smoke weed are doing fine there’s comfort in conformity they are doing fine there are people at first hand who will tell you that they wouldn’t be in their 4<sup>th</sup> year in engineering if they didn’t smoke weed.”*

He concluded saying:

*“The only problem it becomes when that you depend on it and you not using it as a recreational where it’s just an escape to bounce back. I’m not going to lie sometimes you do feel like weed is a part of your life and routine but because of the bad stigma we end up being on the fence when it comes to weed. you like weed but you can never speak for weed especially I can never go home and convince them about the goodness of weed because people that smoked weed were not disciplined or matured enough and the role models of weed in townships are bad. There are people who started weed in grade6 and made to high school and university but they are a few cases though that’s why and maybe that person mushroomed from a group of maybe 10 friends. He’s like the one person out of the 10 who made it with weed and some of them are now smoking whoonga today. So now the success is overshadowed by all the negative”*

Minza was on both sides, she said:

*“I think they different for me personally because people tend to think for example in the movies or community you would see someone’s dad drinking a lot because they have problems at home or somebody died or lost his job but university students like why are you drinking? Like what is the main purpose of this? You can’t compare a 50-year alcoholic with a 20-year-old alcoholic. But you can as well. When you are in university there is much more stress cause some people drink due to stress and at a home you there cause your family doesn’t have money. and I’m at school but I don’t have money to come back next year and I already failed a module, so the problems are the same it’s just that there are levels but it’s still a stress factor in your life”*

Lindz said:

*“I think they apply on certain levels but also at the same time I think there hasn't been much attention payed to the individual itself, to the relationship the individual has with themselves. Most literature is based on the environment of things and also looking on the the institutional effects on an individual. but there is not enough literature on relationship with me and the boundaries within me as a person like what happens in my mind when I'm angry as a person, result in me doing ABC and D because it all starts with self before anything else”*

Thabz's opinion was:

*“No. I wouldn't really know all of them but I know that sometimes academics tend to generalize things the most. They sometimes look at it too deeper than it is like it's because of socio-economic factors because you grew up like this and this and its hardly that because I've been drinking for years and this is the first time, I am having an interview about substance abuse.”*

Mbusi stated:

*“For someone who is in the township and drinks everyday while you as a university student maybe will start Friday-Sunday. They have no nerves about exams cause they just at home doing nothing every day. Also the mentality as well is not the same, being here and someone who is at home is not the same.”*

While Tom said:

*“I would like to say to some extent it is similar because you can be at home the whole day and drink and also be at res the whole day and drink. It's a matter of which lifestyle do you choose or how deep of a substance abuser are you. Because even the one that is at home they can be at home the whole day and not study and the same goes for the student who is at res maybe only start studying when its exam season. It ultimately goes back to what happens in society”*

He also added that:

*“It is a matter of who are we influenced by, who do I live within the township because at the end of the day the one I live within the township is a person who is influencing me in a good or a bad way. The same thing in university we smoke and drink the whole day or we study and leave in the afternoon. It's similar it works in both ways which lifestyle do you choose and do you realize that when you at home it's not the*

*end of the world and in university you have a chance to improve your life we all have choices at the end of the day”*

Fez’s opinion was:

*“They the same but not really cause sometimes the people that are in university it’s not really about poverty because they not from poor backgrounds and it also can’t be employment because you still at school so you don’t really need a job. But at the same time they from abusive families so they result to alcohol even when they at school but the majority it is due to school stress- depression because you don’t have money so they are the same but to a certain extent”*

Supergirl said:

*“I don’t think so. I feel like whatever we being told by society it’s not exactly what we university students actually go through and what we were told in high school. Like it’s not exactly what we go through so everything you find in university is everything new it’s not something we can use to prevent ourselves from drinking or getting into that route. For example, in high school we taught about substance abuse and not to do it and stay away from drugs but when we get here it’s a different world and we face different problems and I feel like here most people do it so it’s a normal thing to what we are taught and what we know”*

Skhumba said:

*“No. Because when I look at many journals and articles they are from oxford and Cambridge and their setting is not the same as here in SA. They have house parties, we don’t have that here, and when you look there they enter college at 15/16 years. We enter at 18, 19/20 and the money they have is not the same as the money we have here so I see as if the content is not the same, it’s little similar because we are all people at the end but the setting and the environment and the factors are not the same”*

Shane’s opinion was:

