

Influence of Alcohol and substance use on the psychosocial wellbeing among of the adolescents and the young people. A Cse of Eldoret Town and its environs: Uasin Gishu County, Kenya.

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Abstract:

Background: Globally, drug and substance abuse is a socio-economic menace that is posing immeasurable threat to the lives of individuals and socio-economic development. World Health Organization (WHO) confirms that alcohol use and misuse accounts for 3.3 million deaths annually. Kenya tops the list of east African countries with Uganda following closely in alcohol consumption rates respectively. Further, it has been noted that the majority of the consumers are in urban settings. There is adequate literature on factors influencing drug use among the youth but not much is available on the influence of substance and drug on the psychosocial wellbeing among the adolescents and the youth yet they contribute immensely in socio-economic development of any given nation thus need for the current study.

Method: The study adopted an explanatory survey design and a mixed method approach since it combined both quantitative and qualitative methods. A sample size of 387 adolescents and 295 youth were stratified sampled from the three social status categories.

Results and recommendations: Study findings indicated that psychosocial wellbeing exhibited a significantly positive relationship with substance and drug abuse ($r=0.654$, $p<0.05$). Therefore, it can be concluded that substance and drug abuse plays a significant role in determining psychosocial wellbeing of the adolescents and the youth. That the higher percentage of male youngsters engagement in substance and drug use can be attributed to social tolerance from the society. The study recommends that the government enforce law with stringent penalties on illegal drugs business. That sale of alcohol and drugs to people below 18 years is illegal and attracts hefty fines and long jail terms. Further, the need for frequent awareness programmes on the detrimental short and long term effects of substance and alcohol use. Services like guidance and counseling and rehabilitation programmes are essential in curbing the menace.

Key words: substance, drugs and psychosocial wellbeing

I. BACKGROUND

In the pharmaceutical industry, a drug is any chemical substance which is given to people in order to treat or prevent an illness or disease. Pharmaceutically a drug is also called a medicine which refers to a chemical substance used to treat, cure, prevent, or diagnose a disease or to promote well-being. However, in the context of this study it refers to any substance that causes a change in an organism's physiology or psychology when consumed with no medical prescription or function. On the other hand, substance abuse refers to the hazardous use of psychoactive substances including alcohol and illicit drugs (WHO, 2018). Globally, drug and substance abuse is a socio-economic menace that is posing immeasurable threat to the lives of individuals, societies and national securities in many countries. The unfortunate part in all these is that children seem to be the new targeted market for drugs and substance worldwide (National Authority for the Campaign Against Alcohol and Drug Abuse, 2016). Inveterate drunkenness as a disease appears to be rooted in antiquity. In fact, the Roman philosopher, Seneca, classified it as a form of insanity. As a result, the term *alcoholism*, appeared first in the classical essay "Alcoholismus Chronicus" (1849) by the Swedish physician Magnus Huss. Conversely, the phrase *chronic alcoholism* rapidly became a medical term for the condition of habitual inebriety, and the bearer of the "disease" was called an *alcoholic* or *alcoholist*. Alcoholism refers to excessive and repetitive drinking of alcoholic beverages to the extent that the victim or individual is repeatedly experiences self harm or harms others. The harm may be: physical, mental, social, legal or economic. Since the use of alcohol is usually considered to be compulsive and under markedly diminished voluntary control, alcoholism is considered by a majority of clinicians as an addiction and a disease (<https://www.britannica.com/topic/alcoholic-beverage>). This implies that at this stage then the victim requires medical attention. Alcoholic beverage include any

fermented liquor, such as wine, beer, or distilled spirits, that contains ethyl alcohol, or ethanol as an intoxicating agent.

