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EDUCATIONAL PSYCHOLOGY and SPECIAL EDUCATION

In the field of

MASTER OF EDUCATION

Submitted in partial fulfillment of the requirements for the degree of

THE NGUTHU CIRCIT

EFFECTS OF SUBSTANCE ABUSE AMONGST SCHOOL GOING LEARNERS IN

UNIVERSITY OF ZULULAND
and that all materials contained herein have been duly acknowledged.

Naghtun circuit has not been previously submitted by me for the degree in this dissertation. Effects of substance abuse on school going learners in the UI Thembelile Mbuyi. I hereby declare that this mini

DECLARATION
Encouragement.

Napoleon and mostly my partner N.Y. For the love, prayers, support and

Siphoesitshu, my mother Thoko Zulu, my wonderful sister Mangani, my friend

Mladiu, my beloved brothers and sister Lutendo, Simphiwe Rendani and

I dedicate this work to my late father Nandi Zulu, my late daughter Sibongokuhle

DEDICATION
I would like to thank God, the Almighty for giving me strength to complete the study.

First and foremost, I would like to thank God, the Almighty for giving me

ACKNOWLEDGMENTS

Ndulovu for their encouragement and prayers throughout difficult times.

My colleagues and friends, Thando Mstahl, Vee Khanyile and Hloniphani

conducted this research.

The Department of Education, Umnyathi District for allowing me to

learn from educators and parents who participated in this study,

P E Molefe for her motivation and support.

My supervisor, Prof. M. Mhlongwane for his guidance throughout this study.

I want to thank the following people:

...
Learners that are already abusing drugs.

to educate learners on substance abuse prevention in schools and how to assist
practice that is teaching and learning. The study concludes with recommendations.
study showed that substance abuse negatively impacts effective professional
educators of these six learners also participated in the study. The findings of the
learners were selected from six secondary schools in the Ngutu area. Parents and
referred to education district offices for the substances abuse problem. These
questionnaires included gathering techniques focused on six learners that were
quantitative study using semi-structured interviews, focus groups and
between poor academic performance, schools drop out and substance abuse. A
aimed at finding out why learners abuse drugs, if there is any relationship
researcher undertook a study on this challenge which
learners abuse substances/drugs, they do not learn and ultimately they fall or
Substance abuse is one of the major challenges experienced in our schools. If

ABSTRACT
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Influencing people to abstain from illicit drugs (Brown, 2009).

Influencing people to abstain from illicit drugs includes prevention of substance abuse which is broadly aimed at education. This leads to the implementation of effective programs. Drug education includes prevention of substance abuse which is broadly aimed at influencing people to abstain from illicit drugs (Brown, 2009).

The school setting is an excellent place to educate young people about use and abuse of alcohol, tobacco and other addictive substances. By young people, community members, teachers and learners express concern about the effects of drug abuse can decrease school motivation and school attendance. Pressure is used by adolescents who have not learnt coping skills and thus are at risk of peer mandate that schools must develop their own drug policies. A wide variety of drugs implementation of drug policies were issued by department of education with a result guidelines on the abuse is on the increase among adolescents as a result guidelines on the implementation of drug policies (2005) drug abuse is a big problem in South Africa. Young children become victims of drugs.
Informed and responsible choices, e.g., whether to smoke, drink, and take drugs. A person who is properly educated should be in a better position to make insightful, constructive choices based on accurate knowledge, wisdom, and learning to make independent and satisfying lives. This process amongst other things includes from the researchers' experience education is a process of helping people to lead as these individuals are likely to become unproductive members of society. Ultimately this impacts negatively on the economic and social health of the country been associated with academic difficulties, absenteeism and school drop-out, alcohol and drug use also has a devastating impact on South African youth. It has drug abuse has been linked with crime, violence and risky sexual behaviors. According to Fisher, Townsend, Chikobvu, Lombard and King (2010) alcohol and not available (Perry, Carney, Peterson, Dewing & Needle, 2009).

Substance abuse is a global challenge, which has detrimental effects on the health.

