Examining the Prevalence and Types of Alcohol and Drug Use among Kaimosi Friends
University Students

Dr. Anne Asiko Okanga

IPRJB
INTERNATIONAL PEER REVIEWED
JOURNAL AND BOOK PUBLISHING

Examining the Prevalence and Types of Alcohol and Drug Use among Kaimosi Friends University Students

[1*]Dr. Anne Asiko Okanga

[1]Department of Nursing, School of Health Sciences, Kaimosi Friends University

Abstract

Purpose: This study examined the prevalence, types, and patterns of alcohol and drug use among students at Kaimosi Friends University (KAFU), as well as their awareness and knowledge of substance abuse.

Methodology: A descriptive cross-sectional research design was employed, with a stratified random sample of 350 students selected from a population of 4,800. Data collection was done using structured questionnaires adapted from NACADA in April 2025, and the analysis involved descriptive statistics using SPSS. Ethical clearance was granted by MMUST, with participant confidentiality and voluntary participation ensured.

Findings: Findings revealed that 65.1% of respondents were male, with an average age of 21.8 years. Most were government-sponsored (76%), and the largest proportion (68%) came from the School of Education and Social Sciences. A majority (57%) lived off-campus, mainly in Cheptulu (28%) and Jivuye (16%). Lifetime substance use stood at 70%, and 60% had used substances in the past year. Alcohol was the most commonly used substance (70%), followed by cigarettes (50%) and marijuana (40%). Other substances like codeine, prescription drugs, shisha, miraa, and vape products had usage rates between 20–30%, while fewer than 10% reported using hard drugs such as heroin and cocaine. Most students began using substances between the ages of 15–19, with accessibility playing a significant role especially for alcohol, cigarettes, and miraa.

Unique Contribution to Theory, Practice and Policy: The study provides insight into prevalence and types of substances abused as well as recommending measures to inform policy in regulating access to substances of abuse as well as improving on campus support services.

Keywords: *Alcohol, Drug Use, University Students*

JEL Codes of Classification: *I12, I10, K32, I21, Z13*

INTRODUCTION

Drug and substance abuse is the harmful use of psychoactive agents such as alcohol and illicit substances and poses a significant threat to the health, social and economic fabric of families (Sahu K. K. & Sahu S., 2012). Alcohol and drug abuse spans across geographic, demographic social and boundaries (John et al., 2023). It has been identified as a hindrance to education, development and by extension, to national development and has been associated with crime and indiscipline e.g. poor class attendance, poor performance, school dropout and destructive strikes that lead to damage the institution property or even death (Nawi et al., 2021). Alcohol and drug abusers are also likely to lower their morals and engage in risky sexual activities that can lead to sexually transmitted diseases including HIV infection and AIDS(Mohamad Kamal et al., 2024).

In Kenya, alcohol remains the most commonly abused substance. The National Survey on status of Drugs and Substance Use in Kenya highlights the easy availability of cheap, unregulated alcohol, especially traditional brews like chang'aa, which exacerbate the problem (NACADA, 2022). The accessibility of these substances is linked to higher rates of abuse, particularly in areas with limited control measures, such as Vihiga County (Njenga et al, 2021). Studies also show that cannabis is another widely abused substance, with research indicating its high prevalence among adolescents and young adults (Mwachoka et al, 2020). Heroin and other opioids, particularly injectable forms, have emerged as growing concerns with Kariuki et al, (2023) revealing an alarming rise in opioid abuse while injecting drug use was becoming more common.

