

Influence of Drug Use on Academic Performance among Secondary School Students in Matinyani District, Kenya

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Abstract- Drug use has become prevalent today than any other time in Kenya. Youths are using drugs which modify their mental, emotional and behavioral functioning. In learning institutions, drug use may make students to have poor concentration in class, high rate of absenteeism and failure in exams leading to poor academic performance. The purpose of this study therefore was to investigate the influence of drug use on academic performance among secondary school students in Matinyani district. Descriptive survey was used in this study. Fourteen public secondary schools were involved with population of 1701 students. Purposive sampling was used in the sample selection to select 5 schools which included a girls' boarding, a boys' boarding school, a mixed day school, a mixed boarding school and a mixed day and a boarding school. A sample size of 269 was used. The data was collected by use of a Core Alcohol and Drug Survey Questionnaire. Validity and reliability of the study instrument was established through a pilot study. A correlation coefficient alpha of 0.7408 was obtained. According to, Fraenkel and Wallen (2002) a reliability coefficient of 0.7 or more implies high degree of reliability. Data was analyzed by use of descriptive statistics with the aid of Statistical Package for Social Science (SPSS). Percentages, tables, and frequencies were used in presenting and summarizing the findings. The study established that drug use is common among secondary school students in Matinyani District. This leads to poor academic performance and increase in indiscipline cases among students.

Index Terms- Matinyani District, drug Use, Academic Performance, Indiscipline Cases, Secondary schools, Students.

I. INTRODUCTION

There is growing concern world wide today over growing number of youth using drugs that the law does not permit or prohibit. The existence and extent of drug use has been identified as one of the greatest problem in learning institutions. This affects various aspects of learning such as student's discipline and interest in learning hence affecting academic performance. Drugs are chemical substances that modify mental, emotional and behavioral functioning, APA (2000).

According to, the World Drug report (2005) the use of illicit drugs has increased throughout the recent years. The report further states that a major World trend is the increasing availability of many kinds of drugs. A report released by United Nations Drugs Control Programme (2004) 4.8% of the global population consume drugs, but the worrying fact is that according to, United Nations Drugs Control Programme

executive director (2004) those hooked are the youth. In China it was reported that drug use is going up while the age of new users is going down. A survey in the Czech Republic showed that 37% of new drug users were teenagers between 15- 18 years old. Drug use in particular heroine is becoming a serious problem in Egypt where around 6% of sampled secondary school students admitted to have experimented with drugs. In Pakistan it was reported that the share of those who started using heroine at 15-20 years has doubled. Africa's role in global drug supply chain is increasing. Already the continent is second largest region for cannabis production, trafficking and consumption accounting for 26% of global Seizures of this drug in 2001, UNODC (2004).

In Kenya today drug use has become prevalent than at any other times, NACADA (2010). Majority of the users are students in secondary schools, tertiary colleges and universities. According to, NACADA (2010) the use of the drugs has spread at a fast rate and reached every part of the country. Use of drugs can be traced back to pre-colonial days when alcohol and other drugs were used and consumed as part of traditions of the communities. The communities had virtues and values that strictly guided the use of drugs. Generally consumption of alcohol, tobacco and other drugs was a privilege of the elders, more often than not male elders. The actual existence of drug use as a social problem was rare because of strong social structures. The low levels or non existence of drug use was sustained as a result of strong kinship ties that ran through different social institutions. Traditions and taboos were upheld to discourage the misuse of drugs.

One of the most common consequences of drug use is keeping up with academic responsibilities. According to, National Institute on Alcohol and Alcoholism (2005) in United State of America about 25% of students experience difficulty in academics due to drug use. Such difficulties include earning low grades, doing poorly on test, missing class and falling behind in academic performance. Even students who don't use drugs may suffer academically as a result of their peers taking drugs. The so called secondary effects of drugs include taking care of friends on drugs and being victims of assault which can affect school work of students who don't use drug. These consequences can have dramatic end results. School administration report that significant number of students who drop out of school do so because drugs interfere with their academics. Drug use undermine academic mission of schools, colleges and universities. Drug use and its effect on students performance can lead to a decline in the overall academic performance of a school as a result schools may face declining retention rates and poor reputation. Schools with reputation of 'drug use' may attract students who engage in high-risk behaviors and may discourage

prospective students who are looking for an academically vigorous institution.