According to World Health Organization (WHO, 2014), alcohol use and misuse accounts for 3.3 million deaths every year, or 6 percent of all deaths worldwide. It is confirmed that excessive alcohol use is the third leading cause of death in the United States thus accounting for 88,000 deaths per year (Centers for Disease Control and Prevention, 2014). Further, in the United States of America (USA) the rate of substance is rising among those aged 18 to 25 years, with many of them being new users. In connection to this, globally, the magnitude of alcohol consumption varies geographically. The highest quantities of recorded alcohol use are reported in high-income countries as the unrecorded type is consumed in low income nations (WHO, 2014). Regionally, Southern African countries (Namibia and South Africa) are top in alcohol consumption list when compared to their neighboring countries. In East African countries, Kenya (31.7%) top the list with Uganda following closely at (28.6%) in alcohol consumption rates respectively. Further, it has been noted that higher proportions of the consumers are in urban than rural settings (Takahashi, Wilunda, Magutah, et al.2017).

1.1 Statement of the Problem

Kenya is top on the list of alcohol and substance consumption compared to the rest of the East African countries. This implies that a majority of young people indulge in this vice for all manner of reasons. The reasons may include: availability of alcohol and drugs, peer pressure, social media influence, dysfunctional families resulting to development of loose moral values, stress related reasons and unemployment to enumerate but a few not only in Eldoret town, Uasin Gishu County but in most parts of the country. The repercussions of alcohol and drug misuse may have are far reaching. These may range from individual physical and mental health risks, morbidity, and mortality hence loss of lives if the vice is left unchecked. Therefore, the importance of psychosocial wellbeing among the young people cannot be underrated given that they are naturally the pillars of socio-economic development across nations globally, Kenya being among them. Crucially, psychosocial wellbeing plays a pivotal role in determining an individual's: physical, moral and emotional developments which are all critical in the socio-economic development at personal and national levels. Good health is a sum of all aspects of health psychosocial wellbeing one among them. As a result, this study seeks to establish impact of alcohol and drugs accessibility and intake on the psychosocial wellbeing which is an essential component of the total wellbeing among the young people in Eldoret Town and its environs given that there is scanty information on the same.

II. LITERATURE REVIEW

A Global perspective of Physical and Psychosocial effects of alcohol and drugs Abuse

Alcohol and substance use or abuse is becoming global psychosocial menace cutting across all populations and thus cannot be ignored. The harmful use of alcohol is characterized by, economic, social, psychological and physical consequences on the victim, their family, and the entire society. Globally, a total population of about 275 million people have used a psychoactive substance which include alcohol, drugs and tobacco at least once in 2016 (United Nations, 2018).

Conversely, the rate of substance has been among ages 18 to 25 years in the United States of America (USA) with many of them being new users (McCance-Katz, 2017). In addition, the most used substances in America by those aged 18 to 25 years include: alcohol, cannabis, and opioids (European Monitoring Centre for Drugs, 2019). McCance-Katz (2017) noted that in this age group, 2.6 million use of marijuana daily, while 3.4 million (10%) had alcohol use disorders. In Europe an estimated 19.1 million young adults (aged 15–34) used substances in 2018 where males used substances twice as much as females with cannabis being the most used substance (Kassa,Taddesse & Yilma,2014). Studies conducted in African countries including Ethiopia, Nigeria, Uganda, and South Africa have established that the prevalence of alcohol and substance use ranged between 27.5% and 62% among college students (World Drug Report, 2018). This raises a lot of concern given that drugs not only harms but also kills. To the extent that the growth of any serious economy largely depends on the contributions made to it by its young people, indulgence in alcohol and substance use among the young is likely to impact negatively on the economic to the respective nations both at personal and national levels.

The prevalence of alcohol and substance use has continued to rise globally, more so among youth and the young people. For instance, in Europe an estimated 19.1 million young adults (aged 15–34) used substances in 2018 (European Monitoring Centre for Drugs 2019). These Statistics show a consistency of alcohol and substance use across countries. The European Union members countries which are twenty eight (28) number plus Norway and Turkey have a higher number of young people aged 15-24 years who use 'ecstasy' drugs than those aged 45-54 years. The trend is no better in the United states of America. Research has established that there is lifetime use of substances such as cannabis, opiod painkillers, tranquillizers and inhalants among those aged 50-54 years as well those aged 18-25years. On the contrary, the young people are reportedly said to use ecstasy drugs just like their counterparts in Europe.

