

**EFFECTS OF DRUG AND SUBSTANCE ABUSE MANAGEMENT  
PRACTICES ON ECONOMIC EMPOWERMENT IN KIAMBU  
COUNTY**

**DANIEL MUSIKO OMUKOKO  
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## **DECLARATION**

### **Declaration by Student**

This research proposal is my original work and has not been presented for a degree award at this university or any other university.

SIGNATURE: ..... DATE: .....

**Daniel Musiko Omukoko**

**C153/CTY/PT/26713/2018**

### **Declaration by Supervisor**

This Research Proposal has been submitted for examination with the approval of the University Supervisor.

SIGNATURE: ..... DATE: .....

**Dr. Jane Njoroge**

**Department of public policy and administration**

**School of Humanities and Social Sciences**

**Kenyatta University.**

## **DEDICATION**

This work is dedicated to my family. Wife Jackline, the Almighty God who has freely granted me the knowledge, and to my beloved and caring family.

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## **ABBREVIATIONS AND ACRONYMS**

<b>ADA:</b>	Adenosine Deaminase
<b>AIDS:</b>	Acquired Immune Deficiency Syndrome
<b>CBO:</b>	Community Based Organization
<b>CC:</b>	County Commissioner
<b>CDC:</b>	Centers for Disease Control and Prevention
<b>CIADP:</b>	County integrated Annual Development plan
<b>DCC:</b>	Deputy County Commissioner
<b>DSA:</b>	Drug and Substance Abuse
<b>FASD:</b>	Fetal alcohol spectrum disorders
<b>GDP:</b>	Gross Domestic Product
<b>HIV:</b>	Human Immunodeficiency Virus
<b>ILO:</b>	International Labor Organization
<b>LVCT:</b>	Liverpool Voluntary Counseling and Testing
<b>MSF:</b>	Medecins sans Frontieres (Doctors without Borders)
<b>MAT:</b>	Mentally Assisted Therapy
<b>NACADA:</b>	National Authority for the Campaign Against Alcohol and Drug Abuse
<b>NACOSTI:</b>	National Council of Science, Technology and Innovation
<b>NIDA:</b>	National Institute on Drug Addiction
<b>NGAO:</b>	National Government Administrative Officer
<b>NGOs:</b>	Non-Governmental Organizations
<b>OCS:</b>	Officer Commanding Station
<b>OECD:</b>	Organization for Economic Cooperation and Development
<b>PWUD:</b>	People who use Drugs
<b>SDA:</b>	Social Development Association

<b>SDG:</b>	Strategic Development Goals
<b>SLT:</b>	Social Learning Theory
<b>SPSS:</b>	Statistical Package for Social Sciences
<b>UNODC:</b>	United Nations Office on Drugs and Crime
<b>SQ.KM:</b>	Square Kilometer
<b>TC:</b>	Therapeutic Community
<b>USA:</b>	United States of America
<b>WHO:</b>	World Health Organization

## OPERATIONAL DEFINITION OF TERMS

- Economic empowerment.** In this study, economic empowerment was measured using indicators such as agricultural productivity, employment, savings, and informal sector (Jua Kali) productivity. Respondents rated their perceptions of these indicators on a Likert scale to determine the extent of empowerment derived from drug and substance abuse management interventions.
- Law enforcement Practices:** Measured through indicators such as sales and consumption regulations and supply & demand reduction measures. The study assessed how law enforcement practices influence the control of drug and substance abuse and their subsequent impact on economic empowerment.
- Prevention program strategies:** Operationalized through three indicators: community mobilization, school-based interventions, and family-based interventions. Respondents indicated the extent to which these strategies were implemented and their perceived effectiveness in reducing substance abuse.
- Therapeutic interventions:** Measured through indicators including mental health, assisted therapy, and rehabilitation counseling. Respondents evaluated the availability, accessibility, and perceived effectiveness of therapeutic interventions in mitigating substance abuse and supporting reintegration into economic activities.

## ABSTRACT

World over, where drugs and substances are known, patterns for their use and abstinence are prescribed. In Kiambu County, various nationally and internationally recognized drug and substance abuse management practices have been put in place. The study aimed to investigate the effects of drug and substance use management practices on economic empowerment in Kiambu County. The following objectives guided the study: to evaluate the effect of drug and substance abuse prevention practices on the economic empowerment of Kiambu County, to establish the effect of drug and substance abuse law enforcement practices on the economic empowerment of Kiambu, and to assess the effect of drug and substance abuse Therapeutic management practices on the economic empowerment of Kiambu. The study was anchored on the self-efficacy Theory, Cohen's Status Frustration Theory, and Rational Emotive Behavior Therapy. A descriptive research design was adopted. The target population for the study was ward administrators, caregivers, police officers, Officer commanding station (OCS) crime, Deputy County Commissioner, and National government administrative officers (NGAO) were sampled using stratified simple random sampling. The Deputy County Commissioner and Officer Commanding Station were deliberately included in the sample. The pilot size was 10% (20) of the population was tested to adjust the instrument's validity and reliability. Cronbach's Alpha coefficient analyzed the internal uniformity reliability of the questionnaire. Validity was tested and had coefficients of above 0.70, hence reliability was confirmed. A total of 200 respondents were targeted, and a sample size of 62 was used to collect data using a structured questionnaire. Ethical considerations of confidentiality and respondents' consent were adhered to. Inferential and descriptive methods were used for quantitative data analysis. Data collected was analyzed using the Statistical Package for Social Sciences (SPSS). Figures and tables were used for presentation. The study adopted a multivariate regression analysis. The study outcome indicated that drug and substance abuse management practices influence 30 per cent of economic empowerment in Kiambu County. Variables outside this model contributed the remaining 70 per cent. The model was, therefore, appropriate for inferential statistics. Economic empowerment increased when a single unit increased prevention program practices, law enforcement practices, and therapeutic interventions practices. In conclusion, the joint effect of prevention program strategies, law enforcement practices, and therapeutic interventions was crucial for the economic empowerment of drug abuse victims. Recommendations included enhancing stakeholder collaboration and communication, including prevention program providers, law enforcement agencies, healthcare professionals, and economic empowerment organizations.

# CHAPTER ONE: INTRODUCTION

## 1.1 Background of the study

Drugs and substances have been part of human history (Maithya, 2009). Some drugs, however, can be taken and not abused, like herbs, bark leaves, which treat diseases. Unfortunately, some drugs that were meant to create a sense of feeling good resulted in dependence on them, hence abuse. According to Frone (2009) and Ritter (2024), a drug is any chemical ingredient of no nutritional value that makes an individual's body function differently. Drugs can be either beneficial or harmful to the body.

Drugs make the body function differently, leading to less productivity in the economy. Nonproductive people may be due to weakness, sickness, or lateness to places of work, lack of concentration to complete tasks. (Roche and Pidd, 2007). The effects of the drugs on the body lead to economic constraints due to lower productivity. Also, there are various effects like loss of human capital due to illnesses or accidents, which are a result of drug abuse (Degenhardt, et.al. 2020). Drug abuse affects an individual's working capacity due to depression, unstable emotions, as well mental health. (ILO, 2015).

### 1.1.1 Economic empowerment

The topic of economic empowerment (Unemployment) in relation to drug abuse has been of importance since the Industrial Revolution Era (Nagelhout, G.E. et al, 2017). A study conducted by the United Nations Office on Drug Control (UNODC, 2017) indicates that the illicit drug trade was worth \$870B. According to the annual global Gross Domestic Product (GDP), this equals 1.5%, equivalent to 1.5%. By any standard, this revenue is much more than some of the world's largest multinational companies make in a year. Such revenue can easily cause instability and insecurity in some parts of the world, thus challenging the economic empowerment of people of such nations.

In the USA, illicit drugs and substances, worth \$65B, are sold every year, while in Brazil, injectable drugs have increased Human Immunodeficiency Virus (HIV)/ Acquired Immuno Deficiency Syndrome (AIDS) prevalence by 48 % (Pucurucu, 2017). The International Narcotic Control Board (2014) report shows that tobacco use contributes to more disease burden than any other psychoactive agent. The number of people who die from tobacco use annually, according to the current trend, is projected to rise from 6 million to 7.5 million annually by 2020.

Jones et al. (2015), using Statistics from the Centre for Disease Control and Prevention (CDC), point that opioids alone were responsible for 33,091 deaths in 2015 in Canada; 21% of all deaths were attributed to tobacco, alcohol and illegal drug use, 25% years lost in life and 19% of hospital visits for Canadians aged 15 years or older (Rehm et al., 2006).

In Africa, Substance abuse has become one of the most serious challenges and threats to the life and well-being of many productive young persons in several parts of the continent (UNODC, 2018; Uwakwe & Gureje, 2011).

In the northwest part of Nigeria, Williams (2016) speculated that over 6 million bottles of codeine were sold and were available daily, despite the government's sanctions on the importation or production, and sale of these commonly abused drugs. In South Africa, the use of illegal drugs is an increasing public health issue. Drug usage climbed from 1.5 per cent (%) in 2002 to 10.0 % in 2017, according to a study by Mutai K. K, Stone J. et.al (2024).

In Kenya, Drug and substance abuse frequencies and related consequences have significantly increased in recent years, attracting huge attention from the government and non-state actors (Kipkemboi, 2013). Despite these efforts to regulate the production and consumption of substances and drugs, many Kenyans from across society have continued to experience the negative effects of alcohol consumption. Kwambai & Kimutai (2017) observed that deaths related to the consumption and abuse of drugs were frightening. For example, illicit drinks

killed the following people in Kenya: 12 in Nairobi's Shauri Moyo Estate in April 2010; 5 in Thindigwa, Kiambu County, in July 2010; 23 in Kibera slums, Nairobi County, in August 2010, and in the same month, 5 in Ngobit, Laikipia County (NACADA, 2011). In November 2010, at Mukuru Kwa Njenga and Mukuru Kaiyaba in Nairobi, illicit drinking resulted in 140 deaths and loss of sight. From the above discussions, it can be observed that drug use correlates with the cost of crime management, lost work productivity, burden of disease, and insecurity.

### **1.1.2. Drug and Substance Management Practices**

Psychoactive substances have been part and parcel of human civilization, such as in entertainment, celebrations, relaxation, medicine, and day-to-day life, such that psychoactive substances are synonymous with human culture. (Csiernik 2016). In fact, when you say “a drink”, it’s likely to be taken to mean an alcoholic drink. World over, where drugs and substances are known, patterns of use and abstinence are prescribed in detail. It has been recognized with time that various management practices regulating production, sales, as well as consumption have been in existence.

Drug and substance abuse is viewed as a medical problem by some management practices that require medical interventions, such as treatment (NIDA, 2020). On the other hand, other management practices reflect the Victorian and prohibition-era notions, which hold that drug and substance abuse is indicative of moral decay and that drug and substance addicts are weak, lack willpower, are deviants, and should pay the price. (Dabaghi et t. Al, 2018). But even as the society endeavors to mitigate the problem, it would appear that society has simultaneously tolerated and even supported the vice as citizens continue to be encouraged through the manufacturing, marketing of some, and advertisements to include a variety of recreational and therapeutic drugs (Goodstadt, 2015).

Overall approaches concerning substance and drug use have changed considerably over the years, with many governments and organizations initiating and running strict substance and drug prevention programs (Wright, 2017).

### **1.1.3. Kiambu County**

In Kiambu County, drug and substance abuse has been one of the major debilitating threats to the economy in the following ways: It has led to a high unemployment rate among the youths, and because of this, there is little or no savings, and consequently, no investment. Also, drug and substance abuse has resulted in poor progression rates in learning institutions, resulting in to increase in dropout rates. This has resulted in deteriorating security and an increase in crime in the area. Youth abandon meaningful economic activities to join criminal gangs.