One of the top schools in Kitui County, Eastern Province, of Kenya, is today a shadow of its former self. The school is now infamous for poor academic performance. According to the Principal of the institution, the declining academic performance of the school can be attributed to rampant drug use among students. In Matinyani District where rains are inconsistent and unreliable, education is a major investment that determines the livelihood of many people. Many parents have realized this and hence invest heavily on education of their children. Therefore, examination serves as feed back to the parents on their success or failure of this investment. The dismal performance of students in the K.C.S.E in Matinyani District has caused a lot of public outcry among education stakeholders of the District. The District performance has been below average. It is speculated that academic performance of the student is affected when they start using drugs which may affect academic performance. Therefore this study sought to investigate influence of drug use on academic performance among secondary school students in Matinyani District.

Statement of the Problem

Academic performance in Matinyani District has been dismal as indicated by table 1. There has been heated debate from officials and public cycles trying to establish the root cause of the persistent poor academic performance. It is of great concern to note that for the last 3 years Matinyani District has taken to University less than 20% of the students enrolled for K.C.S.E examination. Matinyani District if left in such a situation it would remain behind in matters of development and the school leavers in the district would not favorably compete for lucrative job opportunities. It is speculated that students academic performance becomes affected when they start using drugs which have negative effects on academic performance such as missing class, failure in exams, negative attitude to school and waves of school unrest. Therefore this study sought to investigate influence of drug use on academic performance among secondary school students in Matinyani District.

Purpose of the study

The purpose of the study was to investigate the influence of drug use on academic performance among secondary school students in Matinyani District.

Objectives of the Study

The study was guided by the following objectives:-

- i. To identify the influences of drug use on academic performance among secondary school students Matinyani District.
- ii. To establish whether drug use affect student discipline and interest in learning among secondary school students in Matinyani District.

Research Questions

- i. What are influences of drug use on student's academic performance among secondary school students in Matinyani District?

- ii. What are influences of drug use on students discipline and interest in learning among secondary school students in Matinyani District?

Significance of the Study

The findings may help the Ministry of Education and school administrators in the development of strategies for students' behaviour management in schools. Students may be helped by the findings of the study by being made aware of effects of drug use on academic performance and hence be more cautious and instead concentrate on studies. The study findings might help curriculum developers in formulating and inco-operating psycho-education programs in secondary schools. The findings may also be useful to schools management to come up with drug policies and put in place suggested counseling interventions.

Scope of the Study

The study was conducted at Matinyani District, Kitui County. The study involved public secondary schools students. Form three and four students were targeted. This was because they have been in the schools for a longer period of time hence they had knowledge on drug use. The focus was on the influence of drug use on academic performance among secondary school students.

Limitations of the Study

Students may not give genuine information because of fear. This is because drug use is illegal and therefore students may fear being victimized. The other notable limitation was the generalization of the anticipated findings of the study since the study involved purposive sampling which would not allow results to be generalized to all schools, both private and public.

Assumptions of the Study

The study was guided by the following assumptions:

- i. Drug use was perceived to have negative consequences on student academic performance in Matinyani District.
- ii. Students would give honest responses and not socially accepted responses.
- iii. Only willing students participated in the study.

II. LITERATURE REVIEW

Introduction

The literature will review influence of the drug use on academic performance, discipline and student's interest in learning and other factors that influence academic performance. A theoretical and conceptual frame work that relates drug use to academic performance will also be discussed.

Influence of Drug Use on Student's Academic Performance

Good academic performance calls for a healthy mind and body. It is important therefore that the brain be in good working condition all the time. Drugs especially addictive ones affect the brain and nervous system as a whole. Drugs make the dopamine system to be inhibited. Dopamine leads to reduced attention, alertness and learning, Razmy, Lang and Shapiro, (2004). A

