

CHAPTER FIVE: Morphing the Way Ahead Forward

This chapter presents the conclusion and recommendations from the research. The conclusions of this study are based on the findings of this study that are presented on the previous chapter. The conclusions are also backed by some findings from other studies that are reviewed in Chapter Two.

The first research question solicited information on predisposing factors of drugs and substance abuse among Chinhoyi University of Technology students in Zimbabwe.

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.

The second research question was on strategies that are currently employed to curb drugs and substance abuse among Chinhoyi University of Technology in Zimbabwe. Counselling was found to be a useful strategy that can be used to educate university students not to take drugs and substances. Research established that some of the approaches that can be used by the university to prevent and control drug and substance abuse is using awareness campaigns such as road shows and counselling and rehabilitation. The research 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 indicated that some of these strategies include health

education, youth friendly centres for information dissemination and providing information.

The third research question was on the reasons for continued drug and substance abuse among university students despite the strategies being implemented. Research established that peer pressure is the main cause of continued drugs and substance abuse among university students in Zimbabwe despite the strategies that are being implemented. Financial difficulties and related stress were found to be another major cause of drugs and substance abuse amongst university students. Research also found out that the other causes of continued drug abuse are because of the poor control measures by the responsible authorities. The respondents indicated that there are poor control strategies that are used by the responsible authorities to curb the use of drugs.

The fourth and last research question delved into additional strategies for educating Chinhoyi University of Technology students on the prevention and control of drugs and substance abuse. 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 substance abuse. Some were the use of music concerts, isolating the drug addicts to the rehabilitation 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 drugs and substance abuse in the country. Respondents indicated the need for the provision of health and social care to drug abusers. Respondents indicated that there is need for the university authorities to put in place checks and balances 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.

The results showed that peer pressure, too much freedom and stress were found to be the predisposing factors of drugs and substance abuse. Counselling, rehabilitation services and awareness campaigns were found to be unique strategies that were being used to educate Chinhoyi University of Technology students on the prevention and control of drugs and substance abuse. Isolating the drug abusers, testimonies of those who are battling with drugs and substance abuse and music concerts can be used as additional strategies on the prevention and control of drugs and substance abuse.

The research has recommended the following based on the research findings:

- The university should design a security division that deals with drug and substance abuse in the campus and isolate those taking drugs and inform their parents and guardians and taking other necessary measures.
- Research also recommends that the learning institutions should work hand in hand with the responsible authorities and the police to design robust measures to deal with drug dealers.
- There is need for university authorities to put in place checks that can ban students who are found to be intoxicated from campus premises and off campus university premises. □
There is need for the formation of an organisation or a task force that can oversee the fight against drugs and substance abuse in the country.
- There is need to strengthen life skills and drug refusal techniques among Chinhoyi University students.
- There is need to reduce drug and substance abuse risks and enhance protection.

- The research recommends that future studies should focus on the strategies that can be used by the university to work with other relevant authorities to successfully combat the drugs and substance abuse in learning institutions and the communities.