Kiambu County Annual Development Plan (2016) also points out that the health of people in the county has been affected by drug and substance abuse. People who abuse drugs are predisposed to several diseases, including HIV/AIDS, and suffer more injuries. In this regard, the research seeks to look into the effect of drug and substance use and management practices on the socio-economic empowerment in the County of Kiambu, Kenya.

### **1.2 Statement of the problem**

The number of Non-Governmental Organizations (NGOs), government departments, as well as Community-Based Organizations (CBOs) involved in drug abuse prevention has risen significantly over time (UNODC, 2019). However, there has been no corresponding reduction in drug and substance abuse and the associated negative effects. (Kang'ee, 2015). A very large proportion of these NGOs report engaging in capacity-building, usually in the form of group training classes, specifically targeting the youth in HIV/AIDS prevention, behavioral modification, communication skills, independence, and occupational training are all connected to drug and alcohol misuse. (Lynch F. L. et.al 2020, Appiah R. et.al 2017) With all these management practices in place, some stretching from the colonial period, drug and substance

abuse has been rampant, resulting in severe social, health, and economic problems (Chepkwony, Chelule & Barmao, 2013).

According to the NACADA (2012) report, there has been an increase in alcohol consumption in the country since 2007. The North Eastern region is increasing with 5.4%, Nairobi 3.4%, Western 3.4% while the Rift Valley is with 3.2%. The earliest age of the first-time use of alcoholic beverages has also gone down, ranging from 4- 6 years depending on the region. The most abused drugs are: Alcohol, Tobacco, Miraa, Bhang, and injectable at 3,293,495, 2,240,656, 1,106,830, 269,959, and 18,327 persons affected, respectively (NACADA 2011).

Drug and substance misuse has been the subject of several studies. For instance, Njoki (2014) investigated drug and substance misuse in secondary schools in Kiambu County and found that several variables influence pupils to take drugs, with peer pressure, curiosity, and ignorance serving as the major drivers. Rono (2014) used a few Kenyan public and private colleges to research the effectiveness of drug and substance addiction prevention programs. The study revealed many socio-psychological, economic, and cultural elements that contribute to drug usage.

In a study by Margaret (2019), it was found that the main barriers to both types of interventions were a lack of support from parents and teachers. To reduce marijuana and alcohol consumption among high school students in Kiambu County, the research examined the efficacy of counseling and non-counseling approaches. Ongwae's (2016) inquiry into the reasons for and consequences of drug and alcohol addiction among pupils in Nairobi County's Starehe Sub-County. According to the study's results, peer pressure is a major factor in driving most students to misuse drugs and alcohol. To counter this threat, teachers should be included in the curriculum revision process.

Despite the existence of several drug and substance management practices in Kiambu, which should, of course, benefit from and improve as a consequence of the many studies that are now

available, the drug and substance problem persists. In many metropolitan areas, including Ruaka, there is a surge in the number of jobless youth, crime, drug and alcohol dens (both legal and illicit), and the homeless.

### **1.3 Objectives of the study**

The following objectives will serve as a guide for this research;

1. To evaluate the effect of drug and substance abuse prevention practices on the economic empowerment of Kiambu County, Kenya.
2. To establish the effect of drug and substance abuse law enforcement practices on the economic empowerment of Kiambu, Kenya.
3. To assess the effect of drug and substance abuse Therapeutic management practices on the economic empowerment of Kiambu, Kenya.

### **1.4 Research Questions**

The following inquiries will serve as a guide for this research;

1. How do the alcohol and drug abuse prevention practices affect the economic empowerment in Kiambu County?
2. How do law enforcement practices affect the economic empowerment in Kiambu County?
3. How do Therapeutic intervention practices affect the economic empowerment in Kiambu County?

### **1.5 Justification and significance**

Global, regional, and local drug challenges are fast evolving and becoming more complex with each passing day. These challenges continue to erode the social, economic, and political life of the addicts, tearing apart families, friendships, and professions, relationships, and threatening economic empowerment, which depends on people's ability to work, create wealth, and invest. According to the national survey by NACADA (2022) on the status of drugs and substance use

in Kenya, there is at least one substance is abused by 18 percent (%). Alcohol was most abused at 11.8% and tobacco 8.5%. These substances are cheap and readily available, especially chang'aa 3.4% and traditional brews 3.1%. Other drugs and substances abused are tobacco, khat, and cannabis, among others.

To provide drug rehabilitation services, the health department of Kiambu County partnered with Médecins Sans Frontières (MSF) to provide quality medically assisted therapy for Opioid dependent persons in the Lari level 4 hospital. The Ruiru Level 4 Hospital, a new unit, was equipped with assorted medical equipment. In the plan period, 85% of laboratories received reagents, and Quality assurance systems were in place in laboratories.

The study would assist national and county governments by providing current data. Findings, on the other hand, would inform policies and strategies to sustain the fight against drug abuse and improve economic productivity. It will help other stakeholders such as Liverpool voluntary counseling and testing (LVCT), NGAOs, Karuri MAT Center, and Kiambu people who use drugs (PWUD), to identify new perspectives and areas for further research.

This study will, above all, provide insight into the relationship between management practices and their impact on economic empowerment in Kiambu.

### **1.6 Scope of the study**

To reduce drug and substance misuse in Kenya, this research examined existing trends, practices, and regulations, and how they influence economic empowerment. It also examined the mitigation methods used by the government and other stakeholders to fight the problem in view of changing styles in demand and supply. Also, drug users' experiences were reviewed and used to develop homegrown drug abuse management strategies in Kenya. The study investigated the current drugs in use in Kiambu County, the level of awareness of the harmful effects, and the users' views about the management strategies already in place.

### **1.7 Limitations and delimitations of the Study**

The data collection technique was mainly the use of questionnaires. There are chances that some respondents might have been unwilling to respond to the questionnaires honestly. However, this tool was chosen because it provided confidentiality as well as being convenient to the respondents. The researcher also narrowed down the research objectives to three factors condensed into prevention practices, Enforcement practices, and therapeutic practices. The findings of this study would therefore be general in nature. A lot of funds would have been required to conduct the research in the twelve sub-counties of Kiambu County.

The study was limited to Kiambaa Sub-County, whereas the county has twelve sub-counties, and findings were used to generalize the effect of drug abuse on the economic empowerment of Kiambu County.

## **CHAPTER TWO: LITERATURE REVIEW**

### **2.1 Introduction**

This chapter provides an overview of drug and substance abuse management practices based on the literature study of researchers' findings on drug addiction prevention measures throughout time. Additionally, theoretical frameworks for drug and substance abuse prevention were presented. Albert Bandura's social learning theory (1977) served as the foundation for the theoretical framework, which made some allusions to other social change evaluations and models pertinent to strategies for managing substance and drug use. The three major management practices, namely prevention, treatment, and law enforcement practices, were the main focus. Finally, the chapter explained the study's variables and conceptual framework in diagram form.

### **2.2 Empirical Literature review**

#### **2.2.1 Economic empowerment**

Each year, substance and drug abuse cause immense economic damage across the globe in areas of crime control, management of public health and safety, productivity, and governance (Bowser, Word, & Seddon, 2014). All these are coefficients in economic empowerment and smooth functioning societies. An understanding of the relationship between substance and drug abuse and development would, therefore, help develop management policies and practices that would reduce abuse and addiction and foster economic empowerment.

According to Babor et al. (2010), health and social harm from substance abuse arise in three significant ways: through the toxic effects on various body organs and tissues of the user, the development of substance dependence, and intoxication. The available literature on the subject has identified over 200 health conditions that directly or indirectly undermine the achievement of the global Health Strategic Development Goals (SDG) targets.

According to research by Sarker & Faller (2016) and Goldstein (1985), drug and alcohol misuse can sometimes be the cause of crime. Drug users may conduct crimes, and the acute effects of narcotics may encourage violent behavior or thievery. Drug users will also commit crimes to maintain their drug use and addiction, such as when they need to buy drugs but lack the money, which may result in robberies, burglaries, or fights between buyers and sellers over bad transactions. According to Esbec and Echebura (2016), additional factors that affect drug use and crime include poverty, personality issues, social and cultural contexts, and relationships with other users. Prostitution, assault, rape, theft, break-ins, and other unforeseen crimes are routinely committed.

According to Florence et al. (2016), the US economy is expected to bear a total burden of \$78.5 billion. The expense of higher health care and drug misuse treatment accounts for more than one-third of this sum (\$28.9 billion). The public sector pays for around one-fourth of the cost of health care, drug rehabilitation, and criminal justice expenses. Increased unemployment rates are anticipated to occur in the same age bracket as individuals who are most prone to use drugs and have drug issues in Latin America, Southeast Asia, and Africa. It is also impossible to dismiss estimates of productivity losses brought on by lower labor force participation.

According to Easton et al. (2016), the average weekly salary (ordinary plus overtime) in New Zealand, for example, was “\$1,066, or \$55,660 per year. The additional productivity losses suffered by those providing care for people with Fetal Alcohol Spectrum Disorder (FASD) who are subsequently unable to work in the paid labor force as a result of their caregiving or from ineffective or otherwise unnecessary spending in the education, health, or justice systems are not, however, considered in these estimates. Without the economic constraints caused by FASD, these funds might be used for other commercial and governmental expenditure initiatives that would benefit everyone in New Zealand.

### **2.2.2 Prevention practices and Economic empowerment**

In a few Kenyan public and private institutions in 2014, Ronoh conducted research on the efficacy of drug and substance addiction prevention programs. The study's particular objectives were to determine the objectives of different levels of prevention programs and activities, implementation techniques, student participation in prevention activities, difficulties confronting prevention services, and elements that maintain drug addiction in universities. It was created to assess the success of drug usage prevention programs at a few Kenyan institutions, both public and private.

The theories of Self-efficacy (Bandura, 1977) and Ecological Systems (Bronfenbrenner, 1979) provided the framework for this inquiry. A multi-stage sampling approach was used to choose 499 respondents, comprising 395 students and 104 social support providers. Data from two state institutions and two private universities in Kenya were gathered using a cross-sectional survey that included qualitative and quantitative techniques. The study's findings demonstrated that social, psychological, economic, and cultural factors all affect drug abuse and that the biggest challenges to effective implementation include poor implementation tactics, a lack of resources, and unfavourable student attitudes. This study applied a descriptive research design for more detailed results.

Gateri and Nyakwana, (2018) conducted a study on the predisposing variables for drug and substance misuse among teenagers in Gachie, Kiambu County, Kenya. A sample of Gachie inhabitants who were willing to participate in the survey and were between the ages of 19 and 35 participated. The study utilized a descriptive cross-sectional research methodology. A straight forward random sample approach was employed to get the 73 respondents. Structured questionnaires were used to gather data. According to the study's findings, juvenile substance misuse in Gachie, Kiambu County, was influenced by peer pressure, drug availability, and unemployment. This study focused on an overview of all persons involved in the

implementation of various mitigation practices, as compared to a specific group abusing the drugs.

### **2.2.3 Law enforcement practices and Economic empowerment**

A case review on the never-ending drug war: impediments to changing drug war policies was the subject of research by Scherlen, (2012). The review clarified the continuation of the drug wars using the ideas of policy termination and prospect theory. The study demonstrated that prudent judgment and sound economic reasoning are insufficient to persuade legislators to change current policy. Certain aspects of the drug policy, the political climate at the time, as well as customary institutional and bureaucratic constraints, all significantly impede efforts to put an end to the drug war. Views on the advantages and drawbacks of ending the drug war can cause snags. The paper concludes that before the drug war program can be ended, a lot of things need to change. This study focused on mitigation strategies implemented to reduce drug abuse. Both Qualitative and quantitative methods were considered in this study.