permanent effect in learning abilities of the user is common for those who start using drugs at adolescent stage. Use of drugs causes some areas of the brain not to develop properly leading to learning disabilities. Continued use of drugs leads to loss of memory and judgment. Drinkers remember 10% less of what they have studied than the others. According to, Holister (1971) Bhang interferes with learning by impairing thinking, reading, and comprehension, verbal and Mathematic skills. It also leads to shrinking of the brain and permanent loss of information and knowledge (in most regions in Kenya where there is high use of bhang very poor academic performance is evident), NACADA (2003). Drugs lead to failure to do assignments due to laziness, low productivity, and inability to work effectively which lower student academic performance. Many drug users are forgetful and can hardly concentrate; it can also lead to loss of short term memory. When drug users take exams their performance is average or below average because they do not remember what they have learned when they were drunk. According to, Wechsler (1995) drug use contributes to students missing class, failing in test and dropping out of school due to poor grades. Drug use may impair memory by slowing down the coordination of information and may reduce student's ability to remember information that was learned prior to using drugs. A study carried out by, Oteyo and Kariuki (2009) indicate gross impairment and decline in academic performance as a result of drug use. Drugs reduce number of hours spend studying ,Wechsler (1995) was of the opinion that poor academic performance among secondary school students has several indicators such as students failing in test , being absent in class ,dropping out of school and poor grades . Oteyo and Kariuki (2009) reported that prevalence of drug use has caused the concern that the student may not reach full potential and may use drug later in life .Students who use drugs are likely to perform poorly.

Influence of Drug Use on Students Discipline

According to, Kerochio (1994) many people have tried drugs sometimes in their lives. He further asserts that the society becomes alarmed when a persons' use of drugs results in impairment of occupational or social functioning. The user becomes a threat to other members of society and engages in criminal activities. Hartmatz (1973) discovered that drugs tend to make users to have erratic mood swings, anxious and impulsive. They lead to poor social adjustment on part of the user characterized by situational hostility. A survey by the International Commission for the Prevention of Alcoholism and Drug Dependence carried out in Kenya schools between 1977 and 1978 revealed that 23.3% of the students took alcohol while 26% smoked bhang, Malulu (2004). Use of drugs leads to discipline problems which make students to lose a lot of learning time during punishment or under suspensions. Students who use drugs are more likely to engage in delinquent behaviors such as fighting and stealing. According to, Ngesu, Ndiku and Masesi (2008) students who use drugs have unexplained mood swing, behave negatively, they are argumentive, confused, destructive, anxious over reactive to criticism, act rebellious and doesn't seem happy.

Influence of Drug Use on Students Interest in Learning

Drug users have decreased interest in class work and negative attitude which make them drop out of school before accomplishing their studies, Leadership (2004). Drug users have decreased interest in completion of task, decreased ability to perform task that require a lot of concentration and paying attention which interfere with learning, Leadership (2004). They are unmotivated, apathetic without goals or objectives and without wish to succeed in anything, Melgosa (1997). Students on drugs arrive to school late and lack energy.

Theoretical Frame Work.

The study was based on two theories: reality therapy and social cognitive theory both theories' focus is on action and subsequent consequences.

Reality Therapy.

Reality therapy rests on the central idea that we choose our behaviour and we are therefore responsible not only for what we are doing but also for how we think and feel. The approach place confidence in the client's ability to deal with his/her needs through a realistic or rational process. From a reality therapy standpoint, counseling is simply a special kind of training that attempt to teach an individual what he/she should have learned during normal growth in a rather short period of time. According to, Glasser (1981) reality therapy is applicable to individuals with behavioral and emotional problems. Reality therapy works well with alcohol and drug related problems. It has been widely used in schools, correctional institutions, mental hospitals, general hospitals and business management. It focuses on the person and on getting people to understand that they choose essentially all their actions in an attempt to fulfill their basic needs. When they are unable to do this, they suffer or cause others to suffer. The therapist's task is to guide the individual towards better or more responsible choices that are always available getting a commitment to plan for change. The goals of reality therapy emphasizes on meeting needs by taking control over choices in life. The clients are helped in assessing their total behaviors and their needs and developing ways to meet them. Reality therapy has been used as treatment of drug use. The implication of this theory is that drug users can be trained to make responsible decisions and recognize responsible choices. They can learn to observe the out come of good choices and consequences of poor choices. They can thus be helped to acquire critical thinking skills that help them consider and understand long term consequences .The theory is used because it focuses on present avoiding discussing on the past. It also focuses on what counselee can directly act and think and spent less time on what they cannot do directly. It is non-judgmental and non-coercive it encourages people to judge their choices.it is solution based theory