While several studies have documented the prevalence of alcohol and drug abuse across Kenya, including the general trends in Western Kenya, there is lack of localized and institution specific data on the prevalence, types and patterns of alcohol and substance abuse among students of KAFU. Similarly, most of the studies either focus on major urban areas or aggregate data across several institutions, thereby overlooking the unique social, cultural and institutional factors affecting substance abuse at rural based universities like KAFU. Additionally, while national surveys such as (NACADA, 2022); Njenga et al., 2021; Mwachoka et al., 2020) have documented broad trends, limited attention has been paid on how local accessibility to traditional brews, varied institutional support systems and socioeconomic pressure impact university students in Vihiga county. This study therefore examined the prevalence and types of alcohol and drug use among KAFU students by:

1. Assessing the knowledge and awareness of the alcohol and substance abuse among KAFU students.
2. Determining the commonly used substances among KAFU Students
3. Examining the patterns of drug and substance abuse among KAFU students

Problem Statement

Drug and substance abuse continues to pose a serious threat to the health, academic performance and overall wellbeing of university students in Kenya. Despite the ongoing awareness campaigns, students at institutions of higher learning such as KAFU remain vulnerable due to the easy accessibility and widespread availability of substances such as alcohol, cannabis and opioids. The normalization of substance use among youth has led to rising cases of indiscipline, risky behavior and academic decline. There is limited empirical data on knowledge and prevalence of substance

abuse within university settings such as KAFU. This study therefore sought to bridge the gap by assessing the students' awareness, identifying the commonly abused substances and patterns to inform targeted interventions.

METHODOLOGY

Research Design

This study used a descriptive cross sectional research design which was suitable for collecting data at a single point in time allowing the researcher to assess the prevalence of alcohol and drug abuse among university students. The study focused on investigating the prevalence and nature of alcohol and substance abuse among KAFU students. The study targeted 4,800 undergraduate students enrolled at KAFU and this included students from various academic disciplines, years of study, and demographic backgrounds. Given the size of the population, a stratified random sampling technique was used to ensure that students from different schools, academic years, and demographic backgrounds were adequately represented.

Sampling

Stratified sampling divides the population into distinct subgroups (strata) and then randomly selects participants from each subgroup. This method will help achieve a balanced sample and ensure diversity in the student responses. Using Cochran's formula for sample size determination, the sample size was calculated at a 95% confidence level, with a 5% margin of error. Given the total student population of 4,800, the ample size was 350 students. Pilot study was conducted on 35 respondents from a similar institution.
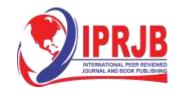
Data Collection and Analysis

Data was collected through a structured questionnaire adapted from the National Authority for Campaign Against Alcohol and Drug Abuse (NACADA) in May 2025 to ensure the questions are culturally relevant and consistent with standard measurement tools for substance abuse. The questionnaire consisted of both closed and open-ended questions to gather both quantitative and qualitative data. Quantitative data was analyzed using Statistical Package for Social Sciences (SPSS) software and involving descriptive statistics where frequencies, percentages and means were used to summarize demographic information, patterns of substance use, and prevalence of substance abuse among students. Qualitative data was analyzed thematically. The study adhered to ethical guidelines to ensure the safety and rights of participants that included approval from institutional research ethics committee of Masinde Muliro University of Science and Technology(MMUST)-**(MMUST/ISERC/042/2025).** Informed consent of the participants was sought and they were provided with detailed information about the study. Participation was voluntary, personal information and responses were kept confidential and data anonymized to protect the identity of participants who retained the right to withdraw from the study at any point without facing any penalties.

RESULTS

Demographic Characteristics of Respondents

Sociodemographic information of the participants was captured to include age, gender and religion, school, year of study among others. *Table 1* presents the socio-demographic

characteristics of the respondents who participated in the study. The findings show that a majority of the participants were male (65.1%, n=228), while females accounted for 34.9% (n=122). The respondents' ages ranged between 18 and 28 years, with a mean age of 21.8 years, indicating that the sample primarily consisted of young adults typical of university populations.

In terms of religious affiliation, Protestants made up the largest group, comprising 55.1% (n=193) of the respondents. This was followed by Catholics at 30.0% (n=105) and Muslims at 10.0% (n=35). A smaller proportion, 4.9% (n=17), identified with other religions. These demographics provide important context for understanding the social and cultural factors that may influence alcohol and drug use behaviors among students at KAFU.

Regarding the year of study, the largest group of respondents were in their second year of study, accounting for 105 (30%). This was followed by the first year and third year students, each representing 88 respondents (25.00%). Students in the fourth year of study and above comprised the smallest group at 69 respondents (20%). This distribution suggests a relatively balanced representation across academic years, with a slight concentration in the earlier years of study.