Lutta, (2016) performed research on how corruption and law enforcement employees affected Nairobi County's execution of alcohol and drug misuse regulations. The research aimed to determine how much corruption is impeding Kenya's efforts to execute its drug and substance restrictions. This research intended to examine the connection between corruption and Kenya's drug and substance misuse laws. The study concentrated on the core concepts that affect how DSA policies are put into practice, such as resource allocation, the effectiveness of enforcement personnel, police officer readiness for duty and training, chiefs' and assistant chiefs' readiness for duty, and corruption in the form of bribery and extortion.

Cross-sectional research was performed in the study to compare various demographic groups at a particular time using qualitative and quantitative methodologies. Questionnaires were used to collect data from randomly and consciously chosen groups for the research. Data was acquired and analyzed using SPSS, utilizing questionnaires. The results showed that corruption

impacts how DSA policies are implemented. This study applied a descriptive research design for more detailed results.

#### **2.2.4 Therapeutic management practices and Economic empowerment.**

Substance Abuse Treatment in Correctional vs Non-Correctional Settings: Analysis of Racial/Ethnic and Gender Differences was the title of the research by Camplain et al. (2018). National Survey on Drug Use and Health cross-sectional data were utilized to identify White, African American, and Hispanic individuals who had undergone drug addiction treatment in the preceding year (2002-2016). Using multiple logistic regression, the influence of gender and race/ethnicity on the relationship between different exposure factors and the treatment locus was studied. Even though drug addiction treatment programs are beneficial in the United States, few individuals use them, particularly women, African Americans, and Hispanics. People with drug addiction problems often interact with the criminal justice system, and African Americans and Hispanics are disproportionately represented in this population. Due to the great demand for treatment, poor treatment uptake, and the link between drug usage and incarceration, correctional facilities are gradually filling the treatment gap by offering safety-net treatment programs.

The current research by McConnell et al. (2009) focuses on the correlation between internal management practices and organizational performance in substance abuse treatment programs. The study particularly examines the impact of management quality on important operational measures, specifically days to treatment, which is an important measure of client access and retention. The methodology of the research was a telephone survey with a structured scoring system based on Bloom and Van Reenen (2007). This tool assessed 14 management practices in four areas, including intake/retention, quality monitoring/improvement, targets, and employee incentives. Open-ended questions were employed to reduce bias and graded blindly. The findings showed that there was a high correlation between increased scores on

management practices and decreased days-to-treatment. Moreover, these practices were more prevalent in geographically competitive markets.

In Indonesia, Scuka et al. (2023) researched the effectiveness of the Therapeutic Community (TC) rehabilitation program targeted at social institutions. It assessed how the program affected the residents with drug abuse issues in different social facilities, including correctional facilities and residential treatment centers in the country. The study used a mixed-methodology design that incorporated both quantitative data on the levels of substance abuse, mental health, and readiness to reintegrate and qualitative interviews and focus groups of program participants and staff. Findings showed a substantial decrease in substance abuse, mental health issues, positive behavioral changes, and the importance of peer support and community integration in the recovery process. The results emphasize the significance of organized therapeutic community models, which are specific to the peculiarities of the needs of the residents of the Indonesian social institutions, and which insist on long-term support and adaptive measures to improve the results of rehabilitation.

Kalangi (2018) conducted a study on the access and utilization of information resources by patients who abuse alcohol and drugs in Nairobi County, with a specific focus on the Asumbi Treatment Center, which is a certified rehabilitation center in Nairobi Town. The study objectives were to determine the information requirements of DSA patients in the rehabilitation center, the information-seeking behavior of DSA patients, assess the existing information services provided to DSA patients, how DSA patients use information, the challenges facing DSA patients in accessing and using information, and the recommendations that can be made to enhance the provision of information services to DSA patients. DSA patients and administrative personnel from the rehabilitation center, conducting a census, were the respondents in a qualitative case study design. The results showed that DSA patients had specific information demands, including those related to behavior modification, profession

choice, business, sign language, and current events. The current objective was the effects of drug and substance use management practices on economic empowerment

## **2.3 Theoretical Framework**

### **2.3.1 Self-Efficacy Theory (Bandura, 1986)**

This Theory is credited to Canadian psychologist Albert Bandura, born in Alberta in 1925. According to Bandura (1995, 2004), self-efficacy is the belief in one's ability to plan, carry out, and succeed in the actions necessary to handle impending events. Several health behavior outcomes have been demonstrated to be predicted by self-efficacy, or confidence in one's abilities, according to other studies (Ormrod, 2003; Margolis & McCabe, 2006; Conner & Norman, 2009). According to Bandura (1977), one's self-beliefs about oneself and talents serve as a major foundation for self-efficacy. As a result, rather than what is objectively true, people base their emotional states and actions more on what they think. As a result, rather than what they are capable of doing, people's behavior is frequently better predicted by the assumptions they hold about their capabilities. He contends that self-efficacy beliefs control how people use their knowledge and abilities. According to Bandura's thesis, developed preventative programs may or may not be used by various social strata in a community, which is a significant issue that might arise. The views and attitudes individuals hold regarding preventative initiatives' effect on their lives shape this illustrated circumstance.

The Theory of Planned Behaviors by Fishbein and Ajzen (2010) heavily references Bandura's theory. According to him, attitude refers to a person's tendency to react positively or adversely to an item, activity, individual, institution, or event. Zimmermann (2008) contends that a dynamic process that a person engages in while they strive toward a goal is a crucial component of the influence of attitude on self-regulation. It is desirable to receive feedback or reflection to modify and maintain behavior management. According to the hypothesis, the environment may have a beneficial or harmful impact on how one regulates oneself. Effective self-regulation

is challenging if the environment offers no social cues or feedback. This assertion suggests a correlating relationship between attitude and environmental dynamics.

Drug and substance abusers are likely to take advantage of deterrent initiatives if they give them any thought. The way drug and substance users conceptualize their underlying forces of self-efficacy influences both their progressive response and their participation in preventative efforts. According to the notion, the implementation and success of preventive initiatives are greatly influenced by the involvement of drug and substance users. According to self-efficacy, almost everyone can think of activities they want to do, impacts they would like to change, and objectives they would like to reach. However, not everyone will find this to be so straightforward.

Bandura (1977, 2004) asserts that a person's self-efficacy significantly affects managing objectives, responsibilities, and challenges. A strong sense of self-efficacy is associated with a more significant commitment to one's objectives and course of action. Thus, arguing that one's capacity to dominate, rule, or meritoriously transform the environment relies on one's choices and actions, Bird, Conrad, Fremont, and Timmermans (2010) support the position. According to Luszczynska and Schwarzer (2005), self-efficacy determines whether and how much effort will be put into changing one's health behavior and how long that behavior will be maintained in the face of challenges and disappointments.

West (2006) adds that cognitive biases, along with beliefs, prospects, self-efficacy, attributions, and attention, all contribute to the maintenance of addiction to his ideas on cognitive bias. Behavior change occurs when a person can carry out a behavior or when several other variables, such as perceived self-efficacy and perceived behavioral control, are met, according to Bartholomew et al. (2006). To ensure that the tactics and strategies being employed are in synchrony with student cognitive dynamics, it is crucial for preventative programs to access this information.

### **2.3.2 Cohen Status Frustration Theory**

In his research on criminal gangs, Cohen made the case that these groups tried to "substitute" their subcultures for society's accepted norms and values. He provided two straightforward ideas, "status frustration" and "response formation." The former (Status Frustration) mainly targeted young people from lower socioeconomic strata. It argues that when social realities and the rest of societal desired goals do not coincide, people become frustrated with the constraints and injustices they must contend with, as Albert Cohen (1955) endorsed this view. He used it to convey how discouraged the working class feels about their ability to reach the same position as middle- or upper-class peers. According to the notion that society will always have results, Cohen's second principle, or "response formation," is reached. According to Cohen, reaction formation is the response to "status dissatisfaction." Young people from lower socioeconomic groups find themselves replacing the standards and ideals of their society with new ones. For example, disruptive behaviors such as competing to commit the most rapes or burglaries may take the role of working hard as the group's aim for respect.

Cohen maintains that the response to status frustration is a common reaction rather than an individual one, in contrast to Merton's strain theory. This idea explains why non-utilitarian crimes like graffiti, loitering, and joyriding are on the rise in most places with high rates of substance and drug usage. Although such activities do not benefit the perpetrator financially, they become significant to subculture members and provide easy access to achieving respect and prestige among the peer group. Although the working middle class was the context in which the theory was developed, it may still be applied to various societal processes regardless of class. In this instance, addiction may be able to provide the group with a sense of values and prestige that they are unable to obtain from the wider society, allowing them to adjust to their exclusion from it more effectively. Despite cultural expectations, the hypothesis may help to

explain why and how certain people develop drug and alcohol addictions. Realistic substance and drug misuse management solutions may be built based on such in-depth information.

One's life may be lived without the restrictions of drug usage (Ellis, Dryden, & DiGiuseppe, 2015).

## 2.4 Summary and gaps to be filled by the study

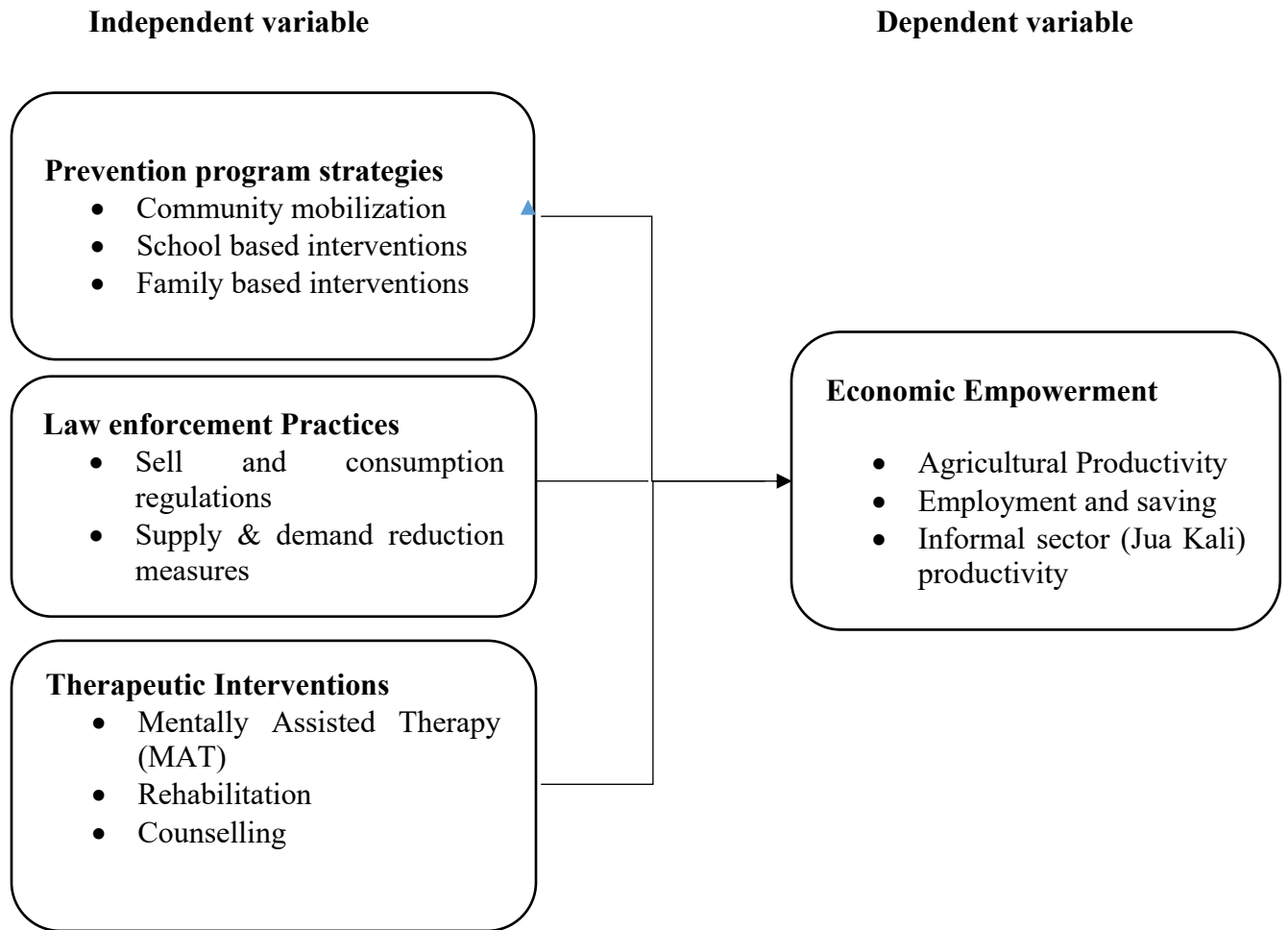
**Table 2.1: Summary and gaps to be filled by the study**