Social Cognitive Theory

The theory agrees with the idea that drug use represents a learned habit and can be changed by applying learning theory principles. Social cognitive theory deals with cognitive and emotional aspects of behavior. It describes learning in terms of behavioral, environmental and personal factors, Bandura (1997). Social cognitive theory explains how people acquire and maintain certain behaviour patterns, Bandura (1997). Behavior

change depends on factors such as environment, personal and behavioral factors which are responsible for human action. According to, Bandura 2001 social cognitive theory asserted that an individual’s behavior is uniquely determined by three factors, namely, cognitive, environment and personal factors. The theory emphasizes that one’s cognitive the mind is an active force that constructs one’s reality and what we are like as people, Bandura (2001). Environmental factors can affect an individual behaviour. This can either be social or physical environment. Social environment may include modeling from friends, family or colleagues. A person may model from these people who use drugs. A physical environment may provide framework for understanding behaviors, Parraga (1990). A person may observe others and learn their behaviors and reinforce the behavior, for example, the use of drugs. This situation may refer to cognitive or mental representation of the environment that may affect person’s behaviour. For example, in an environment (school) where no one will ask (a student) where or what they are doing (behaviour) at any particular time drugs can then be used without any one asking them. Personal factors mean that humans have the capacity to exercise control over their own lives. Bandura (2001) believes that people are self regulating, proactive, self-reflective, self organizing and have power to influence their own

actions to produce desired consequences. This applies to drug use where an individual can use their cognitive processes as a point of reference to either use drug or face the consequences and thus self-direction or self regulation. Behaviour that is learned through social cognitive learning can be eliminated such as drug use through acquiring new functional behavior.

Social cognitive theory is an insight theory that emphasizes recognizing and changing negative thoughts and maladaptive beliefs, Beck (1987) and this implies to drug users. They can be assisted not to set back on personal inadequacies and draw negative conclusions about their worth as a person. The theory was used because it assumes that secondary school students who are in their adolescent stage acquire believes about drug use from role models, friends and parents. From this perspective the theory can be used to provide students with positive role models and teach them refusal skills.

Conceptual Frame Work

The study was guided by the assumption that drug use by secondary school students has direct influence on academic performance. Drug use negatively affects a student’s academic performance as shown in figure below.

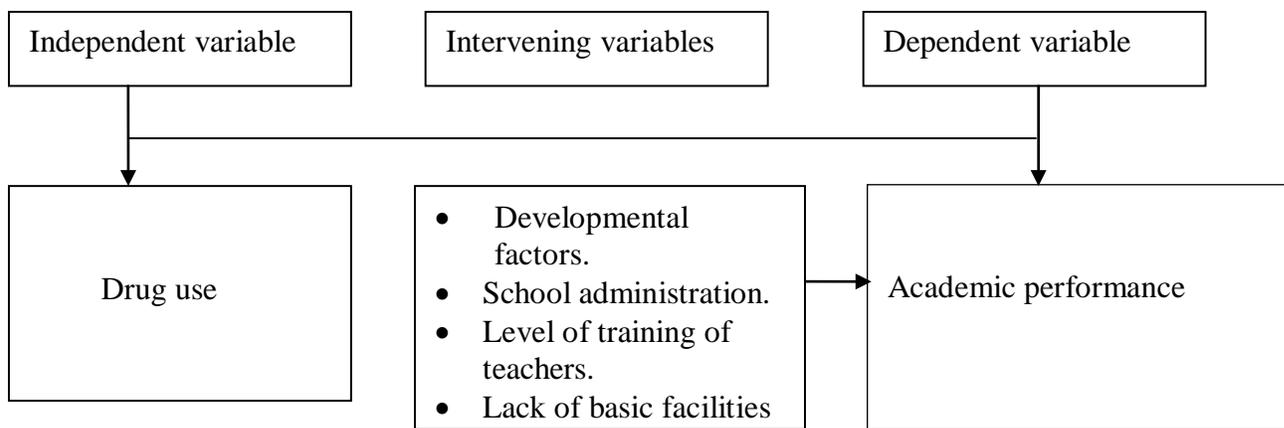


Figure 1: Relationship between drug use and academic performance

Figure 1 tries to accentuate how drug use influence academic performance among secondary school students .Poor academic performance is likely to occur when drug use less to performance ,behavioral and physical problems. Some intervening factors such as developmental factors, school administration, level of training of the teachers and lack of basic facilities may lead to poor academic performance .If student is using drugs it may lead to excessive absenteeism, lower grades in school suspension ,failure to do assignment ,impaired capacity to reason and even dropping out of school.

Drug makes the students to have negative attitude to learning, failure to do assignments and impaired capacity to reason hence influencing academic performance. Drug also interferes with students discipline leading to loss of learning time doing punishment or under suspension. Drug leads to decreased interest in learning, students are unmotivated without goals or objectives and without wish to succeed in anything. Students on

drug arrive to school late and they lack energy hence influencing academic performance.