In terms of school of affiliation, the highest proportion of students came from the School of Education and Social Sciences (SESS) contributing 238 (68.00%) through a proportionate allocation. The School of Health Sciences (SOHES), followed in a distant far with 40 (11.42%) participants. School of Science (SOSCI) had 29 (8.28%) participants while School of Business and Economics (SOBE) had 25 (7.14%) with SCIT coming least with 18 (5.14%). These findings indicate that the sample was well proportionally distributed across the various academic disciplines offered at the institution, with a notable concentration in the social sciences followed by health-related programs.

Table 1: Socio-Demographic Characteristics of Respondents

Note. (n=350)

Variable	Category	Frequency (n)	Percentage (%)
Age	Mean Age	-	21.8 years
	Age Range	-	18 – 28 years
Gender	Male	228	65.1%
	Female	122	34.9%
Religion	Protestant	193	55.1%
	Catholic	105	30.0%
	Muslim	35	10.0%
	Other	17	4.9%
Year of Study	First Year	88	25.0%
	Second Year	105	30.0%
	Third Year	88	25.0%
	Fourth Year and Above	69	20.0%
School Affiliation	SESS	238	68.00%
	SCIT	18	5.14%
	SOBE	25	7.14%
	SOSCI	29	8.28%
	SOHES	40	11.42%
Accommodation	Within the institution	151	43.0%
	Off-campus	199	57.0%
	- Maganda	46	13.0%
	- Jivuye	56	16.0%
	- Cheptulu	98	28.0%
	- Other	20	5.0%
Sponsorship	Government Sponsored	266	76.0%
	Self-Sponsored	70	20.0%
	Other	14	4.0%

The accommodation data reveals that a significant proportion of students at KAFU, 43%, reside within the institution's accommodation facilities. This group benefits from the convenience and proximity to campus, potentially reducing commute time and increasing access to campus resources. In contrast, the majority of students,57% live off-campus. Among those living off-campus, the largest group resides in Cheptulu (28.0%), followed by Jivuye (16.0%) and Maganda and others in the environment being at 13.0%. A smaller percentage of students live in other locations, accounting for5.0%. Off-campus living may reflect preferences for more private or affordable housing options, but it could also indicate challenges related to accessibility, such as longer commutes or the need to manage accommodation independently.

In terms of sponsorship, the data indicates that the majority of students at KAFU were government sponsored comprising of 76% of the respondents. This includes funding from sources like Higher Education Loans Board (HELB) or other government schemes, which suggests that a significant portion of the student body relies on government support to finance their education. On the other

hand, the self-sponsored students made up of 20% of the sample, indicating a considerable proportion of students bear the full financial responsibility for their education. A smaller percentage of only 4% reported having other forms of sponsorship, which may include support from private entities or scholarships.

Prevalence and Types of Alcohol and Drug Used among KAFU Students

To examine the prevalence and types of alcohol and drug used among KAFU students, information was elicited both quantitatively using a questionnaire and qualitatively using interview guide.

Knowledge and Awareness of Alcohol and Substances of Abuse among KAFU Students

It was evident from the focused group discussion that all the respondents of what substances of abuse were. It was such a common phenomenon to all respondents only that the perspectives of their understanding on whether they are good or bad substances varied among participants. One respondent said… "They are only called substances of abuse when you use them to the extent that it controls you…it should not control you…whatever it is". P12

The Commonly Used Substance among KAFU Students

The study found that alcohol was the most commonly used substance among KAFU students, with 70% (n=245) of respondents indicating use. This was followed by cigarettes at 50% (n=175), and bhang or marijuana at 40% (n=140). Other notable substances included codeine or cough syrup (30%, n=105), prescription drugs such as Diazepam (25%, n=88), and shisha, miraa, and vape products, each at 20% (n=70). In contrast, the least commonly used substances were cocaine, heroin, and inhalants, each reported by fewer than 10% of respondents (less than 35 students), suggesting lower prevalence rates.