<b>Author</b>	<b>Title</b>	<b>Variables</b>	<b>Design</b>	<b>Findings</b>	<b>Gaps</b>
Lutta, P. (2016).	Corruption and Enforcement Personnel as Factors That Influence the Implementation of Alcohol and Drug Abuse Policies in Nairobi County	Corruption is impeding Kenya's efforts to execute its drug and substance restrictions. DSA policies are put into practice, such as resource allocation, the effectiveness of enforcement personnel, police officer readiness for duty and training, chi	Data was gathered using open-ended and closed-ended interviewer-directed questions. Cross-sectional research was used.	The results showed that corruption impacts how DSA policies are implemented.	Descriptive research design for more detailed results
Scherlen, R. G. (2012).	US Evaluation of Mexican Drug War Efforts: Short-Term and Short-Sighted	Prudent judgment and sound economic reasoning are insufficient to persuade legislators to change current policy.	Policy termination and prospect theory, hence the application of qualitative data	Mitigation strategies implemented to reduce drug abuse.	Both Qualitative and quantitative were considered.
Kemei C. Ronoh, (MA)	"Effectiveness of drug and substance abuse prevention programs in selected public and private universities in	Social Support Service -counselling -mentoring -cultural dynamism	Qualitative and quantitative methods in a cross-sectional survey methodology.	Social factors contributed the most to drug abuse in the universities, 2. Youth culture, Financial influences and then	Endeavored to investigate how the problem affects economic

	Kenya."	-status of resources -academic schedules Psychosocial and environmental factors		psychological factors. The fight against substance and drug abuse will continue to drag because of the underfunding of prevention campaigns, and also because of the complex supply chains within the universities.	empowerment in society.
Gateri, L. N., & Nyakwanda, T. (2018).	Factors Predisposing to Drug and Substance Abuse among the Youth in Gachie, Kiambu County, Kenya.	Juvenile substance misuse.	Descriptive cross-sectional study design. The targeted population was the people of Gachie, aged 19-35.	Peer pressure, availability of drugs, and unemployment fortified drug and substance abuse among the youth in Gachie, Kiambu County."	Attempted to look at the entire society in terms of economic empowerment affected by substance abuse.

Source: Researcher (2025)

## 2.5 Conceptual Framework



**Figure 2.1: Conceptual Framework**

## **CHAPTER THREE: RESEARCH METHODOLOGY**

### **3.1 Introduction**

The study's research methodology is outlined in this chapter. It highlights the chosen research design, target population, sampling procedures, data collection, data analysis, and ethical considerations that guided the study. The chapter also presents the empirical model used to establish the relationship between the independent and dependent variables.

### **3.2 Research Design**

This study adopted a descriptive research design to investigate the relationship between management practices in the mitigation of drug and substance abuse and their impact on the economic empowerment of Kiambaa Sub-County, Kiambu County. The descriptive design was selected due to the fact that it enables the researcher to gain a full picture of the current situation, views, and features of the target population (Castleberry and Nolen, 2018).

The design was suitable in that it allowed the study to gather both qualitative and quantitative data on a cross-section of respondents who were engaged in prevention, law enforcement, and therapeutic interventions. It enabled a thorough comparison of the variables and the determination of patterns or relationships between the mitigation measures and the economic empowerment measures, like employment, agricultural productivity, savings, and informal sector productivity.

Moreover, the descriptive design enabled the application of questionnaires as the main data collection tool, which increased the gathering of standardized data to be used in statistical analysis.

This methodology is associated with the suggestions put forward by Saunders, Lewis, and Thornhill (2019), who highlight that descriptive research designs are suitable when the researcher wants to explain the features of a population or a phenomenon in the natural environment and does not want to control any of the variables. This design was also influenced by the fact that it can

integrate descriptive and inferential statistical methods in the analysis of data and, therefore, enable the researcher to go beyond description to prove the relationship between independent and dependent variables. Therefore, this design was most suitable for achieving the study's objectives and answering the research questions.

### **3.3 Site of the Study**

One of Kenya's 47 counties, Kiambu County, is categorized as the 22nd county. According to the 2019 Kenya Population and Housing Census, it is situated in the central region and spans a total area of 2,543.5 square kilometers (Sq. Km), with around 476.3 Sq.km of that land being covered by forest. The counties of Nairobi and Kajiado to the south, Machakos to the east, Murang'a to the north and east, Nyandarua to the north and west, Nakuru to the west, and Machakos to the north and west surround Kiambu County. Geographically, the County is located between longitudes 360 31' and 370 15' East and latitudes 00 25' and 10 20' South of the Equator.

### **3.4 Target Population**

According to Cochran (1989), the term population is used to designate the aggregate from which the selection (sample) is chosen. The target population, hence, embraced the total population of interest in a specific study (Borg & Gall, 1989). This study targeted all persons involved in the implementation of various mitigation practices. Therefore, the target population included ward administrators, caregivers, hospital administrators, National government administrative officers (NGAOs), and police officers.

**Table 3.1 Target Population**

<b>Stratum</b>	<b>Target Population</b>
MAT caregivers	20
NGAOs (chiefs)	33
Deputy County Commissioner (DCC)	1
County government administrative officers (Ward administrators)	5
Police officers	140
Officer Commanding Station (OCS) Crime	1
<b>Total</b>	<b>200</b>

**Source: Researcher 2021**

### **3.5 Sample Techniques and Size**

Kothari (2006) states that a sample must be small enough to ensure that data collection is manageable but big enough to give a good representation of the target population. In this research, stratified simple random sampling was used together with purposive sampling. Stratified random sampling was employed to make sure that all the subgroups of the population were represented sufficiently, whereas purposive sampling was employed to include respondents who occupied particular administrative or supervisory positions, and their inclusion in the study was considered necessary.

The population of the study was stratified into six groups: MAT caregivers, National Government Administrative Officers (NGAOs), Deputy County Commissioners (DCC), Ward Administrators, Police Officers, and Officer Commanding Station (OCS) Crime. The respondents of the NGAOs, Ward Administrators, Police Officers, and MAT caregivers were selected using a simple random sampling method, and the DCC and OCS Crime were purposely chosen as they play different roles in mitigation practices.

The sample size was determined using Cochran's (1989) formula for finite populations as follows:

$$n = \frac{N}{1 + N(e)^2}$$

Where:

$n$ = sample size

$N$ = target population (200)

$e$ = desired level of precision (margin of error)

Substituting the values:

$$n = \frac{200}{1 + 200(0.1055)^2} = 62$$

A margin of error of  $e = 0.1055$  was used, resulting in a sample size of 62 respondents, which was considered adequate to represent the target population of 200 individuals. Table 3.2 below presents the sample distribution per stratum.

**Table 3.2 Sample Size**

<b>Stratum</b>	<b>Target Population</b>	<b>Sample Size</b>
MAT Caregivers	20	6
NGAOs (Chiefs)	33	10
Deputy County Commissioner (DCC)	1	1
Ward Administrators	5	2
Police Officers	140	42
OCS Crime	1	1
<b>Total</b>	<b>200</b>	<b>62</b>

**Source: Researcher (2021)**

### **3.6 Research instruments**

Primary data was obtained using closed and open-ended questionnaires as recommended by Mugenda and Mugenda (1999). For that reason, MAT caregivers, Ward administration, NGAOs, Police officers, as well as DCC, OCS crime were issued with questionnaires.

In this study, questionnaires were used since respondents could read and fully comprehend the questions before replying. In contrast, unstructured (open-ended) questions provided the respondent freedom in responding, which aided the study in gauging the respondents' sentiments

(Cooper and Schindler 2006). Use of structured questions in the questionnaire led to the standardization of replies. The structured questions in this study were based on the Likert scale.

The researcher and his team delivered the questions personally and subsequently, after they had finished, collected and secured the filled-out questionnaires.

### **3.7 Pilot Study**

The pilot study was done in Kiambu County. The objective was to adjust the instrument's validity and reliability. The pilot size was 10% of the population tested (Kothari, 2017). 20 respondents were drawn from all persons involved in the implementation of various mitigation practices. Therefore, the target population included ward administrators, caregivers, hospital administrators, National government administrative officers (NGAOs), and police officers. These tests identified questionnaire problems, hence enhancements were made before the main data collection exercise.

### **3.8 Validity and Reliability of Research Instruments**

#### **3.8.1 Validity**

When an instrument gives the anticipated results, it is valid for investigation (Mugenda & Mugenda, 2003). The questionnaires were delivered to the intended respondents. The collected data was analyzed to see if it accurately represents the variables of the research.

#### **3.8.2 Reliability**

According to Andy (2013), when a tool can interpret consistently across different situations, then it is said to be reliable. Sekaran and Bougie (2016) define reliability as the absence of errors or biases, which ensures that measurements are consistent across time and space. Using Cronbach's Alpha coefficient (Cronbach, 1951), the researcher analyzed the internal uniformity, reliability of the questionnaire. As quoted by Taber, K.S. (2018), the purpose of this coefficient was to evaluate the dependability of the methods used to test internal consistency and, in essence, to demonstrate

how effectively different scale items capture the notions they were intended to convey. The threshold for credibility was set to the suggested value of 0.7.

### 3.9 Test for Validity and Reliability

For face validity, university supervisors assessed and critiqued for information that can be used to improve the study. The validity and reliability of the prevention program practices, law enforcement practices, and therapeutic interventions of the effects of drug and substance abuse management practices on economic empowerment in Kiambaa Sub-County. In statistics, the recommended validity and reliability of the data should have coefficients of 0.70 or more. (Cortina, J.M., 1993; Grietuijzen, R.A. et.l., 2014). In this case, the Cronbach's ( $\alpha$ ) test was used to gauge the reliability of the collected data as an assurance of an accurate analysis result. The outcome of the Cronbach's ( $\alpha$ ) test is summarized in the table below.

**Table 3.3: Cronbach's test output**

<b>Factors</b>	<b>No. of Variables Tested</b>	<b>Cronbach's Coefficient</b>	<b>Remarks</b>
Economic Empowerment	5	0.839	Reliable
Prevention program strategies	5	0.821	Reliable
Law enforcement practices	5	0.885	Reliable
Therapeutic interventions	5	0.848	Reliable

**Source: Researcher (2021)**

Based on the result above, it is evident that the instruments used in the data-gathering process were valid and reliable to guarantee and assure the generation of dependable analysis output (Mohsen and Dennick, 2011).

