

**A RESEARCH STUDY ON EXTENT AND CONSEQUENCES OF DRUG
ABUSE AMONG STUDENTS IN KENYA MEDICAL TRAINING
COLLEGE (K.M.T.C. -NAIROBI)**

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ABSTRACT

Drug abuse is defined as an excessive, maladaptive or addictive use of drugs for non-medical purposes despite social, psychological and physical problems that may arise from such use. It is also defined as the persistent or sporadic excessive drug use inconsistent with or unrelated to acceptable medical practice. This study aimed at determining the extent and consequences of drug abuse in Kenya medical training college. The method used in this study was a cross-sectional descriptive survey for students in different departments from a representative sample of 202 students who were randomly picked for the survey. The information collected was in form of questionnaires which were grouped, checked, and cleaned for errors. The data was analysed by use of computer statistical product and service solution (SPSS) version 20 and Microsoft excel 2010. The data was presented in the text using frequency table, pie charts, and graphs. Findings of the study revealed that the highest usage of drugs of abuse was among the second years with 65.08%. This was followed by third years with 62.82% while first years were last with 55%. The most abused drug was alcohol with 67.5% followed by beer with 23% then miraa with 22.2%. The least abused was valium with 1.6% phenobarbitone with 4.8%. Majority of the students (66.4%) who abused drugs said that peer group pressure (friends) lead them to indulgence 24.8% who said it was due to availability. 11.2% said that they were influenced by relatives. 6.4% cited educational stress, family stress and others citing idleness. 34.3 % cited academic performance having been affected by their indulgence in drugs abuse followed by 30.4% who said that drug abuse affected their health. 23.5% said that it affected their relationship with their friends. The researcher concluded that students abuse drugs due to availability of the drugs and peer pressure. Drug abuse affects academic performance of Students. The researcher recommended that the Guidance and Counselling department hold campaigns on drug abuse and create awareness to the students. The college can partner with national drug bodies such as NACADA to hold public talks to the students so as to create awareness. The college can also do further research on where this drug dens are found within the college and order for their closure.