*“To a certain extent they are the same but university students they have their own challenges. but yeah but others are due to pressures of school work doesn’t apply that much but more especially societies of guys and girls in townships have their own reasons. some here in school its cause of some those reasons but its more about schoolwork and not being mentally fit and depression”*

Lebo said:

*“It depends. E.g.: let’s say maybe in high school I never smoked or drank or did anything and then I get to university and I get friends that smoke and drink, I will also do these things. Not because I have a problem but it’s merely just influence. Or maybe it could be that you outside of school, you have no job or you not studying you just not doing anything so you will abuse substances. So it’s different. Depends on the situation”*

KB said:

*“I think it’s the same but it differs in depths. I will use examples of a person who is at school and iPhara. A university student has financial problems on how they will pay for their fees. They have no solution on how they will pay then they will smoke and drink etc. Then iPhara has financial problems of how will they sustain their lifestyle? What will it eat before going to bed? How will it get its daily dose of fix? For them both involves finance but the value is different. More or less the same but the depth is different”*

Sakusaku said:

*“They don’t anymore. Because in the olden days when a female drinks and smokes it appears as a horrible thing. Now it’s a taboo to find a female that doesn’t smoke or drink because you’d find that let’s just say we all sitting here together and they pass me a drink and I’m like no I don’t drink they will be like arrh you don’t drink today or? And you like no I don’t drink at all and they will ask you why? And they will spend hours and hours trying to convince you to drink. They will say alcohol is good just try it or maybe you have never tasted it. Eventually you get tired and you just drink. So back then it was kind of restricted and a taboo now things have changed. it’s the 21<sup>st</sup> century so things are no longer the same and at school people are more freely to do it because we don’t live under the influe"ce of our parents anymore and want to be free and the definition of being free here is being rebellious and doing whatever you weren’t taught back at home as you were deprived.”*

This report has illustrated that the already existing opinions and perceptions of substance abuse among the youth, both in literature and the current study within already existing studies is true to a certain extent. Findings also revealed that there are many other reasons for the abuse of substances by young people in South Africa other than socio-economic issues and unemployment. This report aligns with the theory of planned behaviour, which emphasises on having personal intention to abuse substances. Emphasis should be made based on the fact that an individual solely takes the final decision after having thought about the

possible outcomes and consequences of an action that could take place or happen when one starts using substances.

## **5.6 Discussion**

The study centres on four objectives and is informed by literature discussed in chapter 2.

### **5.6.1 Exploring the Perceptions of UKZN Students on Substance Abuse**

The study sought to explore student perceptions on substance abuse. The findings revealed that the frequent abuse of substances such as codeine, alcohol and marijuana among the UKZN students and the youth. These findings further point to the normalisation of substance use among the youths. The majority of the students agreed that substance abuse in South Africa is not a shameful and illicit practice any more, but, in fact, individuals who do not partake in the use of substances are viewed as uncivilized citizens within communities. Substance abuse is not negative anymore, most especially among the youth as they view the notion of substance abuse as fashionable and a part of their student life. The findings validate the assertions by the social learning theory that behaviour is learned and in time becomes normalised.

The study findings are similar to results obtained from previous literature. A study conducted by Sorel (2013) substantiates this present finding by adding that South Africa, among the African nations, is by far leading in the illicit abuse of substance as the yearly predominance expanded from a scope of 0.5- 0.8% in 2006 to 0.7 to 14% in 2008. The numbers are, in effect, increasing year by year within South Africa; and one of the reasons for this is because the notion of substance abuse in South Africa is becoming something normal. Therefore, findings project that the trend may increase rather than deteriorate from time to time, if necessary, measures are not put in place to curtail the trend, if not completely eradicated.

### **5.6.2 Exploring the Risk Factors of Substance Abuse among University Students**

One of the objectives of the study was to determine the risk factors of substance abuse among university students. The study revealed that peer pressure, depression, socialisation and 'enjoyment' increase the risks of substance abuse among students. However, peer pressure and socialisation feature prominently as risk factors. The desire by individual students to 'fit in' with certain type of friends increases the risk of substance abuse. Socialisation – from the family plays a much bigger role – as behaviour is learned from

a young age. Most students grow up with siblings and parents who abuse drugs and begin to view it as normal way of life.

The study is similar to findings by Whitesell et al. (2013) in the United States. The authors assert adolescents are specifically susceptible to participation in substance abuse due to familial and social factors. They mention peer pressure and socialisation. However, they differ from this study, as they mention notions of negative child upbringing such as neglect and emotional abuse at home as increasing the chances of youths indulging in drugs.