### 3.10 Data Collection Procedures

After meeting the standards set out by the University, the researchers applied for research clearance from the Kenyatta University Graduate School. The researcher then petitioned the National Council of Science, Technology, and Innovation (NACOSTI) for permission to undertake the

research study in Kiambu County. The researcher then made a courtesy visit to the County Commissioner (CC) and Deputy County Commissioner's (DCC) offices in Kiambu and Kiambaa, respectively. Afterward process of sampling was done and questionnaires were physically handed to the respondents. The researchers ensured that all the questionnaires were circulated to the respondents sampled, and duly-filled questionnaires were collected for data analysis.

### **3.11 Data Analysis and Presentation**

The Statistical Package for Social Sciences (SPSS) Version 27.0 was used to analyze the data using frequency and percentage-based summaries and inferential statistics. It was then extensively scrutinized for correctness, completeness, and errors. Tabular, graphical, and pie charts were used to display the analyzed data. In addition, descriptive data were used to develop specified Interventions for this study. In the descriptive analysis, the frequencies, mean, and standard deviation were provided.

The updated data were then organized using SPSS for all variables (Prevention management practices, Law enforcement management practices, and Therapeutic management practices).

### **3.12 Empirical Model**

Multiple regression analysis filters the data further and demonstrates the relationship between the dependent and independent variables. This kind of analysis is used when the purpose of the research is to investigate whether an independent variable predicts a dependent variable (Saunders, 2009). The format of the multivariate regression model is shown below:

$$Y = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 + \epsilon$$

$$\beta_0 = \text{Constant}$$

$$\beta_1 \text{ to } \beta_3 = \text{Regression co-efficient}$$

$$X_1 = \text{Prevention program strategies}$$

X2 = Law enforcement Practices

X3 = Therapeutic Interventions

$\epsilon$  = Error Term

### **3.13 Ethical Review**

Professional standards and ethical considerations should be upheld in all stages of the research process (Sekaran and Bougie, 2016). This is because these two reflect a moral stance that incorporates researching to attain high professional standards of processes and safeguarding and respecting subjects who have consented to be investigated (Creswell, 2003). Ethical concerns and professional standards were followed in this investigation. One of them was avoiding unethical behaviors like fabrication, falsification, and plagiarism. Before starting the data collection process, the researcher got approval from the appropriate authorities. During the data-gathering process, the researcher obtained the respondents' consent. The researcher ensured that the information acquired was treated with the highest secrecy and utilized solely for academic reasons while explaining to the respondents the aim and significance of the study.

## CHAPTER FOUR: RESULTS AND FINDINGS

### 4.1 Introduction

This chapter contains the findings on the effects of drug and substance abuse management practices on economic empowerment in Kiambu. It includes the findings and discussion on the demographic information of the respondents, views on the effects of drugs and substance abuse management practice (Prevention programs, law enforcement practices, and therapeutic interventions) on economic empowerment.

### 4.2 General and Demographic Information of the Respondents

The study sought to determine the socio-demographic data of the respondents in relation to gender, job title, work experience, and the highest level of education.

#### 4.2.1 Response Rate

The study targeted sixty-two respondents: the MAT caregivers, Ward administration, NGAOs, Police officers, DCC, and OCS. Out of the sixty-two questionnaires issued, fifty-one were duly filled out and returned to the researcher for analysis.

**Table 4.1: Response Rate**

Response	Frequency	Per cent
Number of questionnaires returned by respondents	51	82.26
Number of questionnaires not returned	11	17.74
<b>Total</b>	<b>62</b>	<b>100</b>

**Source: Field Data (2025)**

This gave a response rate of 82.26 %. This response rate was within the recommendation of Mugenda and Mugenda (2003), who stipulated that a response rate of 70% and above is excellent.

The response rate was very high, which shows that the MAT caregivers, Ward administration,

NGAOs, Police officers, OCS Crime, and DCC are very interested and invested in the issue of drug and substance abuse management practices in Kiambu. This was a sign of the willingness of the stakeholders to volunteer their views and opinions to the study, as evidenced by the submission of 51 out of 62 questionnaires to be analyzed (Mugenda and Mugenda, 2003). Such a level of engagement enhanced the strength of the research findings and credibility and provided a solid ground to analyze how the drug and substance abuse management practices influence the economic empowerment of the area.

#### **4.2.2 Gender of the Respondents**

The study was designed to identify the gender formation of the respondents, who were the MAT caregivers, Ward administration, NGAOs, Police officers, DCC, and OCS. As shown in Table 4.2 below, 60 percent of the sampled respondents were female and 40 percent were male. This implies that women have been more involved in the management practices of drug and substance abuse to enable them economic empowerment as opposed to men.

**Table 4.2: Respondents' Gender**

<b>Gender</b>	<b>Frequency</b>	<b>Percentage</b>
Female	31	60
Male	20	40
<b>Total</b>	<b>51</b>	<b>100</b>

**Source: Field Data (2025)**

The high rate of female participation in the study involving 60 percent of the respondents points to a high rate of gender disparity in the participation of women in drug and substance abuse management practices in the Kiambu County. This difference might have been brought about by several reasons. Probably, women themselves could have had their reasons for taking such programs, including personal health conditions, family needs, and expectations of the well-being

of their families. The social requirements and sex roles may have also been a contributing factor to it, since women bear more child-rearing responsibilities in their households and society. Economic factors could also be a factor that influenced women, and some of them could have been motivated to attend drug abuse prevention and recovery programs due to economic pressures or the need to work (Mugenda and Mugenda, 2003). This gender gap highlights the importance of considering gender sensitivity in the formulation and execution of interventions that will eventually curb substance abuse and result in economic empowerment of the community. Thus, “recognizing and meeting the special needs and motivation of women, the stakeholders can ensure that the strategies to combat substance abuse and its socioeconomic impact are more inclusive and effective (Pro et al., 2018).

#### **4.2.3 Respondents' Work Experience**

The study was conducted to determine the work experience of the participants. According to the data in Table 4.3 below, the most significant portion of the respondents were 1-5 years old (5.71%), and the percentage of 6-10 years was extremely small (27.14%). Those above 10 were 67.14%. This was attributed to the fact that the members of the age bracket (26-50 years) were more active in the economic activities and the job market.

**Table 4.3 Respondents' Work Experience**

<b>Age</b>	<b>Frequency</b>	<b>Per cent</b>
1-6 years	3	5.71
6-10 years	34	27.14
Above 10 years	14	67.14
<b>Total</b>	<b>51</b>	<b>100</b>

**Source: Field Data (2025)**

The work experience may influence the training of the drug and substance abuse victim greatly. Experience in the practical area of knowledge, including counseling, social work, psychology,

healthcare, or addiction treatment, may equip people with knowledge and skills on drug and substance abuse. This information prepares them with a better understanding of the issues that victims encounter and how to assist and educate them in the most effective way (Mugenda and Mugenda, 2003). Work experience may help to form valuable professional skills that would be useful in the education and support of drug and substance abuse victims. These competencies can be good communication skills, active listening, empathy, conflict management, motivational interviewing, facilitating groups, and program development. Therefore, by being able to put such skills into practice in their employment, people will be able to use them to educate and empower the substance abuse victims.

#### 4.2.4 Respondents' Education Level

Table 4.4 below tabulates the level of education of the MAT caregivers, Ward administrators, NGAOs, Police officers, DCC, and OCS. A low percentage of the target population of 5.71 percent, indicated having attained college level. Most of them reported having attended the secondary level (92.86%), and some went to the primary level of education (1.43%).

**Table 4.4: Highest Education Level**

<b>Level</b>	<b>Frequency</b>	<b>Per cent</b>
Primary	0	0
Secondary	39	27.63
Bachelor's Degree	9	66.49
Postgraduate Degree	3	5.88
<b>Total</b>	<b>51</b>	<b>100</b>

**Source: Field Data (2025)**

Education level can play a major role on the part of an individual in educating drug and substance abuse victims. The increased educational levels equip people with a more knowledge base and a better comprehension of the dynamics of drug and substance abuse. Relevant education in psychological, counseling, and social work, public health, or addiction studies provides them with

the basic knowledge about addiction, its causes, effects, and evidence-based treatment and prevention methods. The knowledge allows them to provide the victims with the correct and effective information and strategies (Pro et al., 2018). Through higher education, a person may be equipped with knowledge and skills that would help in designing and implementing educational programs and interventions for victims of drug and substance abuse. They can be informed on program planning, needs assessment, curriculum design, and evaluation strategies. Such knowledge enables them to develop holistic educational programs to meet the unique interests of various populations and help in promoting successful prevention and treatment.

#### 4.2.5 Respondents' Job Title

The respondents' job title data were collected and tabulated in the table below. The results show that police officers were the majority at 54.90%, followed by MAT caregivers at 27.45% and NGAOs at 11.76%, whereas the ward administrators, DCC, and OCS crime had 1% each.

**Table 4.5: Job Title**

<b>Job title</b>	<b>Frequency</b>	<b>Per cent</b>
MAT caregivers	14	27.45
NGAOs	6	11.76
DCC	1	1.96
Ward Administrators	1	1.96
Police Officers	28	54.90
OC Crime	1	1.96
<b>Total</b>	<b>51</b>	<b>100</b>

**Source: Field Data (2025)**

The job title can cultivate leadership skills and a sense of social responsibility. Individuals with advanced job titles in their work hierarchy may be better equipped to take on leadership roles in educating drug and substance abuse victims. They can advocate for policy changes, engage in community outreach, and contribute to developing evidence-based practices and interventions (Pro

et al., 2018). Moreover, job titles often encourage collaboration and an interdisciplinary approach to problem-solving. Individuals with different job titles may have experience working in multidisciplinary teams and understand the value of collaboration with professionals from various fields, such as healthcare, social services, law enforcement, and education. This collaborative mindset allows them to coordinate efforts effectively and provide holistic support to drug and substance abuse victims.

### 4.3 Descriptive Statistics

#### 4.3.1 Prevention Program Strategies and Economic Empowerment

This study sought to describe the prevention program strategies used to prevent drug and substance abuse and their effect on economic empowerment. The following subsection presents a summary of the output.

**Table 4.6: Prevention Program Strategies on Economic Empowerment**

Statements	N	Min.	Max.	Mean	Std. Deviation
Awareness campaigns are conducted at the community level	51	1	5	3.06	.925
There is gender presentation in sensitization meetings	51	1	5	4.18	.910
Youths are involved in creating awareness	51	1	5	4.43	.539
There are outreach programs in schools and colleges within Kiambu	51	1	5	2.75	.891
There is gender presentation in sensitization meetings	51	1	5	4.18	.710
The counseling department is well-funded	51	2	5	2.92	1.08
<b>Average</b>				<b>3.6</b>	<b>.84</b>

**Source: Survey data (2025)**

The output in Table 4.6 indicates that respondents moderately agreed, by a 3.5 mean and 0.89 std, that prevention program strategies used to prevent drug and substance abuse lead to economic empowerment. Many participants agreed that the youths are involved in creating awareness by a 4.43 mean and 0.539 standard deviation. There is a gender presentation in sensitization meetings was highly agreed by 4.18 mean and 0.910 std. Awareness campaigns conducted at the community level were agreed by 4.06 mean and 0.925. The counseling department is well funded, which moderately disagreed with a 2.92 mean and 1.08 standard deviation. Drug traffickers are charged and jailed was disagreed of 2.84 and 1.14 std. Outreach programs in schools and colleges within Kiambu differed by a 2.75 mean and 0.891 standard deviation. This discrepancy may indicate a gap between perceived effectiveness and the actual delivery of services by community health workers, highlighting the need for further evaluation and intervention in this area to ensure comprehensive support for individuals affected by substance abuse.