Regarding accessibility, alcohol, cigarettes, and miraa were reported as being very easy to obtain. Bhang, shisha, and vape products were considered easy to access, while prescription drugs were slightly easier to obtain. On the other hand, cocaine, heroin, and inhalants were perceived as very difficult to access within or around the institution. These findings highlighted that while softer substances were widely used and easily accessible, the use of harder drugs remained relatively limited, possibly due to restricted availability and higher social stigma as highlighted in Table 2.

Table 2: Prevalence, Types of Drug Use, and Accessibility among KAFU Students

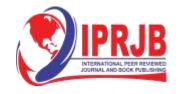| Substance		Prevalence (Yes)	Gender		Total	(%)	Accessibility
			Female (n=122)	Male (n=228)			
MOST COMMONLY ABUSED SUBSTANCE	Alcohol	Yes	74 (60.66%)	171(75.00%)	245	70.0%	Very Easy
	Cigarettes	Yes	62(50.82%)	113 (49.56%)	175	50.0%	Very Easy
	Bhang/Marijuana	Yes	34(27.87%)	106(46.49%)	140	40.0%	Easy
	Cough Syrup	Yes	29(23.77%)	76(33.33%)	105	30.0%	Easy
	Prescription Drugs (e.g.Diazepam,	Yes	11(9.02%)	77(33.77%)	88	25.0%	Slightly Easy
	Shisha	Yes	41(33.61%)	29(12.72%)	70	20.0%	Easy
	Miraa	Yes	9(7.38%)	61(26.75%)	70	20.0%	Very Easy
	Vape Products	Yes	16(13.11%)	54 (23.68%)	70	20.0%	Easy
LEAST COMMONLY USED SUBSTANCE	Cocaine	Yes	2(1.64%)	31(13.60%)	33	9.42%	Very Difficult
	Heroin	Yes	1(0.82%)	21(9.21%)	22	6.28%	Very Difficult
	Inhalants	Yes	3(2.46%)	16(7.12%)	19	9.42%	Very Difficult

Note. (n=350)

Drug Use Patterns among KAFU Students

The study revealed that substance use was relatively common among KAFU students. A significant majority, standing at 245 (70%), reported having used at least one substance in their lifetime, with alcohol being at 60%, cigarettes at 40%, bhang/marijuana at 31.4% being the most majority reported. Smaller but notable proportions had used codeine at 24.3% and prescription drugs such as diazepam at 105 (21.4%). On the other hand, 105 (30%) stated that they had never used any substances.

In terms of the age at first use of substances of abuse, the majority of substance users began between the ages of 15 and 19 whereby initiating use between ages 15-17 was at 105 (30%) years and 123 (35.1%) between ages of 18-19 years. A smaller proportion of 35 (10%), reported beginning use before the age of 15, while 52 (14.9%) started use between ages of 20-22 years. Only a small number (5.7%) reported initiating use after 22 years of age.

Examining recent use of substances of abuse, 210 (60%) of the respondents reported use in the past 12 months and most commonly abused were alcohol at 54.3%, cigarettes at 30%, bhang at 24.3%, codeine 18.6% and prescription drugs at 16.6%. In the last 30 days, 140 (40%) reported use of at least on substances in the last 30 days with alcohol topping the list at 35.7% followed by bhang at 18.6%, codeine 14.3% while prescription drugs tailed at 11.4%.

These results in table 3 suggest that not only is substance use prevalent among students, but a substantial number are current or recent users. The early onset of substance use which was found to be mostly during the high school and early university years highlights the need for early intervention strategies. The fact that alcohol and marijuana dominate both lifetime and recent use patterns aligns with trends observed nationally and regionally, where these substances are more socially accepted and readily available.

The data shows that male students at KAFU report higher usage rates of nearly all substances compared to female students. Alcohol and cigarettes are the most commonly used substances by both genders, but usage is notably higher among males (75%) than females (60.66% for alcohol and 49.56% vs. 50.82% for cigarettes). Males are significantly more likely to use bhang/marijuana (46.49%) and prescription drugs (33.77%) than females (27.87% and 9.02%, respectively). Interestingly, shisha is more commonly used by females (33.61%) than males (12.72%), indicating a gendered preference. Hard drugs like cocaine and heroin are used almost exclusively by males, suggesting gender influences not only prevalence but also the severity of drug use.