### **5.6.3 Understanding the Effects of Substance Abuse among University Students**

The third objective of the study was to understand the effects of students abuse among University students. The study revealed that the negative effects of substance abuse result in risk factors based on the argument of the participants chosen for the study. It was found that students who abuse substances have difficulties in retaining their emotions and feelings as they tend to be aggressive, most especially the males. This may then lead to sexual assaults and rape as the males will force themselves on the females when intoxicated or high on substances. Moreover, it was revealed by the students that there is always an increase in the incidence of fight when they are heavily drunk and high. For example, the most recent altercation during a school bash resulted in a male student being murdered by another male student. It was submitted that both these students were heavily intoxicated on alcohol. These findings are in line with the literature as suggested by Wilson & Howell (1993 cited in Sahu & Sahu, 2016). Because of substance abuse, the youth are engaging in illegal behaviour that will lead them to jail.

It was found in this study that the majority of UKZN students do understand that anything that is abused will always result in a negative outcome. The students further mentioned that substance abuse affects them negatively towards their time management and finances. Furthermore, it was revealed that if as a student, time management and finances are in a negative state, then automatically the academic life will be in a negative state as well. These findings could be better explained through the conceptual and theoretical analysis of the theory of planned behaviour; as it states that an individual mainly looks at the outcomes that may happen, the good and the bad and then makes a decision (Ajzen, 2011). The youth of South Africa know the dangers that may result from abusing substances, but they still decide to abuse them by ways of choice making.

Furthermore, during the interviews the students revealed that they understood that when the term abuse is used, then it is no longer something that is good but negative. They mentioned that they understood that the abuse of substances may also lead to health scares and issues, but they still continue to over indulge in the use of substances. The health scares that were mentioned by the majority include depression and addiction. These two illnesses are among the leading health scares among university students. Other students mentioned being affected with sexually transmitted diseases and infections (STD/STI). The findings describe Human Immuno-deficiency Virus (HIV/AIDS) as the greatest health challenge resulting from substance abuse among students. The study also identified isolation as another horrible effect of substance abuse among students in South Africa.

#### **5.6.4 Determining Whether the Generally Perceived Causes of Substance Abuse (that are already in existing literature and studies) are Applicable to University Students.**

The last objective of the study was to compare the perceived causes of substance abuse in literature and the student narratives. The study revealed that the already existing perceptions of substance abuse do apply to university students but not all. However, the perceptions and opinions are similar and do differ to a certain extent in literature. It was also revealed that the opinions and perceived causes of substance abuse may be the same, but the level may not be the same. However, not all these perceptions and opinions regarding substance abuse apply to university students. This is due to the fact that university is a society on its own, with its own rules and regulations regarding every sphere of life. Furthermore, it was revealed that the rate of substance abuse among the youth of South Africa is not only due to their socio-economic issues but also the influence of choice. These findings are in line with the social learning theory as it states that behaviour is learnt and imitated by observing other individual's behaviour around you (Bandura, 1977). As the majority of students come from homes where parents, guardians, aunt or uncle are fond of drinking and smoking, this means that the students must have learnt from their childhood all these forms of behaviour. Based on the conceptual argument of social learning theory, findings submit that students that indulge in substance abuse learnt through their various families and communities from which they grew up.



## **5.7 Chapter Summary**

In this chapter, the raw data were presented, interpreted, analysed using thematic analysis and discussed with emerging themes. The themes were formed and discussed using principal questions that engage the topic of the research. By so doing, the perception of substance abuse was adequately investigated. Findings also revealed that there still exists a long way to go in terms of attempting to eradicate issues that relate or contribute to the occurrence of substance abuse not only in South African communities but also in the whole of sub-Saharan Africa. These findings are further adequately discussed in the Chapter Six of this thesis.

## **CHAPTER SIX**

### **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

#### **6.1 Introduction**

The aim of the study was to explore the perceptions of University of KwaZulu-Natal students on substance abuse among the youth of South Africa. Based on the secondary research in chapter two and the findings outlined in Chapter Five of the thesis, this chapter will present the summary, the conclusions and relevant recommendations of the study. Attempts were made in organizing responses to individual questions so as to arrive at specific conclusions and recommendations that may expectantly help resolve the problems identified in the study. In summarizing the salient findings of this study, the following general conclusions were made considering the following objectives of the study:

- i. To explore the perceptions of UKZN students on substance abuse.
- ii. To understand the effects of substance abuse on university students.
- iii. To explore the risk factors of substance abuse among university students.
- iv. To determine whether the generally perceived causes of substance abuse (that are already in existing literature and studies) are applicable to university students.