Qualitative data showed that preventative program techniques impact the rate of economic empowerment in Kiambu County to a great extent, as the cases reported continued to be minimal. Another way prevention program practices influence economic empowerment in this county is by contributing to resources and workforce preservation. The interviews pointed out that the key prevention program strategies implemented in Kiambu County to address drug and substance abuse were sensitization of the people, especially the youths, as well as placing using or sale of drugs illegally. Most respondents rated to a moderate level on the prevention programs strategies that raise awareness of drug abuse within the community.

A study conducted by Ojonuba et al. (2023) in a neighboring county yielded similar results, indicating a strong positive correlation between preventative program techniques and economic empowerment outcomes. Ojonuba et al. (2023) found that communities with robust preventative

programs, including substance abuse prevention initiatives, health education campaigns, and vocational training opportunities, experienced higher rates of economic empowerment among residents. These findings emphasize the potential of preventative measures to improve health outcomes and stimulate economic growth and prosperity in underserved communities. By prioritizing preventative strategies and investing in comprehensive community development initiatives, policymakers and stakeholders can create a conducive environment for long-term economic empowerment and sustainable socio-economic progress.

Also, a study by Malick (2019) in a similar context found comparable trends regarding the effectiveness of awareness campaigns and community-based interventions in addressing substance abuse. However, like the current study's findings, Malick identified challenges in the responsiveness of healthcare professionals to individuals seeking support for substance abuse issues. This discrepancy underscores a common theme across different communities and contexts, emphasizing the importance of targeted training and capacity-building initiatives for healthcare providers to enhance their responsiveness and effectiveness in addressing the complex needs of individuals struggling with substance abuse. Addressing these gaps in service delivery can significantly improve the overall efficacy of substance abuse management practices and contribute to better outcomes for affected individuals and communities.

#### **4.3.2 Law Enforcement Practices and Economic Empowerment**

Law enforcement practices in drug and substance abuse play a role in the approach to drug and substance abuse in both enforcement efforts and public health-oriented strategies to address addiction as a public health issue. Ten items were used to evaluate law enforcement practices employed by law enforcement agencies in drug and substance abuse. The low mean score indicates a low degree of law enforcement practices. The coefficient of variation (CV) was used to describe

variability from the mean. A high coefficient of variation represents a higher dispersion around the mean. Table 4.7 depicts a summary of the results.

**Table 4.7 Law Enforcement Practices and Economic Empowerment.**

<b>Statements</b>	<b>N</b>	<b>Min.</b>	<b>Max</b>	<b>Mean</b>	<b>Std. Dev</b>
There are operations to disrupt drug trafficking	51	1	5	2.94	1.10
There are arrests of drug traffickers	51	1	5	2.67	1.07
Drug traffickers are charged and jailed	51	1	5	2.84	1.14
There is coordination of agencies in combating the retail drug markets	51	1	5	2.78	1.05
There is the distraction of drug production dens	51	1	5	2.90	1.10
Institutions mandated to combat drug trafficking are present	51	1	5	2.24	1.27
The agencies fighting drug trafficking are incorruptible	51	1	5	2.47	0.92
There is information sharing among enforcement agencies	51	1	5	2.96	1.08
The community is sensitized to the consequences of drug trafficking	51	1	5	2.94	1.07
There is community policing on matters of drug trafficking	51	1	5	2.78	0.99
<b>Average</b>	<b>51</b>			<b>2.75</b>	<b>1.08</b>

**Source: Survey data (2025)**

Table 4.7 shows that the impact of prevention program strategies on economic empowerment statements was disagreed by 2.75 mean and 1.08 standard deviation. There are operations to disrupt drug trafficking, with disagreement close to moderate of 2.94 and 1.10 std. The distraction of drug production dens was rated at a moderate level by a 2.90 mean and 1.10 standard deviation. 2.96 mean and 1.08 std indicate moderate information sharing among enforcement agencies. The

community is not very sensitive to the consequences of drug trafficking, with a 2.94 mean and 1.07 standard deviation. There is little community policing on matters of drug trafficking, with 2.78 means and 0.99 means. The Institutions mandated to combat drug trafficking are rarely present by 2.24 mean and 1.27 std. The agencies fighting drug trafficking are incorruptible, which was disagreed with by a 2.47 mean and 0.92 standard deviation. There are minimal arrests of drug traffickers, with a mean of 2.67 and 1.07, mean. Drug traffickers are charged and jailed was disagreed of 2.84 and 1.14 std. There is little coordination of agencies in combating retail drug markets by 2.78 and 1.05 std.

The qualitative observation showed that law enforcement has enabled the Kiambu County economy to redirect its resources to venturing into business. The Youths have also been focusing on avenues that help them generate more money than substance abuse. The interviews pointed out that law enforcement practices play an important role in ensuring adherence to the guidelines, creating order, and also discouraging drug abuse, and this has combated drug trafficking and related crimes. Some of the challenges or barriers encountered in enforcing laws against drug trafficking and related crimes are mostly corruption, where law enforcers fail to take appropriate actions against lawbreakers. Also, the perpetrators can use fake names and accounts, which makes them anonymous. Law enforcement practices have an impact on community economic empowerment because they minimize on waste of resources. Also, it accelerates the redirection of energetic people to more productive activities that generate more income for the economy.

These findings underscore the importance of investing in preventative measures and holistic approaches to community development that address underlying social determinants of health and well-being, ultimately contributing to sustainable economic empowerment.

A study conducted by Strom (2016) in a similar context found comparable results regarding the influence of law enforcement practices on economic empowerment outcomes. Strom (2016) observed a positive correlation between proactive law enforcement measures, such as crime prevention initiatives, community policing programs, and the overall economic well-being of communities. Their findings underscored the role of law enforcement agencies as key stakeholders in promoting social stability, attracting investment, and fostering entrepreneurship, all of which are essential components of economic empowerment. By prioritizing effective law enforcement practices and adopting a community-oriented approach to policing, policymakers can enhance public safety, strengthen the rule of law, and create an enabling environment for sustainable socio-economic development in Kiambu County and beyond.

#### **4.3.3 Therapeutic Interventions and Economic Empowerment**

Therapeutic interventions play a crucial role in supporting and treating individuals who are struggling with drug and substance abuse. These interventions aim to address the physical, psychological, and social aspects of addiction, promote recovery, and prevent relapse. The respondents were queried about therapeutic interventions in Kiambu County, as shown in Table 4.8 below.

**Table 4.8: Therapeutic Intervention and Economic Empowerment**

	<b>N</b>	<b>Min</b>	<b>Max</b>	<b>Mean</b>	<b>Std. Dev</b>
There is community policing on matters of drug trafficking	51	1	4	3.19	.64
The institutions available are well-staffed and equipped	51	2	5	2.76	.95
The community has been sensitized to the importance of MAT	51	1	5	3.48	.98
Counselors are available in healthcare facilities	51	1	4	2.82	.99
The counseling department is well-funded	51	2	5	3.53	1.08
There are available contacts for the public to reach out for counseling services	51	1	5	2.37	.78
Mentorship programs are available for victims in schools and colleges	51	1	5	1.51	1.02
There are adequate staff to assist the drug and substance abuse victims	51	2	5	3.45	.97
<b>Average</b>	<b>51</b>			<b>2.89</b>	<b>.93</b>

**Source: Primary Data (2025)**

Table 4.8 indicates that measures of therapeutic intervention on economic empowerment generally disagreed with a mean of 2.89 and 0.93 std. Most MAT caregivers, Ward administration, NGAOs, Police officers, DCC, and OCS agreed that the community had been sensitized on the importance of MAT by a 3.48 mean and 0.98 std. The counseling department is well funded, which was moderately agreed by a 3.53 mean and 1.08 standard deviation. There are adequate staff to assist the drug and substance abuse victims, 3.45 mean and 0.97std. There is community policing on matters of drug trafficking had a 3.19 mean and 0.64 std, which was a moderate reaction. There is minimal community policing on matters of drug trafficking by 3,19 mean and 0.64 std. The institutions available are generally poorly staffed and equipped, as proved by a 2.78 mean and 0.95 standard deviation. Similarly, no counselors are available in healthcare facilities, with a 2.82 mean

and 0.99 standard deviation. Mentorship programs were available for victims in schools and colleges. The statement was strongly opposed by a 1.51 mean and a 1.02 standard deviation.

The qualitative observations were that therapeutic interventions influence economic empowerment in Kiambu County in many ways, like offering recovery sessions for the affected victims. There have been improvements in the livelihoods of the county's people, where people have been keen to address substance abuse. Therapeutic interventions have also been critical in offering opportunities for practicing counselors who have acquired financial resources and are improving the county's economy. Some county members have felt the impact of therapeutic intervention practices to a greater extent than others due to limited financial resources to support various programs aimed at preventing drug abuse. The interview views on the availability and effectiveness of therapeutic interventions for individuals affected by drug and substance abuse in Kiambu County were that such interventions were not well funded and hence could not be delivered fully. Therapeutic interventions were viewed to promote economic empowerment among affected individuals by restoring their work capabilities.

A study by McKay (2021) in a similar setting found parallels with the current study's findings regarding the availability and staffing of support institutions for substance abuse victims. Smith et al. observed a high level of agreement among participants regarding the existence and staffing of MAT facilities, reflecting a perceived need and demand for such services. However, like the current study's findings, McKay identified gaps in ancillary support services, such as mentorship programs in educational settings, and highlighted the importance of addressing these gaps to provide comprehensive support for individuals in recovery. These findings underscore the importance of a holistic approach to substance abuse management, which includes not only

treatment and therapy but also educational and vocational support to facilitate long-term recovery and reintegration into society.

A study conducted by Munson et al. (2022) in a comparable context yielded similar results regarding the impact of therapeutic intervention practices on economic empowerment outcomes. Munson et al. found that communities with accessible and effective therapeutic interventions, including counseling and rehabilitation programs, experienced improved mental health outcomes, reduced substance abuse rates, and enhanced economic participation among residents. Their findings underscored the importance of integrating mental health and substance abuse services into broader socio-economic development initiatives to address the complex interplay between health, well-being, and economic empowerment. Research by Kwena (2022) also concurs with the findings of this study. The study findings revealed that there was a resumption of school, employment, and business by the respondents. Policymakers and stakeholders can create a supportive environment that fosters resilience, recovery, and inclusive growth in Kiambu County and beyond by prioritizing investment in therapeutic interventions and promoting a holistic approach to community development.

#### 4.3.4 Economic Empowerment in Kiambu County

**Table 4.9 Economic Empowerment, Kiambu County**

<b>Statements</b>	<b>N</b>	<b>Min</b>	<b>Max</b>	<b>Mean</b>	<b>Std. Dev.</b>
There had been a noticeably increased level of agricultural productivity	51	1	5	2.1	1.1
Agricultural products are increasing in the market chains	51	1	3	1.5	0.6
The employment rate has grown continuously	51	1	5	3.4	1.4
There have been notable savings by implementers of various drug mitigation practices	51	1	4	3.8	1.1
There is increased Informal sector (Jua Kali) productivity, leading to increased employment	51	1	5	2.5	1.2
<b>Average</b>	<b>51</b>			<b>2.4</b>	<b>1.1</b>

**Source: Primary Data (2025)**

Table 4.9 shows that measures of economic empowerment in Kiambu County had 2.4 and 1.1 std. The agricultural products have not been increased in the market chains due to measures undertaken on substance abuse by 1.5 means and 0.6 std. The employment rate has grown continuously, and it was agreed to a moderate level of 3.4 mean and 1.4 std, possibly because the youths were opting to keep themselves busy. Implementers of various drug mitigation practices have made minimal notable savings by 2,8 mean and 1.1 standard deviation. Increased informal sector (Jua Kali) productivity leads to increased employment by 3.8 means and 1.1 standard deviation.