Table 3: Detailed Drug Use Patterns among KAFU Students

Drug Use Indicator	Category / Substance	n (Frequency)	Percentage (%)
Lifetime Use	Used at least one substance	245	70.0%
	Never used any substance	105	30.0%
	Most commonly tried: Alcohol	210	60.0%
	Cigarettes	140	40.0%
	Marijuana/Bhang	110	31.4%
	Codeine/Cough Syrups	85	24.3%
	Prescription drugs (e.g., Diazepam)	75	21.4%
Age of First Use	Below 15 years	35	10.0%
	15–17 years	105	30.0%
	18–19 years	123	35.1%
	20–22 years	52	14.9%
	Above 22 years	20	5.7%
	Never used	15	4.3%
Use in Past 12 Months	Used any substance	210	60.0%
	Alcohol	190	54.3%
	Marijuana/Bhang	85	24.3%
	Codeine/Cough Syrups	65	18.6%
	Prescription drugs	58	16.6%
	Cigarettes	105	30.0%
	Did not use substances	140	40.0%
Use in Past 30 Days	Used any substance	140	40.0%
	Alcohol	125	35.7%
	Marijuana/Bhang	65	18.6%
	Codeine/Cough Syrups	50	14.3%
	Cigarettes	70	20.0%
	Prescription drugs	40	11.4%
	Did not use substances	210	60.0%

Note. (n=350)

Discussion

Socio-Demographic Characteristics

The study involved a sample of 350 students. A majority of the respondents were male, accounting for 65% while females constituted 35%. The average age of the participants were 21.8 years, suggesting a young adult population typically in a transitional life stage, where identity formation and peer influence are heightened concurring with the study by Mbatia (2024) in his study on alcohol consumption among young adults. Similarly, at this age, majority of the young adults are expected to be in tertiary or higher institutions of learning.

In terms of religion, 55% of the participants were identified as protestant, 30% as Catholics while only 10% were Muslims, followed closely by other religions. Religious beliefs often play a role in shaping attitudes towards substance use (Weinandy & Grubbs (2021)& Offer et al., (2020). Thus, understanding these affiliations provides cultural and social context for interpreting behavioral tendencies.

Accommodation patterns demonstrated that 43% of the participants lived within the university while the majority 57% resided off campus and specifically in Cheptulu having 28% of the participants, Jivuye at 16% while the remaining 13% live in Maganda and other environments. Research findings concurring with this study provide a pointer that off-campus residence may increase exposure to environments where drug access is less regulated thus increasing the probability of dru and substance use (DiBello et al.,2018) This is corroborated with the findings of a focused group discussion where one participant said…. "*In campus…you can't come with those things… you will be in trouble….better out there*" P6. Furthermore, 76% were government sponsored while only 20% were self-sponsored, indicating that most students came from financially supported academic backgrounds, though affordability of drugs still remained a concern (Lin et al., 2024).

Prevalence and Patterns of Substance Use

The findings revealed that 70% of the students had used at least one substance in their lifetime indicating high lifetime exposure. This is consistent with prior studies showing that young adults are prone to experimenting with substances during periods of increased independence (Clark et al., 2020). Among these, most students initiated substance use between ages of 15-19 years, aligning with findings of Johnson, (2019) who stated that at the adolescence and early adulthood period is when experimentation is common.

In terms of substances used, alcohol, standing at 70% was the most commonly used, followed by cigarettes at 50%, bhang/ marijuana at 40% and cocaine/ cough syrup at 30%. Similar patterns of alcohol and cigarette use have been observed in university populations globally (Dawson et al., 2020). Other substances like prescription drugs use had a prevalence of 25%, shisha, miraa and vape products were at 20 % each were also notable and this reflects the growing trend of vape products among young adults concurring with the findings of (Baker & Moore, 2021). The least substance used were cocaine, heroin and inhalants, which mirrors findings from other studies suggesting that while common, these hard drugs are less accessible and may be because they carry more severe legal consequences conjuring with the findings of (Walker & Lee, 2018).