1.2. LITERATURE REVIEW

Effects of these substances and if they can be addicted to them. Substances and finally the researcher would like to know if learners know different substances and, finally, the researcher would like to know why learners use substances. The researcher wanted to know why learners use substances, first, the researcher wanted to find out when the learner's first substance use encounter was and whether abuse is and whether they are able to control their intake. The researcher wanted to find out from learners if they know what substance make learners or female students abuse substances.
substance abuse ranged from 17.9% to 28% across provinces in South Africa. An
2008, the proportion of patients younger than twenty years who were treated for
higher figures are reported among adolescents (Peltzer & Ramagya, 2007). In
thirteen, cannabis is the most common illicit substance used in South Africa, the
leisure in younger age groups. In their first drink of alcohol before the age of
as high risk. The age of introduction of alcohol appears to be decreasing, as more
Alcohol consumption in South Africa is estimated at 28% of which 7% is classified
were reported for this group in 2000 and 2004 (UNODC, 2010).
years of age used illicit substances at least once during 2008, similar rates of use
It is estimated that globally between 3.5% and 5.7% of the population aged 15-54
uncommon amongst the youth and women of child bearing age.

elderly and senior members of the society including traditional healers, but it was
history. During the pre-colonial time, alcohol drinking was mainly the preserve of
The consumption of alcoholic beverages and cannabis in South Africa has a long
contextual factors in drug use and misuse is increasingly being recognized.
all involved in parenting. The importance of understanding the role of cultural and
The use of alcohol, cannabis, tobacco and illicit drugs by students is a concern to
accompanied meals (Weinstein & Rosen, 2003).

reception, deserral or grief. Alcoholic beverages are served on special occasions to
spirits and graduation ceremonies of diviners as well as sale for emotional pain,
girls and boy's meetings of reconciliation ceremonies for protection of ancestral
celebrations, birthdays and wedding ceremonies, coming of age ceremonies for
Alcohol has existed since the beginning of time. It is used as part of ritualistic
be high especially in males (Weinstein & Rosen, 2003).
reported drinking rates of young people in a nationwide survey are considered to
Africa about alcohol abuse among young people. In a national survey the
always been associated with partying. There have been many concerns in South
academic institutions. It has been part of many students' social lives and has
Alcohol abuse among students has been going on for a very long time in most
This research study attempted to answer the following research questions:

1.3.1. What is the relationship between substance abuse and each of the following variables?

1.3.2. What are the effects of substance abuse in schools in the Ngqushu Circuit?

Families and not and poor families, socio-economic backgrounds. They come from broken families, child headed common among adolescents. The learners who abuse drugs are from different increasing. Experimentation with tobacco, alcohol and marijuana is extremely

Substance abuse amongst students in primary and high schools in Ngqushu is

### Table 1

<table>
<thead>
<tr>
<th>Substance Used</th>
<th>Male Learners</th>
<th>Female Learners</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>% 6.2%</td>
<td>% 5.0%</td>
<td>% 7.4%</td>
<td>Heroin</td>
</tr>
<tr>
<td>% 6.7%</td>
<td>% 4.7%</td>
<td>% 8.7%</td>
<td>Cocaine</td>
</tr>
<tr>
<td>% 7.4%</td>
<td>% 5.7%</td>
<td>% 9.2%</td>
<td>Mynax</td>
</tr>
<tr>
<td>% 12.9%</td>
<td>% 11.3%</td>
<td>% 12.8%</td>
<td>Over the Counter</td>
</tr>
<tr>
<td>% 12.2%</td>
<td>% 9.2%</td>
<td>% 15.2%</td>
<td>Inhalants</td>
</tr>
<tr>
<td>% 9.7%</td>
<td>% 6.5%</td>
<td>% 13.1%</td>
<td>Cannabis</td>
</tr>
<tr>
<td>% 21.0%</td>
<td>% 15.8%</td>
<td>% 26.4%</td>
<td>Cigarette</td>
</tr>
<tr>
<td>% 28.6%</td>
<td>% 23.5%</td>
<td>% 33.5%</td>
<td>Alcohol</td>
</tr>
</tbody>
</table>

Rates of Substance Use among South African Learners Grades 8-11

According to individuals (Pluckemann, Flesher, Mckelvey, and Perrie Lombard, 2010).