2.1 Causes and reasons for taking alcohol and drugs among young people.

Adolescence is period where an individual undergoes a myriad of developmental changes both physical and

psychological. These changes may cause a lot of problems both social and economical to the adolescent and the young adult. As a result, it has been observed that some young people (12-17 years), is a period increased susceptibility for initiation of illegal drugs use Further, studies shows that the transition periods from one life activities to another are high predisposing factors for youths to experiment with drug and substance use as well as risky behaviours. Globally, students aged between 18 to 25 years are at the transition point from high school education to college education (Fromme, Corbin & Kruse, 2008). The mentioned transition is likely to lead to an increased risk for substance use initiation among this age group. In Kenya this risk is exacerbated by the long waiting period students take to gain admission into the universities and colleges. Consequently, during this waiting period, idleness may lead the youngsters to start experimenting with alcohol and substance use in addition to behaviours which they may carry with them to the university. Also, for many students joining the university and colleges come with packages or experiences of new freedom from parental and teacher supervision. Additionally, contrary to secondary experience, they become responsible for larger sums of money than ever before in their lives (Ayalew, Ta fere & Asmare, 2018). The combination of these factors increases the susceptibility of these students to harmful peer influence which may lead to alcohol and substance use initiation (Ayalew et al.2018). These are but some of the causes of alcohol and drug abuse among youngsters. Other causes include peer influence, ease of accessibility to the same, poverty among others.

2.2 Impact of alcohol and drugs on economic development, health and mental health

Governments have repeatedly pledged to work together to address the many challenges posed by the by the world drug problem, as part of commitments to achieve the Sustainable Development Goals (UNODC, 2020). However, it seems that these attempts have not yielded much fruits over time. Available data indicate that around 269 million people used drugs in 2018, up 30 percent from 2009 with adolescents and young people taking the lead among the users. Furthermore, there are more drugs and more types of drugs than ever before. This scenario is replicated in Uasin Gishu county where at the top of the list of health issues affecting the adolescents and the youth is alcohol, drug and substance use (DSA), STIs, sexual and gender based violence and teenage pregnancies in that order (National Council for Population Development, 2015). There are many factors individually or collectively causing the youngsters to engage themselves in this vise. They include: peer influence, ease of accessibility, idleness, parental negligence and poverty among others. The harmful effects of alcohol and drug misuse are far reaching and range from accidents and injuries to disease and death, as well as consequences for family, friends, and the larger society. Economic costs attributed to excessive alcohol consumption are considerable. For, instance, in the United States alone, the costs of excessive alcohol use were estimated

at \$223.5 billion in 2006, or \$746 per person (Bouchery et al. 2011). Much of these costs result from a loss in workplace productivity as well as health care expenses, criminal justice involvement, and motor vehicle crashes (Rehm et al. 2009). Other consequences of drugs and substance abuse may range from school dropout, teenage pregnancies, STIs and HIV & AIDs resulting to stigmatization not underrating the mental disorders as well as alcohol dependence that are likely to be experienced by the victims.

2.3 Theoretical Perceptive

The study employed Social Learning theory (Bandura,1973) which addresses the importance of social-psychological process such as observation and imitation as key principles in the learning process. The theory posit that a person’s attitudes about the effect and desirability of substance use and abuse come from a variety of sources. Accordingly, whether the substance comes to be defined by an individual as desirable or justified depends a great deal on the behavior of those whom the individual values and most commonly interacts with. Although, the groups responsible for reinforcement (both positive and negative) and punishment about drug use include external family members, neighbors, religious figures and mass media, it is the parents and peers that have the most pronounced effect in this regard. This implies that some people are more important and influential to the adolescents and the youth than others. Adolescence is a critical period of life course in which associations and experiences with others can lead to initiation of substance use and abuse through observation and mimicry (Hawkins, 1990).

