

**AN INVESTIGATION INTO ALCOHOL AND DRUG ABUSE AMONG FEMALE  
TRAINEES IN PUBLIC TEACHER TRAINING COLLEGES IN MERU  
COUNTY, KENYA.**



**KARIMA SUSAN MUTHONI**

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## Abstract

Alcohol and drug abuse among female teacher trainees in public teacher training colleges is on the increase. The researcher's role in this study is to research on the prevalence of alcohol and substance abuse by female teacher trainees. The study will be carried out in two public teacher training colleges in Meru County – Kenya. There has been an escalating trend of alcohol and drug abuse by female teacher trainees in public teacher training colleges according to research done by AED (2008) in two public Teacher Training Colleges namely Shanzu and Garissa. Research revealed that alcohol and drug abuse among students contributed to the high spread of HIV/AIDS. Baseline survey conducted in Egoji Teachers Training College in the year 2011/2013 revealed that 19 female students were detected with pregnancy and 10 of them attested having been under the influence of alcohol and drugs when they engaged in sex. It is assumed that female trainees are aware of alcohol and drug abusing trend, they are also aware of some of the factors that influence the prevalence rate of alcohol and drug abuse among female trainees. Specifically, its objectives were to be to find out how dysfunctional family contributes to alcohol and drug abuse by female trainees, to identify ways through which self esteem contributes to alcohol and drug abuse among female teacher trainees, to establish the extent to which peer influence contributes to alcohol and drug abuse by female teacher trainees, to find out ways through which curiosity contributes to alcohol and drug abuse by female teacher trainees and to establish the extent to which cultural influence contribute to alcohol and drug abuse by female teacher trainees. The research was to be guided by the following questions namely; in what ways can dysfunctional family contribute to alcohol and drug abuse by female teacher trainees?, to what extend does self esteem contribute to alcohol and drug abuse by female teacher trainees?, to what extend does peer pressure contribute to alcohol and drug abuse by female teacher trainees?, In which ways can curiosity contribute to alcohol and drug abuse by female teacher trainees? And to what extend does cultural influence contribute to alcohol and drug abuse by female teacher trainees? The study was guided by psychoanalytic theory of Sigmund Freud and social behavioral theory by Albert Bandura. Data collection tools will be the use of questionnaire for female teacher trainees and an interview schedule for sampled tutors from selected departments. Pilot study will be conducted to check reliability and validity of the tools. Data collected will be analyzed using statistical package for social sciences (SPSS) version 17. Data will be presented using tables, pie charts and graphs. The study recommended topics for further research, findings would help administrators in the colleges in planning for behavior change programs, and psychologists would also benefit from the study and counselors. Research questions were answered and further, the findings would help female trainees who abuse alcohol and drugs.