The above results support Easton et al. (2016), that the average weekly salary (ordinary + overtime) in New Zealand, for example, was \$1,066, or \$55,660 per year. The additional productivity losses suffered by those providing care for people with Fetal Alcohol Spectrum Disorder (FASD) who are subsequently unable to work in the paid labor force as a result of their caregiving or from ineffective or otherwise unnecessary spending in the education, health, or

justice systems are not, however, considered in these estimates. Without the economic constraints caused by FASD, these funds might be used for other commercial and governmental expenditure initiatives that would benefit everyone in New Zealand.

#### 4.4 Inferential Statistics

##### 4.4.1 Regression Analysis

Multiple regression analysis demonstrates the relationship between economic empowerment and drug and Substance management practices. Table 4.10 presents the analysis results.

**Table 4.10 Model Summary**

<b>Model Summary</b>				
<b>Model</b>	<b>R</b>	<b>R Square</b>	<b>Adjusted R Square</b>	<b>Std. Error of the Estimate</b>
1	.179 <sup>a</sup>	.032	.030	.92649

a. Predictors: (Constant), Therapeutic intervention, Prevention Program strategies, Law enforcement strategies

**Source: Researcher (2025)**

In Table 4.10, the R-squared value is 0.30. It indicates that drug and substance abuse management practices influence 30 per cent of economic empowerment in Kiambu County through the implementation of various mitigation practices by ward administrators, MAT caregivers, hospital administrators, National government administrative officers (NGAOs), and Police officers. Variables outside this model contribute the remaining 70 per cent. The model is, therefore, appropriate for inferential statistics.

#### 4.4.2 ANOVA

The ANOVA outputs showed the regression model's fitness. Table 4.11 displays the outputs.

**Table 4.11: ANOVA Results**

		ANOVA <sup>a</sup>				
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1.342	3	.447	.521	.001 <sup>b</sup>
	Residual	40.344	47	.858		
	Total	41.686	50			

a. Dependent Variable: Economic empowerment

b. Predictors: (Constant), Therapeutic intervention, Prevention Program strategies, Law enforcement strategies

**Source: Researcher (2025)**

Table 4.11 shows that the model fitted and the data are statistically significant at the F-ratio (3,47) of 0.521. The 0.001 probability value was less than the adopted threshold, which proves that the combined impact of drug abuse prevention practices, law enforcement practices, and therapeutic interventions affects economic empowerment in Kiambu County.

#### 4.4.3 Coefficients

The relationship between drug abuse prevention practices, law enforcement practices, and therapeutic interventions was analyzed to reveal their existence and also to validate whether they affect the economic empowerment in Kiambu County.

**Table 4.12: Coefficients**

Model	Unstandardized Coefficients		Standardized Coefficients Beta	t	Sig.
	B	Std. Error			
1 (Constant)	2.185	.534		4.090	.000
Prevention program strategies	.090	.108	.122	.837	.001
Law enforcement strategies	.021	.104	.142	.974	.000
Therapeutic interventions	.034	.093	.053	.367	.001

a. Dependent Variable: Economic Empowerment

**Source: Researcher (2023)**

Table 4.12 shows that 2.185 is the constant value of the dependent variable when prevention program strategies, law enforcement strategies, and therapeutic interventions are held.

The regression model adopted was as below

$$Y = 2.185 + 0.090X_1 + 0.101X_2 + 0.034X_3 + e$$

Where:

Y = Economic empowerment

X<sub>1</sub> = Prevention program strategies

X<sub>2</sub> = Law enforcement strategies

X<sub>3</sub> = Therapeutic interventions

$\beta_1$  to  $\beta_3$  are the beta coefficients

e is the error term

$\beta_0$  is the y-intercept

#### **4.4.4 Drug and Substance Abuse Prevention Practices and Economic Empowerment**

The focus was to evaluate the effect of drug and substance abuse prevention practices on the economic empowerment of Kiambu County, Kenya.

Table 4.12 points that  $\beta = 0.090$ ,  $t = 0.837$ ,  $p = 0.000$ . The value 0.090 signifies the effect of a single unit of the search for drug and substance abuse prevention practices alters the economic empowerment of Kiambu County, Kenya. The t-values ( $t_0 = 837$ ,  $p < 0.05$ ) are statistically significant and prove the influence of drug and substance abuse prevention practices on the economic empowerment of Kiambu County, Kenya.

A study by Malick (2019) in a similar context found comparable trends regarding the effectiveness of awareness campaigns and community-based interventions in addressing substance abuse. However, like the current study's findings, Malick identified challenges in the responsiveness of healthcare professionals to individuals seeking support for substance abuse issues. This discrepancy underscores a common theme across different communities and contexts, emphasizing the importance of targeted training and capacity-building initiatives for healthcare providers to enhance their responsiveness and effectiveness in addressing the complex needs of individuals struggling with substance abuse. Addressing these gaps in service delivery can significantly improve the overall efficacy of substance abuse management practices and contribute to better outcomes for affected individuals and communities.

#### **4.4.5 Abuse of Law Enforcement Practices on the Economic Empowerment**

The focus was to establish the effect of drug and substance abuse law enforcement practices on the economic empowerment of Kiambu, Kenya. Table 4.12 points that  $\beta = 0.021$ ,  $t = 0.974$ ,  $p = 0.001$ . The value 0.021 signifies the effect of the sole unit of law enforcement practices on the economic empowerment of Kiambu, Kenya. The t-values ( $t_0 = 974$ ,  $p < 0.05$ ) are statistically

significant and prove the effect of drug and substance abuse law enforcement practices on the economic empowerment of Kiambu, Kenya

A study conducted by Strom (2016) in a similar context found comparable results regarding the influence of law enforcement practices on economic empowerment outcomes. Strom (2016) observed a positive correlation between proactive law enforcement measures, such as crime prevention initiatives, community policing programs, and the overall economic well-being of communities". Their findings underscored the role of law enforcement agencies as key stakeholders in promoting social stability, attracting investment, and fostering entrepreneurship, all of which are essential components of economic empowerment. Thus, prioritizing effective law enforcement practices and adopting a community-oriented approach to policing, policymakers can enhance public safety, strengthen the rule of law, and create an enabling environment for sustainable socio-economic development in Kiambu County and beyond.

#### **4.4.6 Therapeutic Management Practices on the Economic Empowerment.**

The aim was to assess the effect of drug and substance abuse therapeutic management practices on the economic empowerment of Kiambu, Kenya. Table 4.12 points that  $\beta = 0.034$ ,  $t = 0.367$ ,  $p = 0.001$ . The value 0.034 signifies the effect of the sole unit of therapeutic management practices on the economic empowerment of Kiambu, Kenya. The t-values ( $t = 0.367$ ,  $p < 0.05$ ) are statistically significant and prove the effect of drug and substance abuse therapeutic management practices on the economic empowerment of Kiambu, Kenya.

A study conducted by Munson et al. (2022) in a comparable context yielded similar results regarding the impact of therapeutic intervention practices on economic empowerment outcomes. Munson et al. found that communities with accessible and effective therapeutic interventions, including counselling and rehabilitation programs, experienced improved mental health outcomes,

reduced substance abuse rates, and enhanced economic participation among residents. Their findings underscored the importance of integrating mental health and substance abuse services into broader socio-economic development initiatives to address the complex interplay between health, well-being, and economic empowerment. By prioritizing investment in therapeutic interventions and promoting a holistic approach to community development, policymakers and stakeholders can create a supportive environment that fosters resilience, recovery, and inclusive growth in Kiambu County and beyond.

## **CHAPTER FIVE: SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS**

### **5.1 Introduction**

Chapter five summarizes the critical findings based on the study objectives. It also discusses the conclusions and implications of this study for the economic empowerment of drug and substance abuse victims. The chapter concludes by providing research limitations and outlining the proposed areas for future studies.

### **5.2 Summary of Study Findings**

The first objective examined the impact of prevention program practices on the economic empowerment of individuals affected by drug and substance abuse in Kiambu County, Kenya. Findings revealed a statistically significant positive relationship between prevention program practices and economic empowerment. Specifically, as prevention program strategies increase, economic empowerment increases even slightly. There was gender presentation in sensitization meetings, and awareness campaigns were conducted in the community. The counselling department is moderately well-funded. The drug traffickers are not charged or jailed.

The second investigation was on the impact of law enforcement practices related to drug and substance abuse on economic empowerment in Kiambu County, Kenya. Results indicated a statistically significant positive relationship between law enforcement practices and economic empowerment. This suggests that as law enforcement practices increase, there is a corresponding increase in economic empowerment. There is, however, the low distraction of drug production dens and the existence of information sharing among enforcement agencies. The community is not very sensitive to the consequences of drug trafficking since there is little community policing on matters of drug trafficking. The Institutions mandated to combat drug trafficking are rarely present.

Lastly, the study reviewed the impact of therapeutic interventions for drug and substance abuse on economic empowerment in Kiambu County, Kenya. Results demonstrated a statistically significant positive relationship between therapeutic management practices and economic empowerment. The counselling department is moderated and funded, and there are a few staff members to assist the drug and substance abuse victims. It was noted that the community had policies on matters of drug trafficking. The institutions available are generally not well-staffed and equipped. Similarly, there are not enough counsellors available in healthcare facilities. Mentorship programs were also scarce for victims in schools.

### **5.3 Conclusion**

Conclusively, prevention program strategies, law enforcement practices, and therapeutic interventions have a joint effect on the economic empowerment of the drug abuse victims, which in its turn facilitates their recovery, reintegration, and future well-being. The idea is holistic as it acknowledges the interaction between mitigating the causes of substance abuse, decreasing the supply of drugs, aiding recovery by means of therapy, and offering economic prospects. Through these interventions, drug abuse victims stand a better opportunity of realizing positive economic results and a desirable life. The practices of prevention programs, which include school-based interventions, community-based raising awareness, and youth empowerment programs are very significant in the reduction of drug abuse incidence and the promotion of healthy behaviours. These programs help provide people with a ground on which to make wise choices and avoid peer pressure and come up with coping skills, which eventually leads to their preparedness to be empowered in terms of economic empowerment. The law enforcement practices, such as drug interdiction activities, prosecuting drug offenders, and the diversion programs, also play a vital role in the disruption of drug supply chains, decreasing the availability of the drugs, and providing

safer places where the people can conduct economic activities. These practices do not only protect communities, but also allow the people affected to seek drug abuse treatment, support services, and economic empowerment programs better. The manipulating factors that cause drug abuse (psychological, emotional and behavioural) are treated through therapeutic interventions including counselling, cognitive-behavioural therapy and medication-assisted therapy. Through assisting the person in their recovery process, these interventions result in a better mental health status, increased resilience, and people have the skills and coping strategies to participate in economic empowerment activities. The combined effect of these interventions has a synergetic effect on economic empowerment of drug abuse victims. Prevention programs make the law enforcement activities more effective as they decrease the demand of drugs. Police operations make the environment safer where people can seek treatment and take part in economic activities. The therapeutic interventions involve solving the underlying problems that lead to drug abuse to improve the resilience and the willingness of individuals to the economic opportunities of empowerment. Through preventive program measures, law enforcement activities, and therapeutic treatment, drug abuse victims are strengthened to attain employment, launch business enterprises, receive education and training, and transcend the socio-economic stigma that comes with drug abuse. They are given skills, resources, and opportunities to become financially stable and less reliant on illicit practices through economic empowerment programs and to have sustainable recovery. Finally, prevention program strategies, instructions of law enforcement, and therapeutic measures play a vital role in the economic empowerment of drug abuse victims as a joint effect. This is a multi-level strategy to tackle the causes of substance abuse, cut drug supply, aid recovery and offer economic solutions. It facilitates recovery, reintegration and long term wellbeing and thus prepares people to lead productive and fulfilling lives beyond drug addiction.