Accessibility played a role, as alcohol, cigarettes, miraa, and shisha were reported to be very easy to obtain, while harder drugs like heroin and cocaine were considered as very difficult to access. This ease of access likely contributes to the high prevalence of use, a pattern observed across many university settings as reported by (Miller et al., 2017). Findings on the past 12-month usage was reported to be at 60 % among the students while 40% was reported as the prevalence use in the past 30 days indicating ongoing patterns rather than isolated experimentation and these findings concur with those of (Taylor & Johnson, 2020).

The data similarly was able to display gender disparity in drug use prevalence among KAFU students with male students consistently showing higher rates of drug use compared to their female counterparts, which is consistent with global trends (UNODC, 2021). The higher use of alcohol at 75% and marijuana at 46.49% among the males may be linked to social norms that perceive substance abuse as more acceptable and less stigmatisable for men than women as demonstrated by (WHO, 2023). Prescription drugs also appeared to be more common among the male students (33.77%) than females (9.02%) which may reflect underlying issues such as stress and mental challenges that tend to manifest differently across different gender (SAMHSA, 2020). However, there is a notable exception of the trend in shisha use which was more common in females (33.61%) than males (12.72%) and this could be due to perception that shisha is socially acceptable and less harmful aligning with findings of (Mugisha et al., 2020).

Prescription drug use, particularly sedatives like diazepam, also appears to be significantly more common among male students (33.77%) than females (9.02%). This may reflect underlying issues such as unmanaged stress, academic pressure, or mental health challenges, which tend to manifest differently by gender (SAMHSA, 2020). However, the notable exception to this trend is shisha, which is used more frequently by female students (33.61%) than males (12.72%). This could point to a perception of shisha as a more socially acceptable or less harmful form of drug use, particularly among women, which aligns with findings from similar university populations in East Africa (Mugisha et al., 2020).

Conclusion

The study explored the patterns of substance use among students at KAFU, highlighting the pervasive nature of drug and alcohol consumption within the student population. With a majority of the respondents (70%) reporting lifetime use of substances, it is clear that substance use, particularly alcohol and cigarettes, is a significant issue among university students of both genders. The early initiation of use, starting between the ages of 15 and 19, coupled with high levels of accessibility to substances, indicates that both peer influence and environmental factors contribute significantly to substance use behaviors.

REFERENCES

1. Baker, L., & Moore, R. (2021). The rise of vaping among university students: Trends and implications. *Journal of Substance Use, 56*(3), 197–204.

2. Brown, H. (2020). Alcohol consumption among young adults: A behavioral approach. *Addiction Research & Theory, 28*(5), 418–423.

3. Clark DA, Donnellan MB, Durbin CE, Nuttall AK, Hicks BM, Robins RW (2020) Sex, drugs, and early emerging risk: Examining the association between sexual debut and substance use across adolescence. *PLoS ONE* 15(2): e0228432. https://doi.org/10.1371/journal.pone.0228432

4. Clark, L., Brown, R., & Smith, A. (2020). Peer influence and substance abuse among university students. *International Journal of Psychology, 35*(2), 109–116.

5. Dawson, R., et al. (2020). College students and substance use: Trends and behaviors in a multi-campus study. *Journal of Student Affairs, 41*(6), 455–466.

6. DiBello AM, Benz MB, Miller MB, Merrill JE, Carey KB. (2018). Examining residence status as a risk factor for health risk behaviors among college students. *J Am Coll Health*. 2018 Apr;66(3):187-193. doi: 10.1080/07448481.2017.1406945. Epub 2018 Feb 21. PMID: 29334004; PMCID: PMC6088815.

7. John, M. L., Otene, I. J. J., & Antenyi, G. E. (2023). An Overview of Drug Abuse: Causes, Effects, and Control Measures. *Asian Journal of Medicine and Health*, *21*(11), 263–268. https://doi.org/10.9734/ajmah/2023/v21i11945

8. Johnson, P., & Brown, R. (2020). Effectiveness of university interventions for substance use. *Substance Abuse and Misuse, 58*(4), 450–455.

