

CHAPTER FOUR: Evidence from Chinhoyi University of Technology Students in Zimbabwe

The outcomes on additional strategies on the prevention and control of drugs and substance abuse among Chinhoyi University of Technology students in Zimbabwe are presented in this chapter. The following research objectives, which were established in Chapter 1, led the research: To determine the predisposing factors of drugs and substance abuse among Chinhoyi University of Technology students in Zimbabwe; to describe how Chinhoyi University of Technology students in Zimbabwe are affected by drugs and substance abuse; to determine why there is continued drug and substance abuse among Chinhoyi University of Technology students, despite the strategies being implemented; to explore the additional strategies that can be used to educate Chinhoyi University of Technology students on the prevention and control of drug and substance abuse in Zimbabwe and to explore the additional strategies for educating Chinhoyi University of Technology Students on the prevention and control of drug and substance abuse. The purpose of the study was to explore the prevention and control of drugs and substance abuse among Chinhoyi University of Technology Methods of Qualitative. Data Analysis were used to provide qualitative data. Data was presented using themes that were generated from the respondent's responses. The research's findings are shown below.

A total of 55 interviews were conducted. The researcher was successful in speaking with each of the 55 interviewees, yielding a response rate of 66.7%. The response rates were sufficient to enable the collection of sufficient data to enable data analysis. According to Resnik (2015), a

response rate of 50% is sufficient to generalise the beliefs and attitudes of the target audience and the study's subject.

The study established that 80% of the respondents were males while 20% were females. The results show that there are more males than females at CUT. This shows that males are still dominating in the learning institutions despite the campaigns to have 50-50 equal opportunities. Gender plays an indispensable role in research mainly because feminine views may be different from masculine views.

The results are similar to the findings of Osier (2016) who also found out that males are dominating work places in the 21st century despite the global campaign for equal rights. Osier argued that the gender balance will not be attained as women are finding it difficult to work in the workplaces where they are expected to be making shifts with men. Results show that most of the respondents fall in the 18-25 age range as indicated by 45% representation, followed by 26-30 with 20% representation, 31-35 with 18% representation, followed by 36-40 with 10%, followed by 41-45 with 7% representation. This shows that all the age ranges were covered with most of the respondents being young adults. This shows that the results can be relied upon since the young adults who were targeted by the research were covered and they represented the greater percentage of the respondents. Moreover, the higher representation of the young adults will give a very good picture into what is really happening and why are drugs being consumed at such rate. The age demography was all represented hence the perspective of all the age ranges was yielded.

The results show that all the respondents had university education. This shows that the respondents had high qualifications, hence they understood the importance of the research hence their responses can be relied upon.

Research has found out that 70% of the respondents were university students, while 20% were professional workers, with 6% being skilled workers and lastly 4% were unskilled workers. This shows that the research covered all occupations across the university and their views on drug and substance abuse by university students were covered.

Research has established that the monthly income that was recorded in this study was above USD \$34.47. The incomes were found to be varying depending of the qualifications of the respondents. The highest recorded income was found to be USD \$775.61. The results show that the level of income influences drug and substance abuse by the students.

Research found out that most of the respondents have parents as their source of income as indicated by 78% of the respondents, followed by siblings as indicated by 12% of the respondents, followed by 8% who indicated that they are funded by the relatives and lastly 2% who indicated that they are on donor funding. This shows that most of the respondents are being supported by their families. This indicated that the drug and substance abuse is not influenced by the source of funding, but by other factors presented below.

Research found out that 98% of the respondents are living off campus while only 2% live on campus. This shows that most of the students are preferring to live off campus. This can have an impact on drug and substance abuse because of little to no control as they are leaving independently unlike the on-campus residents.

Research found out that 92% of the students live alone, followed by 5% who live with their relatives and lastly 3% who live with their siblings. This shows that the students have freedom to do drugs because of little to no monitoring.

Research found out that most of the respondents (87%) are going for the newly formed Pentecostal churches, followed by 7% who are from the Roman Catholic Church, followed by 4% from the Salvation Army and 2% Muslims. This shows that all the respondents are going for church. This shows that churches are not having an influence on drug and substance abuse by the students.

This section presents the findings based on the objectives that were guiding this research:

Research has established that the main predisposal of drugs and substance abuse is peer pressure and misinformation from the fellow students and the general community. The other causes of drug abuse that were highlighted by the respondents were anxiety, others being overzealous of the freedom that the students will first get as young adults. Some of the responses are presented below:

—Most of the students start to take drugs and substances due to peer pressure and misinformation those results from the friends and the community they are living in. (Participant 1).

—There is a belief that the use of drugs will help in the students having a long working hour especially during the night. This will result in some students taking in drugs to stay awake during the night with the hope of studying which will end up affecting them negatively. (Participant 2).

—The main cause of drug and substance abuse is peer pressure. Most of those who take drugs are as a result of peer pressure from friends and the community. As young adults who find pseudo freedom tend to be easily lured into taking in drugs (Participant 3).

The outcomes are similar to (Matunhu & Matunhu, 2018), who highlighted that peer pressure is a predisposing factor to drugs and substance abuse.