#### **6.2 Summary of the chapters**

Chapter 1 delivered an inclusive overview of this study by revealing the core of the thesis as articulated through the background, statement of the problem, aim, research questions, research objectives and significance of the study and conceptualization of the relevant concepts. The motivation for selecting the topic and the objectives for undertaking this study were outlined.

Chapter 2 contextualised the multifaceted idea of substance abuse, focusing closely on the youth. It outlines the nature, perceptions and opinions of substance abuse. Furthermore, it distinguishes substance abuse within three various spheres; globally, in Africa and nationally. Lastly this chapter takes a gander at

the most commonly abused substances, paying attention to the causes, effects and risk factors that may occur.

Chapter 3 discussed the theoretical framework that was considered suitable for this research study. The Theory of Planned Behaviour and The Social Learning Theory were used as a guide on which to assemble and support this study. Additionally, it gave the structure to describe how the researcher philosophically, epistemologically, methodologically approach the thesis as a whole. The theoretical framework aided the research to set up and provide clear explanation of phenomenon and its associated relationships.

Chapter 4 discussed the research methods and approaches that were employed when embarking on the journey to discover the perceptions of students on substance abuse at the University of Kwa Zulu-Natal campus residences. The basis behind the selection of these methods and approaches were specified. The strategies that were employed for data collection, as well as the reasons for using such strategies were explained. The research methodology and design that were selected for this study were significant for the purpose of the research in the sense that data that were collected were able to address the research questions of the study. The researcher was able to acquire a deeper understanding of the participants' experiences and perceptions of substance abuse among the students of the University of Kwa Zulu-Natal.

In chapter 5, the raw data were presented, interpreted, analysed using thematic analysis and discussed with emerging themes. The themes were formed and discussed using principal questions that engage the topic of the research. By so doing, the perception of substance abuse was adequately investigated. Findings also revealed that there still exists a long way to go in terms of attempting to eradicate issues that relate or contribute to the occurrence of substance abuse not only in South African communities but also in the whole of sub-Saharan Africa. The chapter ended by providing the discussion that compared the current results with previous literature and the applicability of the theories to the findings.

### **6.3 Summary of findings and Conclusions**

This section provides summary of findings and conclusions following research questions

Research question 1: **What are the perceptions of UKZN students on substance abuse?**

## **Findings**

The findings revealed that the frequent abuse of substances such as codeine, alcohol and marijuana among the UKZN students and the youth. These findings also revealed that the substance use among the youths has now been normalised.

## **Conclusion**

In general, therefore it seems that students perceive codeine to be the most abused substance. Based on the participants' narratives, the abuse of drugs such as marijuana has been normalised and sometimes justified by the users.

Research question 2: **What are the risk factors of substance abuse among the university students?**

## **Findings**

The study revealed that peer pressure, depression, socialisation and 'enjoyment' increase the risks of substance abuse among students. However, peer pressure and socialisation feature prominently as risk factors. The students feel pressure to conform to certain group behaviour based on the peers they hang out with.

## **Conclusion**

Taken together, these results suggest a cocktail of risk factors making the students and youths susceptible to the abuse of drugs. Although some risk factors stand out more than the others, they are essentially a combination of 'pushes' that lead to more substance use.

Research question 3: **What effects does substance abuse have among the university students?**

## **Findings**

The study revealed that the negative effects of substance abuse result in risk factors based on the argument of the participants chosen for the study. It was found that students who abuse substances have difficulties

in retaining their emotions and feelings as they tend to be aggressive, most especially the males. There is also an increased risk of sexual behaviour due to substance abuse.

## **Conclusion**

The evidence from this study revealed that the effects of substance abuse among university students are increasing in terms of the health care hazards, sexual behaviour, academic decadence and crimes that stemmed from the illicit abuse of substances.

Research question 4: **What are the generally perceived causes of substance abuse (that are already in existing literature, studies and communities) and how are they applicable to the university students?**

## **Findings**

The study revealed that the already existing perceptions of substance abuse do apply to university students but not all. However, the perceptions and opinions are similar and do differ to a certain extent in literature. It was also revealed that the opinions and perceived causes of substance abuse may be the same, but the level may not be the same.

## **Conclusion**

Generally, the perceptions of university students and the reasons for abusing of substances proved to be similar but the context behind the reason was in fact different, when compared to those of the world at large.