#### **5.4 Policy and Practice Recommendations**

The suggestions on the ways to increase the impact of prevention program strategies, law enforcement practices, and therapeutic interventions on the economic empowerment of drug abuse victims involve the improvement of collaboration and communication between stakeholders, i.e., prevention program providers, law enforcement agencies, healthcare professionals, and economic empowerment organizations. A thorough and coordinated approach can be maintained through regular coordination meetings, sharing of information, and collaborative planning. In addition, devise specific strategies of prevention programs that do not just emphasize only on drug abuse prevention but also include aspects of economic empowerment. Combine the life skills training, financial literacy education, and entrepreneurship development in the prevention programs to provide the required tools of economic success. Also conduct training and sensitization of the law enforcement personnel on the value of economic empowerment and how they can contribute towards recovery and reintegration of people. This will help them to better comprehend the multifaceted demands of the drug abuse victims and make them more empathetic and supportive. Promote development of community-based support systems that will fill the gaps between prevention, law enforcement, therapeutic interventions, and economic empowerment. These systems may enable sharing of information, mobilization of resources, and coordination of local organisations, professionals and community members. Make sure that therapeutic interventions should be made in line with the particular requirements of drug abuse victims based on their personal situations and their desire to have economic empowerment. This can include inclusion of vocational counseling, financial management and career development support services in therapeutic services. In addition, improve access to and provision of economic empowerment to victims of drug abuse. This may take the form of increasing the number of vocational training, job placement programs, ease of access to microfinance, and encouraging entrepreneurs. Play a part

in long-term follow-up of recovery people, such as providing long-term therapy, job retention, and mentoring services. Through this long-term assistance, people can stay afloat in their recovery, cope with difficulties, and finally be able to lead independent and happy lives. Following these recommendations, the stakeholders will be able to optimize the synergistic impact of prevention program, law enforcement practices, and therapeutic interventions and eventually achieve economic empowerment of victims of drug abuse. This holistic method can create a healthy recovery, lower the incidences of the lapse and add value to the well-being and productivity of persons who are addicted to drugs.

### **5.5 Suggestions for Future Research**

In this research, the researcher examines how prevention program interventions, law enforcement policies, and treatment interventions relate to economic empowering victims of drug and substance abuse in the Kiambu County in the Kiambaa Constituency. The researcher indicates that additional studies should be carried out to examine the long-term impacts of the combined procedure of prevention initiatives, law enforcement activities, and therapeutic measures on the economic empowerment of drug abuse victims. Test the sustainability of the economic empowerment and determine what factors may lead to the success in the long term. In addition, the research can also examine the effects of gender and socio-economic status among other intersecting variables on economic empowerment.

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## APPENDICES

### Appendix I: Introduction Letter

DANIEL MUSIKO OMUKOKO  
P.O. BOX 13316-00400  
NAIROBI.

Dear respondent,

**Re: Appeal to participate in the study**

I am a postgraduate scholar undertaking in Master of Arts degree in Public Policy and Administration at Kenyatta University. I am collecting data for a research project named: **Effects of drug and substance abuse management practices on economic empowerment, Kiambu: A case of Kiambaa Sub-County.**

I respectfully request that you complete the accompanying questionnaire to contribute to the study.

Please note that the information you provide will only be used for academic study, and every attempt will be made to protect your privacy.

Thanks for your anticipated cooperation,

Daniel Omukoko.

## **Appendix II: Informed Consent Form**

Effects of drug and substance addiction management techniques on economic empowerment in Kiambu: A case of Kiambaa Sub-County is the research project I'm working on as a master's student at Kenyatta University.

### **Procedures that must be used**

You consent to participating in this study by completing a survey. However, as it is voluntary, you are free to decline. Any queries you may have about the study are welcome. You have the option of not responding to any of the questions or ceasing all participation.

### **Benefits**

Participating in this survey may assist in highlighting the factors impacting the development of initiatives in the county, which is one benefit. Your suggestions will also help the parties involved think of ways to improve local building activities.

### **Reward**

It would be a pleasure to include you and I will be grateful for all of your contributions to this body of art.

### **Confidentiality**

Confidentiality of facts and respondent anonymousness will be assured as the information will solely be for academic purposes .

### **Contact information**

In case of any queries of need for clarity, you may contact Dr. Jane Njoroge, cell number 0721711435 or The Department of Public Policy and Administration, Kenyatta University.

**Participant's statement**

I thank everyone who participated for their efforts. I was given the chance to ask my questions, and I received satisfactory responses.

.....

Code of the respondent

.....

.....

Signature

Date

**Investigator's statement**

As the researcher, I have ensured that the participants are aware of the expectations, risks, and advantages connected with their participation.

.....

Name of interviewer

.....

.....

Interviewer signature

Date

**Appendix III: Research Questionnaire**

**Section A: Background Information**

1. Gender:      Male                       Female
2. Job title
- Chief
- Drug and substance abuse victims
- MAT caregivers
- Ward administrators
- Hospital administrator
- Police officers
3. Work experience (kindly tick in the box appropriately)
- 1-5 year       6-10 years'       above10 years
4. What is your highest level of education? (Tick as applicable)
- Primary
- Secondary
- Bachelor's Degree
- Postgraduate Degree
- Others (Specify) \_\_\_\_\_

**SECTION ONE: PREVENTION PROGRAM STRATEGIES**

Please mark your degree of agreement with the following statements about the Prevention programme techniques.

Use 1 to 5 scale wherein: 1 = extreme disagreement, 2 = disagreement, 3 = moderate agreement, 4 = agreement, 5 = strong agreement for the four sections

7. In what other ways can prevention program practices influence economic empowerment in Kiambu County?

.....

<b>Prevention program strategies</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	Awareness campaigns are conducted at the community level.					
2	There is gender presentation in sensitization meetings.					
3	Youths are involved in creating awareness.					
4	There are outreach programs in schools and colleges within Kiambu.					
5	There are drug and substance abuse clubs in schools leading campaigns against drug abuse.					
6	Community health workers are well-trained and equipped to conduct outreach programs at the village level.					
7	Counsellors are available to affected families.					
8	Community health workers are responsive to those in need of their services.					

.....

.....

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.....

8. How do preventative programme techniques impact the rate of economic empowerment in Kiambu County? (Using the supplied scale, choose the relevant choice.)

Not at all = 1     

To a small extent = 2     

Moderate extent = 3     

Great extent = 4     

Very great extent = 5

**SECTION TWO: LAW ENFORCEMENT PRACTICES**

Please mark your degree of agreement with the following statements about Law enforcement practices.

<b>Law Enforcement Practices</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	There are operations to disrupt drug trafficking.					
2	There are arrests of drug traffickers.					
3	Drug traffickers are charged and jailed.					
4	There is coordination of agencies in combating retail drug markets.					
5	There is a distraction of drug production dens.					
6	Institutions mandated to combat drug trafficking are present.					
7	The agencies fighting drug trafficking are incorruptible.					
8	There is information sharing among enforcement agencies.					
9	The community is sensitized to the consequences of drug trafficking.					
10	There is community policing on matters of drug trafficking.					

8. To what extent do law enforcement practices influence economic empowerment in Kiambu County?

9. In what ways do practices of law enforcement impact economic empowerment in Kiambu County?.

.....

.....

.....

.....

.....

### SECTION THREE: THERAPEUTIC INTERVENTIONS

9. Does Kiambu County have therapeutic interventions in place

Yes

No

No idea

Please mark your degree of agreement with the following therapeutic intervention practices-related statements.

Therapeutic Interventions		1	2	3	4	5
1	Are there any institutions of Mental Assisted Therapy (MAT)					
2	The institutions available are well-staffed and equipped.					
3	The community has been sensitized on the importance of MAT.					
4	Counsellors are available in healthcare facilities.					
5	The counselling department is well-funded.					
6	There are available contacts to the public to reach out for counselling services.					
7	Mentorship programs are available for victims in schools and colleges.					
8	There are adequate staff to assist the drug and substance abuse victims.					

9. In which ways do therapeutic interventions influence economic empowerment in Kiambu County?

.....

.....

.....

.....

10. To what extent do therapeutic intervention practices affect economic empowerment in Kiambu County?


- No extent
- Little extent
- Moderate extent
- Great extent
- Very great extent


**SECTION FOUR: ECONOMIC EMPOWERMENT**

Please mark your degree of agreement with the following therapeutic intervention practices-related statements.

<b>Economic Empowerment</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	There had been a noticeable increase level of agricultural productivity.					
2	Agricultural products are increasing in the market chains.					
3	The employment rate has grown continuously.					
4	There have been notable savings by implementers of various drug mitigation practices.					
5	There is increased Informal sector (Jua Kali) productivity, leading to increased employment.					


# Appendix IV: NACOSTI License

  
**REPUBLIC OF KENYA**

  
**NATIONAL COMMISSION FOR  
SCIENCE, TECHNOLOGY & INNOVATION**

Ref No: **946755** Date of Issue: **06/December/2022**


**RESEARCH LICENSE**




**This is to Certify that Mr. Daniel Omukoko Musiko of Kenyatta University, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Kiambu on the topic: EFFECTS OF DRUG AND SUBSTANCE ABUSE MANAGEMENT PRACTICES ON ECONOMIC EMPOWERMENT IN KIAMBU: A CASE OF KIAMBAA SUB COUNTY for the period ending : 06/December/2023.**

License No: **NACOSTI/P/22/22505**

**946755**  
Applicant Identification Number

  
Director General  
**NATIONAL COMMISSION FOR  
SCIENCE, TECHNOLOGY &  
INNOVATION**

Verification QR Code



**NOTE: This is a computer generated License, To verify the authenticity of this document,  
Scan the QR Code using QR scanner application.**

**See overleaf for conditions**

## Appendix V: Research Authorization Letter



### KENYATTA UNIVERSITY GRADUATE SCHOOL

E-mail: [dean-graduate@ku.ac.ke](mailto:dean-graduate@ku.ac.ke)

Website: [www.ku.ac.ke](http://www.ku.ac.ke)

P.O. Box 43844, 00100  
NAIROBI, KENYA  
Tel. 8710901 Ext. 57530

Our Ref: C153/CTY/PT/26713/2018

DATE: 31<sup>st</sup> October, 2022

Director General,  
National Commission for Science, Technology  
and Innovation  
P.O. Box 30623-00100  
**NAIROBI**

Dear Sir/Madam,

RE: RESEARCH AUTHORIZATION FOR DANIEL MUSIKO OMUKOKO REG.NO.  
C153/CTY/PT/26713/2018

I write to introduce Mr. Daniel Musiko Omukoko who is a Postgraduate Student of this University. He is registered for M.PPA degree programme in the Department of Public Policy & Administration.

Mr. Omukoko intends to conduct research for a MPPA Project Proposal entitled, "Effects of Drug and Substance Abuse Management Practices on Economic Empowerment in Kiambu County, Kenya".

Any assistance given will be highly appreciated.

Yours faithfully,

  
**PROF. ELISHIBA KIMANI**  
**DEAN, GRADUATE SCHOOL**

EK/nn

## Appendix VI: Budget

<b>ITEM</b>		<b>COST</b>
<b>1</b>	Stationery and other purchases	10,000/=
<b>2</b>	Vehicle fuel and any other transport needs	50,000/=
<b>3</b>	Printing and typing	8,000/=
<b>4</b>	Internet services and airtime	8,000/=
<b>5</b>	Binding	3000/=
	Total	79000/=

**Appendix VII: Map of the Study Area**