—Students are involved in drug and substance abuse because they have the initial freedom that they were lacking when they were at home. The initial freedom and exposure that they have will mislead them to taking drugs

hence the increase number of students taking drugs and abusing substances.
(Participant 4).

According to Bachman *et al.* (2013), too much freedom can lead to drugs and substance abuse among university students.

Counselling was found to be a useful strategy that can be used to educate university students to not take drugs and substances. Research established that some of the approach that can be used by the university to prevent and control substance abuse is through the use of awareness campaigns such as road shows and counselling and rehabilitation. This is supported by Boudier (2013) that awareness campaigns can assist the students to learn about the negative effects of drugs and substance abuse. The research has established that some of the strategies that can be used to educate students from the use of drugs and substances is a combination of many factors. Respondents have indicated that some of these strategies includes health education, music gaolers, youth friendly centres for information dissemination and providing information and providing entertainment. Respondents have indicated the need for the provision of health and social care to drug abusers. Respondents have indicated that there is need for the university authorities to put in place checks and balances in place to ban students on campus that are found to be intoxicated. Research also found out that there is need for the responsible authorities to put in place penalties for those that sell drugs and the ones that takes them. This will include a long jail term hence this can discourage the use of drugs. Some of the responses are provided below:

—The university authorities need to put in place checks that can ban students who are found to be drug and intoxicated from the campus premises. This will discourage the students from taking drugs. (Participant 1).

—The law tends to be weaker to deter a drug abuse. There is much leniency by the authorities to those that are involved in drug business and the drug abusers. (Participant 2).

Research established that peer pressure is the main cause of continued drug and substance abuse among university students in Zimbabwe despite the strategies that are being implemented. Financial difficulties and its related stress were also found to be another major cause of drug and substance abuse amongst university students. Research also found out that the other cause of continued drug abuse is because of the poor control measures by the responsible authorities. The respondents have indicated that there are poor control strategies that are being used by the responsible authorities to curb the use of drugs. Some of the responses are presented below:

—Generally, there are poor control mechanisms for both drug sellers and the drug users. The control mechanisms that are being used are very poor hence the fight to control the use of drugs will not yield any positive results (Participant 1).

—The fight for the use of drugs is poor hence the continued use of drugs by the students. The level of corruption by the law enforcement authorities is high hence any efforts to control will not yield positive results (Participant 2).

—The living conditions are still very poor hence the students will continue to take drugs as a way to relieve themselves from the related stress. It has been noted that some of the lead cause of drug and substance abuse is because the living standards are generally poor hence the pressure to be equal with other students will result in them taking drugs and substances to escape from the such stress (Participant 3).

The findings are similar to Ruisoto and Contador (2019), who also found that students will also continue to abuse drugs and substances despite the strategies being implemented.

Research found out that there were other unique strategies that were provided by the respondents that were not currently being used to try and manage the drug and substance. Some these were the use of music concerts, isolating the drug addicts to the rehab centres and inviting those that were battling with drug abuse to share their testimony. Research also found out that there is need for the formation of an

organisation or drug task force that can oversee the fight for drug and substance abuse in the country. Some of the responses are presented below:

—There is need for the formation of an organisation or a task force that can oversee the fight for drug and substance abuse in country. This can help in formulating strategies that can be implemented to oversee the handling of drug addicts to rehabs and the criminal apprehension of the drug dealers|| (Participant 1).

—There is need for isolating the drug addicts into rehab centres where they are being deprived of drugs and go on a phase where they are allowed to recover from the drugs and receiving counselling in the process|| (Participant 2).

On a different note, according to Handrianto *et al.* (2020) and Degenhardt *et al.* (2018), found that active communication and high quality education were found to be appropriate on the prevention and control of drug and substance for educating university students.

Results show that most of the respondents fall in the 18-25 age range as indicated by 45% representation, followed by 26-30 with 20% representation, 31-35 with 18% representation, followed by 36-40 with 10%, followed by 41-45 with 7% representation. This shows that all the age ranges were covered with most of the respondents being young adults. Research found out that 98% of the respondents are living off campus while only 2% live on campus. This shows that most of the students prefer to live off campus. This can have an impact on drug and substance abuse because of little to no control as they are leaving independently unlike the on-campus residents. Research has established that the main predisposal of drugs and substance abuse is peer pressure and misinformation from the fellow students and the general community. Counselling and awareness campaigns were found to be a useful strategy that can be used to educate university students not to take drugs and substances. Research also found out that the other cause of continued drug abuse is because of the poor control measures by the responsible authorities. Research found out

that there were other unique strategies that were provided by the respondents that were not currently being used to try and manage the drugs and substances. Some these were the use of music concerts, isolating the drug addicts to the rehab centres and inviting those that were battling with drug abuse to share their testimony.

This chapter presented the findings on the additional strategies on the prevention and control of drugs and substance abuse among Chinhoyi University of Technology students in Zimbabwe. Research has found out that the main causes of drug and substance abuse by the students in universities is peer pressure from the fellow students and income related stresses. It has been noted that the general freedom that they get away from home will lead to drug and substance abuse because they will not be having a good monitoring away from their parents.