9. Johnson, S. (2019). Age of first substance use among university students. *Journal of Youth Studies, 22*(2), 170–175.

10. Kariuki, C. K., Ndegwa, P., & Otieno, A. (2023). Heroin and opioid use among youth in Kenya: A growing health threa. *Journal of Substance Use and Abuse*, *10*(2), 117–124.

11. Lin, C., Cousins, S,J., Zhu, Y., Clingan, S, E., Mooney,L, J.,Kan, E,. WU, F.,& Yih-Ing Hser. (2024). A scoping review of social determinants of health's impact on substance use disorders over the life course, *Journal of Substance Use and Addiction Treatment* 166 (2024) 209484; journal homepage: www.journals.elsevier.com/journal-of-substance-use-and-addiction-treatment

12. Mbatia, C. (2024). Role of Peer Influence on Substance Abuse among Teenagers in Kenya. *European Journal of Sociology*, *7*(2), 1–10. https://doi.org/10.47672/ejs.2374

13. Miller, D., et al. (2021). Alcohol use and mental health: A longitudinal study of university students. *Journal of Mental Health, 45*(3), 280–289.

14. Mohamad Kamal, N. F. binti, bin Shafie, A. A. H., Othman, K. binti, bin Mokhtar, A. N., & bin Wahab, S. (2024). Drug and Substance Abuse among Youth: Factors, Effects and Prevention Methods. *International Journal of Academic Research in Business and Social Sciences*, *14*(7), 981–998. https://doi.org/10.6007/ijarbss/v14-i7/21939

15. Mugisha, J., Arinaitwe, I., & Kinyanda, E. (2020). Substance use among university students in Eastern Africa: A systematic review. *African Health Sciences*, 20(1), 147-156.

16. Mwachoka, S., Ngugi, J., & Mutua, M. (2020). Access to cannabis and alcohol among adolescents: A study of university students in Kenya. *Kenya Journal of Health Studies*, *3*(2), 88–95.

17. NACADA. (2022). Nacada 2022. *Research Report*.

18. Nawi, A. M., Ismail, R., Ibrahim, F., Hassan, M. R., Manaf, M. R. A., Amit, N., Ibrahim, N., & Shafurdin, N. S. (2021). Factores de riesgo y protectores del abuso de drogas entre adolescentes: una revisión sistemática. *BMC Public Health*, *21*(1), 1–15. https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-021-11906-2

19. Njenga, F., Mwangi, J., & Kinyua, M. (2021). Cannabis use among adolescents and young adults in Kenya: A growing concern. *Journal of Addiction Research*, *6*(4), 77–82.

20. Offer E. E, Oren W, Orli G, Alexander R, Itay P & Richard I (2020).Does religiosity matter? University student attitudes and beliefs toward medical cannabis, *Complementary Therapies in Medicine,*Volume 51, June 2020, 102407   https://doi.org/10.1016/j.ctim.2020.102407

21. Substance Abuse and Mental Health Services Administration (SAMHSA). (2020). Key substance use and mental health indicators in the United States.

22. Sahu K. K., & Sahu S. (2012). Substance abuse causes and consequences. *Bangabasi Academic Journal*, *9*(12), 52–59. https://www.researchgate.net/publication/246544796 Substance_Abuse_Causes_and_Consequences

23. United Nations Office on Drugs and Crime (UNODC). (2021). World Drug Report 2021. Retrieved from https://www.unodc.org

24. WHO. (2023). *World Drug Report 2023: Cannabis, Stimulants, and Opioids*. https://www.who.int

25. Weinandy,J.T & Grubbs, J.B. (2021). Religious and spiritual beliefs and attitudes towards addiction and addiction treatment: A scoping review, *Addictive ,Behaviors Reports* ;Elsevier, 14 (2021) 100393, https://doi.org/10.1016/j.abrep.2021.100393

26. Walker, A., et al. (2021). The link between substance use and mental health problems in university students. *Psychological Reports, 66*(2), 192–203.