## **6.4 Recommendations**

Based on the conclusions of this study, the following recommendations can be made

**Counselling** – Students should utilize the opportunity of the school’s psychologists and psychiatrists for counselling. The youth have a problem of talking to their parents and guardians but these professionals will not judge but will seek to find a way forward for them and out of substances. These are trained professionals, so they know how to respond to youth problems and resolve their problems through a theoretical application.

**Parental support** – The youth are getting out of hand and they need to go back home. The youth should let go of the fear of being scared of their parents and guardians because at the end of the day, parents and families will always want the best for their children. They will always find a way to help them out and get them back on the right track. It is also advised that parents speak to their children more often about substances, their advantages and disadvantages, most especially the Black African parents who still have difficulties in talking about their feeling and opening up to their children about life and its experiences. The youth should not have a problem with talking to the parents as they should always be their first option when they are in trouble, rather than substances.

**Know your limit** – The youths should use substances responsibly by trying to lower the amount of substance consumption. For example, instead of drinking a whole 6 packs within a day, try and drink 2 per day.

**Tighten security at residences** – Universities must reinforce their security apparatuses to prevent unlawful and illegal entry into the university premises, including its academic arena and all halls of residence.

**Creating awareness programmes** – Awareness programmes for students about substance abuse should be encouraged. More especially, programmes for first-year students in order for them to be aware of the environment they are entering into. They need to be exposed and be briefed about the adverse effects substance abuse.

**Intervention from school management** – There should be intervention programmes from the school management to follow up all activities related to substance abuse or any misdemeanours that may be harmful to the progress of the university, as well as its enabling and peaceful environment.

**Stop involving alcohol in everything** – Student leadership will come up with an initiative that will put an end to alcohol consumption on the university campuses. All student activities that may involve alcohol consumption may be prohibited among students.

**Find a hobby** – Getting involved in activities that will keep you busy would be of great relief from thinking evils. Going to the gym, finding a study group that will always keep you busy with studying, as well as going to church regularly instead of drinking. All these activities will keep you away from any sort of irregularities.

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14 June 2018

Ms Hlengiwe Prisca Gasca (SN 214565202)  
School of Applied Human Sciences  
College of Humanities  
Howard College Campus  
UKZN  
Email:

Dear Ms Gasca

**RE: PERMISSION TO CONDUCT RESEARCH**

Gatekeeper's permission is hereby granted for you to conduct research at the University of KwaZulu-Natal (UKZN), towards your postgraduate studies, provided Ethical clearance has been obtained. We note the title of your research project is:

*"Perceptions of University of KwaZulu-Natal students on substance abuse amongst the youth in South Africa."*

It is noted that you will be constituting your sample by conducting interviews and/or focus group discussions with on-campus residence students on the Howard College and Westville Campuses.

Please ensure that the following appears on your notice/questionnaire:

- Ethical clearance number;
- Research title and details of the research, the researcher and the supervisor;
- Consent form is attached to the notice/questionnaire and to be signed by user before he/she fills in questionnaire;
- gatekeepers approval by the Registrar.

You are not authorized to contact staff and students using 'Microsoft Outlook' address book. Identity numbers and email addresses of individuals are not a matter of public record and are protected according to Section 14 of the South African Constitution, as well as the Protection of Public Information Act. For the release of such information over to yourself for research purposes, the University of KwaZulu-Natal will need express consent from the relevant data subjects. Data collected must be treated with due confidentiality and anonymity.

Yours sincerely

**MR S<sup>r</sup> MOKOENA  
REGISTRAR**

**Office of the Registrar**

Postal Address: Private Bag X54001, Durban, South Africa

Telephone: +27 (0) 31 260 8005/2206 Facsimile: +27 (0) 31 260 7824/2204 Email:

Website:

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100 YEARS OF ACADEMIC EXCELLENCE

Edgewood

Howard College

Medical School

Pietermaritzburg

Westville



11 September 2018

Ms Hlengiwe Prisca Gasca 214565202  
School of Applied Human Sciences  
Howard College Campus

Dear Ms Gasca

Protocol reference number: HSS/0672/018M

Project title: Perceptions of University of KwaZulu-Natal students on substance abuse amongst the youth in South Africa

**Full Approval – Expedited Application**

In response to your application received 27 June 2018, the Humanities & Social Sciences Research Ethics Committee has considered the abovementioned application and the protocol has been granted **FULL APPROVAL**.