III. RESEARCH METHODOLOGY

The study was conducted in Eldoret town and its environs in Uasin Gishu County which is located in the North Rift region of Kenya. The county seemed suitable for the study because it has been undergoing a rapid economic development since independence. In turn, it has attracted many people from all over the country hence causing rapid population growth with a total population of 1,163,186 according to 2019 Population and Housing Census results (Kenya National Bureau of Statistics, 2019). Out of this, there were 278,791 primary and secondary school going adolescents between 10 - 19 years.

Table 3.1 present the population in Uasin Gishu County, Kenya.

Table 3.1 The population development of Uasin Gishu County

| Name | Status | Population Census 1979-08-24 | Population Census 1989-08-24 | Population Census 1999-08-24 | Population Census 2009-08-24 | Population Census 2019-08-24 |
|-------------|--------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| Uasin Gishu | County | 300,766 | 445,530 | 622,705 | 894,179 | 1,163,186 |

Change: +2.67%/year [2009 → 2019]

Source: Population and Housing Census Results 2019

The data indicate a rapid population growth in Uasin Gishu county. These can be attributed to the developed infrastructure in terms of road networks and a railway line with 8 railway

stations. In addition, there is an inland container depot. The Eldoret International Airport and an airstrip are also located in the county making it the region's service hub. These infrastructure have facilitated three main economic activities in the County namely mixed farming (food crops and livestock for domestic and commercial purposes, poultry farming and formal or casual employment. In addition, the county's education facilities are well developed with public universities namely, Moi University and University of Eldoret. It also has campuses of Jomo Kenyatta University of Agriculture and Technology, Kisii University, Laikipia University among others. There are also several private universities campuses like: Catholic University of East and Central Africa, Mt. Kenya University Bugema University in Uganda, East African University-Baraton, Nazerine university and so on. The county is also host to a National Polytechnic, a Technical Training Institute and several private commercial colleges. In terms of basic education, there are 576 ECD centers, 622 primary schools and 207 secondary schools. Given that the County has only 207 secondary schools, with Eldoret East district having (56), Eldoret West district (87) and Wareng district (64) secondary schools (Ministry of Education, 2013). However, there is need for more investment will be required in the education sector to cater for the projected increase in student population. Also, the county is hosting a cosmopolitan population as several communities. There are several industries and firms within its town centre and the outskirts (Uasin Gishu County Integrated Development Plan 2013-2018; <https://www.uasingishu.go.ke/education/>).

3.2 Research Paradigm and Design

The study adopted an explanatory survey design and a mixed method approach since it combined both quantitative and qualitative methods to investigate the influence of alcohol and drugs on the psychosocial wellbeing of the adolescents and the young people. The approach helped the researcher answer questions that could not have been answered using only quantitative or qualitative methods alone. The research design deemed appropriate because it allowed use of probability sampling which in turn minimized biasness and enhanced reliability of the data that was collected (Hair, Black, Babin & Anderson, 2006)

3.3 Target Population

The study targeted all adolescents and the youth aged between 10-25 years old in the county totaling up to 278,791 (Kenya National Bureau of Statistics, 2019). Being an explanatory survey study, a large sample was desired as a sample of 500 and above is always considered the best (Hair, et al., 2006). Adolescents and the youth were targeted since they were the ones who had just been mentioned as being at the top of list among the alcohol and drug user in the entire population. Furthermore, they are likely to suffer the dire consequences of alcohol and drug abuse both at individual and community level. The consequences can be so dire that no government

