

AN INVESTIGATION ON THE EFFECTS OF KHAT CONSUMPTION AMONG
MUSLIM YOUTH IN RHAMU TOWN, MANDERA COUNTY, KENYA

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ABSTRACT

The study set out to investigate effects of consumption of Khat among the youth in Muslim dominated areas in Rhamu Town in Mandera County. The study had three objectives: to examine the motivation of khat use among the Muslim youth in Rhamu, to determine the effects of consumption of khat among the Muslim youth in Rhamu and to establish the relationship between consumption of khat and youth performance. The use of khat has been reportedly been on the increase due some underlying connotations for instance it is considered to increase energy levels, alertness and confidence, a sense of happiness, better thinking capacity and creativity, facilitation of communication ability, enhanced imaginative ability and the capacity to associate ideas. The study covered the youth of Rhamu town; with findings sourced from the main shopping center, Mosques, Police stations, schools and the market place within Rhamu town. The study applied simple random sampling to select respondents who were considered best placed to provide the required information. The researcher used questionnaires to collect primary data. The study revealed an extensive consumption of khat and equally identified the economic, social and medical effects of consumption of Khat among the youth in the community. Conclusively, the researcher found out that motivation for khat consumption has a positive influence on the increase in consumption and productivity levels of the youth. Data was processed using Statistical Package for Social Scientists (SPSS V.17) to give a deeper insight into the responses from the participants. The findings may well be used to help alleviate the rampant khat consumption among the Muslim youth in Rhamu town.