Any alteration/s to the approved research protocol i.e. Questionnaire/Interview Schedule, Informed Consent Form, Title of the Project, Location of the Study, Research Approach and Methods must be reviewed and approved through the amendment /modification prior to its implementation. In case you have further queries, please quote the above reference number.

**PLEASE NOTE:** Research data should be securely stored in the discipline/department for a period of 5 years.

The ethical clearance certificate is only valid for a period of 3 years from the date of issue. Thereafter Recertification must be applied for on an annual basis.

I take this opportunity of wishing you everything of the best with your study.

Yours faithfully

.....  
Professor Shenuka Singh (Chair)  
Humanities & Social Sciences Research Ethics Committee

/pm

cc Supervisor: Dr Sazelo Mkhize  
cc Academic Leader Research: Prof Jean Steyn  
cc School Administrator: Ms Ayanda Ntuli

Humanities & Social Sciences Research Ethics Committee

Professor Shenuka Singh (Chair)

Westville Campus, Govan Mbeki Building

Postal Address: Private Bag X54001, Durban 4000

Telephone: +27 (0) 31 260 3587/8350/4557 Facsimile: +27 (0) 31 260 4609 Email: /

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100 YEARS OF ACADEMIC EXCELLENCE

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Westville

## Participant Informed Consent Form

University of KwaZulu-Natal

School of Applied Human Sciences

Discipline of Criminology and Forensic Studies

Glenwood

Durban, 4001

Dear student

I am Hlengiwe Gasas, a registered master's student in the School of Applied Human Sciences in the Discipline of Criminology and Forensic Studies. My student number is 214565202, and I am doing my master's research project with the project title of: **Perceptions of University of KwaZulu-Natal students on substance abuse amongst the youth in South Africa.**

The aim of the study is to explore the perceptions of substance abuse amongst university students in the University of KwaZulu-Natal students. It also seeks to understand the prevalence and risks that substance abuse has within university students. Further it will seek to get the general opinion and existing perceptions of substance abuse amongst university students and if they differ from the already existing literature.

Permission to conduct the study among UKZN students was obtained from the Registrar, and Ethical Clearance for the study was obtained from the Humanities and Social Sciences Research Ethics Committee of UKZN. I kindly request your participation in the study through focus group discussions and individual interviews. Limited research has been conducted among university students about their views and opinions regarding substance abuse, therefore your participation in the study will contribute to the body of knowledge in this regard.

The following aspects are very important for you to know:

- Participation in this study is voluntary and you will not suffer negative consequences for declining to participate or withdraw from the study.
- Your identity will remain anonymous and information provided is confidential.
- The information obtained will only be used for research purposes and will be reported in a research report and will be published using anonymous data. When referring to specific quotations pseudo names will be used.

- You may, for your interest receive a copy of the final research report through Dr Sazelo in the discipline of Criminology and Forensic Studies.
- No monetary benefits will be obtained for participating in the study.

The Focus Group discussion is envisaged to last about 60 to 90 minutes. I kindly request your *permission to audio tape the interview.*

Should you require any further clarification regarding this study, please feel free to contact my supervisor. The contact details are below.

**Supervisor**

Dr Sazelo Mkhize Telephone: 031 260 1773. Email: [mkhizes1@ukzn.zc.za](mailto:mkhizes1@ukzn.zc.za)

Thank you for considering participating. Please sign the consent form on the next page should you be willing to participate in the study.

Regards

H. Gasa (214565202)

.....

# **PARTICIPATION IN THE SUBSTANCE ABUSE RESEARCH PROJECT 2018**

## **Participants Formalisation of Consent.**

I ..... (Full names of the participant) hereby confirm that I understand the contents of this document and the nature of the research project, and I consent to participate in the research project.

**I understand and agree to the following:**

- **Participation is voluntary and that I may withdraw my participation at any time without suffering any negative consequences.**
- **The information I provide will be anonymous and confidential.**
- **To treat the information shared with strict confidence.**
- **Information obtained will be for research purposes only and reported on in a research report that I will access from the supervisor.**
- **No monetary or other benefits will result from participating in the research.**
- **The data will be kept in the Discipline of Criminology for a period of 5 years and there after destroyed.**
- **I may approach the supervisor or the HSSR Ethics Committee if I have any questions or concerns relating to the project.**

**I give permission for the interview to be audio taped**

Yes  No

**Signature of applicant**

**Date**

.....

.....

# Master's Thesis

*by* Hlengiwe Gasas

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**Submission date:** 13-Dec-2018 10:43AM (UTC+0200)

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# Master's Thesis

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