can risk losing this productive group of people towards its economic growth

3.5 Sample Size and Sampling Procedure

Various sampling techniques were utilized by study. These were employed for the various target population groups as follows: Adolescents and the youth. The study used Krejcie and Morgan (1970) table to determine the sample size. As a result, 387 adolescents and 295 youth were selected respectively. Stratified random sampling was used to select participants from the three social status categories. Namely: high, middle and low economic status. The study obtained a representative sample from the three economic statuses using stratified simple random sampling. Stratified sampling method was useful in this research because it gave a blend of randomization and categorization, thereby enabling both qualitative and quantitative method of data collection to be employed in this study. Moreover, the grouping of the population into relevant strata meant that the samples were more representative as it ensured that each of the strata was represented proportionally within the sample (Saunders et al., 2003).

3.6 Research Instruments

Data was collected from the adolescents and the youth using Alcohol, Smoking and Substance Involvement Screen Test (ASSIST v3.1) questionnaire and focus group discussions. Reliability and validity of these instruments were tested by the researcher reviewing literature in areas relevant to the study as well as seeking experts' approval of the instruments. In addition, a pilot study with at least 10% of the study sample in a similar targeted population groups in Nandi County was carried out to pre-test the reliability of the instruments. According to Saunders et al. (2003) questionnaire works best with standardized questions where all respondents interpreted the same way. Further, they enabled the research to examine and explain relationships between variables which cannot be directly investigated such as views, perceptions and feeling. This is especially important when cause and effect relationships are of interest to the study. In developing the sets of questionnaire, clarity, content relevance, reliability, validity, simplicity and avoidance of threatening items were considered. Likert type of questions were adapted and constructed based on the research variables. Thereafter, the sets of questionnaire were administered by drop and pick method by visiting households and learning institutions for respondents to fill on request while those who not fill instantly, they were given two days upon which follow-up through telephone calls were made so as to remind them, Scholars advocate for a multi-method approach on data collection to enrich the data (Saunders et al., 2003). In view of this, the study also employed focus group interview among parents to explore their opinions and attitudes with regard to long school holiday. Focused group discussion and participant observation were used in the gathering of the data which allowed the study to bridge the gap that exist when one relies only on published accounts (Saunders et al., 2003).

IV. DATA ANALYSIS AND PRESENTATION

To determine the influence of alcohol and drugs on the psychosocial wellbeing among the adolescents and the youth or young people, the collected data was analyzed and findings represented based on the objective of the study. First, the questionnaire data was cross-examined and coded to allow entry into the computer using Statistical Programme for Social Sciences (SPSS 20.0) package. To ensure uniformity in coding, a master codebook was designed. The obtained descriptive statistics such minimum, maximum, means, frequencies, standard deviations and correlation were computed by invoking the relevant commands at prompt and tabulating for analysis of data. The computed statistics allowed for the description of data in numerical terms as well as reduction and summary data.

4.1 Adolescents and Youth Demographics

From the prepared and issued 387 adolescents' questionnaire, 328 copies were filled and returned thus translating to 85% response rate while 231 youth questionnaire were filled and returned from a total of 285 copies issued translating to 81% response. The high response rates can be attributed to participant's willingness to support the study aimed at resolving the alcohol and drugs problems affecting this vulnerable group of youngsters. Further, it can be attributed to the structured nature of the questionnaire hence easy to fill in by simply ticking the preferred options by the respondents. Table 1 present frequency and percent of adolescents.

Table 1. Adolescents Demographic

| Sex | Frequency | Percent | Valid Percent | Cumulative Percent |
|--------|-----------|---------|---------------|--------------------|
| MALE | 188 | 57.4 | 57.4 | 57.4 |
| FEMALE | 140 | 42.6 | 42.6 | 100.0 |
| Total | 328 | 100.0 | 100.0 | |

Source: Survey Data (2021)

The findings indicate that male adolescents are more (188) than their female counterparts (140) in the study. The findings further indicated that males had a higher percentage of (57.4%) compared to their female counterparts of (42.6%) respondents. The higher percentage male students (58.6%), can be attributed to the fact there were more male than female students in Uasin Gishu county (County Government of Uasin Gishu, 2019). These findings are in line with UNSCO (2017) findings that boys are more likely to report that they have ever been drunk in most countries, but sometimes only marginally. In other countries (e.g. Uruguay and France), girls are as likely as boys to report having been drunk. Also, globally, on average, about one in four 13–15year olds report having used alcohol during the last 12 months – twice as many as used tobacco (UNESCO, 2017). Table 2 present data on the youth demographic.

