

**PSYCHOLOGICAL COUNSELLING INTERVENTION PRACTICES ON
DRUG AND SUBSTANCE ABUSE AMONG SECONDARY SCHOOL
STUDENTS IN THIKA DISTRICT, KIAMBU COUNTY- KENYA.**

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ABSTRACT

Drug and substance abuse is becoming an increasingly dangerous trend that is now beginning to be manifested in many adolescents, most of whom are still in high schools. This behavior among secondary school learners is worrying and many methods have been employed to curb this behavior. Among the many methods employed by both education stakeholders in Kenya and the government include strict rules and regulations in schools, which are aimed at reducing the access of learners to drugs. Besides, talks by invited guests on this subject have been evident in a number of schools in Thika District and across the country. However, it is evident that despite the numerous measures that are being employed, the menace still persists and more students are being initiated into the habit of drug abuse. This has become a concern to interested parties in education, among them being psychological counselors, who tend to hold that this problem could be addressed by employment of more counseling sessions with students who are affected. Besides, it is noted that the students begin to take drugs due to different reasons and this is where the counselor comes in to assure the learner that taking on drugs may not be the best option to in an attempt to solve the problem. It is posited in this study that where good counseling is done, and with patience and persistence, this country will succeed in fighting the problem of drug and substance abuse and this calls for holding of hands between and among all the social elements since this is not just a problem in Thika district but is becoming a national problem. Therefore, only concerted efforts will see this nation through this difficult task.