III. RESEARCH METHODOLOGY

Research Design

The research was a descriptive survey adopting *ex-post facto* research design.

Population of the Study

All the 1701 students in 14 public secondary schools in Matinyani District.

Sampling Procedure and Sample Size.

Purposive sampling was used in selecting 5 schools out of 14 schools from the schools based on sample size. Simple random sampling was used to select 269 students.

Data Collection Method

Data was collected using the Core Alcohol and Drug Survey questionnaires.

Data Analysis

The data was analyzed using descriptive statistics with the aid of statistical package for social science (SPSS) version 17.0 for windows. Percentages tables were used in presenting and summarizing the findings.

IV. RESEARCH FINDINGS AND DISCUSSIONS

Influence of Drug Use on Academic Performance

The first study objective sought to identify the influence of drug use on academic performance among secondary school students in Matinyani District. Table 1 shows students' responses on effects of drugs towards academic performance.

Table 1:
Influence of Drug Use on Academic Performance

Effects of drug use	Frequency	Percent
Poor academic performance	258	95.9
High rate of absenteeism	252	93.7
School drop out	210	78.1
Lack of concentration in classroom	209	77.7
Cheating in exam	201	74.4
Had a memory loss	192	71.4
Failure to complete assignments	167	62.1

As shown in Table 1, majority of the students reported that drug use led to; poor academic performance (95.9%), high rate of absenteeism (93.7%) and school drop out (78.1%). Drug use also led to lack of concentration in classroom (77.7%), cheating in exams (74.4%) and loss of memory (71.4%). This shows that students were aware of the negative impacts of drug use towards academic performance despite some of them using them. Use of drugs causes some areas of the brain not to develop properly leading to learning disabilities. Use of drugs also leads to loss of memory and judgment. Drinkers remember 10% less of what they have studied than the others. According to, Holister (1971) Bhang interferes with learning by impairing thinking, reading, and comprehension, verbal and Mathematic skills. It also leads to shrinking of the brain and permanent loss of information and

knowledge. Additionally, drugs lead to failure to do assignments due to laziness, low productivity, and inability to work effectively which lower student academic performance.

According to, World Drug Report (2000) drug abuse led to social problems such as poor school attendance, poor school performance and early drop-out.

Effects of Drug Use towards Students Discipline and Interest in Learning

The second objectives of the study was to establish whether drug use affect student discipline and interest in learning among secondary school students in Matinyani District. Presented in Table 2 are some of the consequences of drug use.

Table 2:
Influence of Drug Use on Students Discipline and Interest in Learning

Effects of drug use	Frequency	Percent
Disobedience to teachers	266	98.9
Bullying in schools	245	91.1
Noise making	243	90.3
Inciting others to defy teachers	231	85.9
Sneaking out of school	222	82.5
Breaking school rules and regulations	217	80.7
Lack of interest in school work	215	79.9
Fighting with other students	214	79.6
Stealing of school properties	192	71.4
Truancy	189	70.2
Destruction of school properties	180	66.9

As indicated in Table 2, majority of the students' reported that drug use leads to disobedience to teachers (98.9%), bullying in schools (91.1%), noisemaking (90.3%), inciting others to defy teachers (85.9%), sneaking out of school (82.5%) and breaking school rules and regulations (80.7%). Other consequences of drug use were: lack of interest in school work, fighting with

other students, stealing of school properties, truancy and destruction of school properties.

Drug and alcohol use is one of the most challenging issues in schools. This is because drug and alcohol use is linked with school unrests, destruction of property, and lack of interest in school work and schools dropouts. According to, Kerochio

(1994) the society becomes alarmed when a persons' use of drugs results in impairment of occupational or social functioning. The user becomes a threat to other members of society and engages in criminal activities. Hartmatz (1973) discovered that drugs tend to make users to have erratic mood swings, anxious and impulsive. They lead to poor social adjustment on part of the user characterized by situational hostility. According to, World Drug Report (2002) drug use lead to individual factors such as low self-esteem, poor self-control, inadequate social coping skills, sensational seeking, depression, anxiety and stressful life event.

V. CONCLUSIONS AND RECOMEDATION

From the findings of the study, it can be concluded that drug use is common among secondary school students in Matinyani District.

1. Drug use influenced students' academic performance leading to poor academic performance
2. Drug use further influenced students discipline and lead to increased indiscipline cases among students.

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