Table 2. Youth Demographic

| Sex | Frequency | Percent | Valid Percent | Cumulative Percent |
|--------|-----------|---------|---------------|--------------------|
| MALE | 135 | 58.3 | 58.3 | 58.3 |
| FEMALE | 96 | 41.7 | 41.7 | 100.0 |
| Total | 231 | 100.0 | 100.0 | |

Source: Survey Data (2021)

The indications of these findings were that more male youth (135) participated in the study than their female counterparts (96). The findings further indicated that male had a higher percentage of (58.3%) compared to their female counterparts of (41.7%) respondents. The higher percentage male youth (58.3%), can be attributed to the fact there were more male than female who participated in the study. Furthermore, the higher percentage of males use of substances could be associated with their tendencies to use in all categories of substances as compared to their female counterparts who are socially restricted to some and not all substances. These results are similar to those from other parts of the world in which male youth have been found to have higher rates of substance use than their female counterparts. This trend may be have been as a result of societies that are more tolerant of substance use among men as opposed to women (Francis et al., 2015; Kassa et al., 2014). Table 3 present Pearson correlation between substance use and psychosocial wellbeing.

Table 4. Correlations between psychosocial wellbeing and abuse substance and drugs

| | |
|--|------------------|
| Psychosocial wellbeing Pearson correlation | 1 |
| Substance and drug abuse Sig. (2-tailed) | .654** 1 .000 |
| **. Correlation is significant at the 0.05 level (2-tailed). Sig. (2-tailed).000, NB: N=559 | |

Source: Survey Data (2021)

Pearson's product moment correlation coefficient was tested in order to check the actual strength of the relationship between variables. Correlation Analysis indicates a significant relationship between substance and drug abuse and the substance and drug abuse. The results indicated a positive significance between alcohol and substance abuse and the psychosocial wellbeing. Correlation results presented in Table above indicate that substance and drug abuse have a substantive and significant relationship on substance and drug abuse. Psychosocial wellbeing exhibited a significantly positive relationship with substance and drug abuse influence ($r=0.654$, $p<0.05$). Therefore, it can be concluded that substance and drug abuse plays a significant role in determining psychosocial wellbeing of the adolescents and the youth.

The quotations presented here were specifically selected to illustrate themes that emerged from the qualitative data and these themes were, in turn, identified on the basis of their

recurrence in the data. All participant are referred to using their individual 'P' identifiers (e.g.P2).

P3: As we joined high school, it was totally a new environment with different life style all together. This transition periods came with a bit of new freedom from close monitoring by our teachers given that the population here (secondary school) is larger compared to that of my former primary school. Further, students want to experiment with many things substance and drugs being some of them. As a matter of fact, all my friends use drugs and substances and when I have no money to buy for myself, they are more than will to sponsor me buy the same.

P5: When I was to join campus there was a lot of free time. The waiting period was so long almost a year. That long waiting period to gain admission into the universities meant idleness at home which I blame for leading me into alcohol and substance use and certain behaviors which they may not be morally acceptable by my parents. Furthermore, on joining college, I experienced a new freedom from parental and teacher supervision. Additionally, I become responsible for larger sums of money than ever before in my life. All these combined may be the reasons why today I can't imagine life without alcohol and cigarette.

These findings suggest why some adolescents and youth got initiated into taking drugs and substance. Probably with guide lines from the Ministry of Education concerning substance and drugs use among students, teachers as well as parents close monitoring of children and students respectively at all levels of education, then the worrying trends of drugs and substance can be reversed among our youngsters.

V. DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

The study findings indicate that male adolescents are more (188) which translate to (57.4%) and male youth (135) which is (58.3%) participated in the study. This implies that more male participants took part in the study compared to than their female counterparts (140; 42.6%) adolescent girls in the study. Further, there was a higher percentage of male youth (58.3%) compared to (41.7%) female youth who participated in the study. These findings are in line with UNSCO (2017) findings that boys are more likely to report that they have ever been drunk in most countries, but sometimes only marginally. The higher percentage of male youngsters engagement in substance and drug use can be attributed to social tolerance which males enjoy on issues substance and drugs. This implies that community will go silent for male who drinks alcohol or use drugs but raise eye brows on a female who does the same. This trend is in line with (Francis et al., 2015; Kassa et al., 2014) who observed that societies are more tolerant of substance use among men as opposed to women. Furthermore, the higher percentage of males use of substances could be associated with their tendencies to use in all categories of

substances as compared to their female counterparts who are socially restricted to some and not all substances.

Pearson correlation results ($r=0.654$, $p<0.05$) between substance and drug use and psychosocial wellbeing exhibited a significantly positive relationship. Therefore, it can be concluded that substance and drug abuse plays a significant role in determining psychosocial wellbeing of the adolescents and the youth. This is a worrying trend given that their contribution in the national economic development may be at stake. The young in any given society is an asset whose contribution to the socio-economic development is of great importance. For instance in Kenya, the youth are the majority compared to the rest of the age groups. This means that their workplace productivity is key to the socio-economic development of the nation and the globe at large. The high prevalence of substance and drug use have been confirmed by studies carried out in different Kenyan universities and established a range of 20% to 68% (Ndegwa et al., 2017; Atwoli et al., 2011). This indicate a high prevalence of substance and drug use yet this population is depended upon to joining the labour market soon. Conversely, substance and drug use intoxicate hence negatively affecting and alters human brain function as was as physical activities. As a matter of fact, the human brain is the most complex organ in the body which is needed for an individual daily function. For example, one would need it for good academic outcomes as a student, to drive a vehicle, to enjoy a meal, to create an artistic masterpiece and for all the other daily activities. In sum, the brain regulates our body's basic functions which include ability to interpret and respond to experiences in our environment. The brain is also responsible for shaping thoughts, emotions and behavior. Therefore, substance and drug use alters important brain areas that are necessary for cognitive and physical functioning resulting to life-sustaining functions. Frequent substance and drug use may eventually lead to addiction which will in turn lead to a mental.

Conclusion

The results of the study indicated a strong positive significance between substance and drug abuse and the psychosocial wellbeing Therefore, the study concludes that there is a high prevalence of substance and drug use which negatively affects the psychosocial wellbeing of the adolescents and the young people in Eldoret Town and its environs in Uasin Gishu County, Kenya.

Recommendations

The study recommends that the government through the concerned ministry should put stringent penalties on people found running illegal drugs business. In fact sell of alcohol and drugs to people below 18 years should be banned and labeled a serious a criminal activity that attract hefty fines and long jail terms. In addition, institutional administrators, stake holders in collaboration with parents need to embrace frequent substance and drugs use awareness programmes through guidance and counseling departments in their respective institutions. There is also need to put in place mechanism that

will help detect substance and drug at its early stages at home, in secondary schools and higher institutions of learning through use of tests and diagnosis by experts. This will help curb the manace before it advances to addiction stage. For instance, close parental monitoring and supervision of children while at home, routine impromptu checks on students' dormitories and hostels. Active guidance and counseling departments which will investigate entry behavior of each learner and take data on the same as well as organize for talks and workshops on effects of substances and drugs on one's life. The department will also use posters that discourage substance and drug use which encourage.

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