Increase in treatment demand has been noted amongst young African and
This research will assist the Department of Education in understanding more about why the youth, particularly in schools, abuse substances.

1.5 Intended Contribution to the Body of Knowledge

Mood swings, impaired memory and many areas of human functions such as behavior, pattern, memory and substance abuse mean harmful use of alcohol or other drugs. This study aims to study substance abuse mean toxic and illicit drugs.

1.4.1 Substance abuse

In this study substance abuse mean toxic and illicit drugs.

1.4 Operational Definition of Terms

| V | Personal and family relationships
| II | Learner behavior
| III | Health
| I | Academic performance

1.3.2 To establish if there is a relationship between substance abuse and the following variables:

1.3.3 To determine the effects of substance abuse in schools in the Nugtith

The following were the research objectives:

1.3.3.1 Objectives

The aim of the study was to investigate effects of substance abuse amongst learners in the Nugtith Circuit.

1.3.2 Aim of the Study
2006).

Regarded as being representative of the relevant population (Welshman & Knager, 2006) in such a manner that the sample obtained may be obtained units of analysis, in order to deliberately rely on their experience and previous research findings to deliberately.

Purposeful sampling is a non-probability sampling. Researchers using purposeful sampling, the researcher used purposeful sampling since participants were already known.

Twenty-five.

This study included both males and females between the age of sixteen to thirty.

The researcher engaged six learners from different schools and wards that were referred for substance abuse counseling from both Primary and Secondary schools.

1.6.1 Target population

This research study was approached from a qualitative perspective. The researcher's

The word, which seeks insight rather than statistical analyses (Welshman & Knager, 2006) was more concerned about understanding the affected individuals' perception of the

This research study was approached from a qualitative perspective. The researcher's

1.6. RESEARCH METHODOLOGY AND DESIGN

Students in crisis.

community health care, risk factors in substance abuse and to know where to refer abuse. To establish educational awareness programs to assist the students' intervention and prevention in schools with regard to this problem of substance abuse. The study will also bring to the attention of the authorities the need for crisis

The study will also raise awareness of the problem of substance abuse in schools.

The study will also raise awareness of the problem of substance abuse in schools.

It will give guidance in designing rehabilitation programs and behavior.
research were kept safe to ensure confidentiality and anonymity.

1.7. ETHICAL CONSIDERATION

(Heiman, 2013)

analyses used in qualitative research and focuses on examining themes within data
characteristics can be described and communicated. Theme analysis is a form of
defined as a procedure for organizing and summarizing data so that the important
researcher used descriptive statistics and theme analysis. Descriptive statistics is
groups data, the important task was to correlate and interpret data obtained. The
After the researcher collected the information; records of interviews and focus

1.6.3. Data analysis

questions (Smith, 2013).

each other and consider a range of views before answering the researchers
to share their thoughts with each other. In this way they spark off new ideas in
The researcher also interviewed learners in groups. Focus groups allow participants

Interview should usually be brought about well in advance (Smith, 2013).

the specific topic or topics that the interviewer wants to explore during the
structured interview generally has a framework of themes to be explored however
the interviewer as a result of what the interviewee says. The interviewer in semi
Semi-structured interviews are open, allowing new ideas to be brought up during
asked to answer questions. The researcher used semi-structured interviews.

groups. An interview involves direct personal contact with the participant who is
The methods of data collection that the researcher used were interviews and focus

1.6.2 Data collection
1.9.1 Time management

1.9.2 Project management

With my supervisor before or after completing this study, I commit to co-publish intellectual property rights to emanate from this research. I understand the usual copyright issues, the researcher did not expect any special.

1.8. Intellectual Property

That are not original and correctly reference my work accurately. The assistance, acknowledge and attribute to others the ideas, designs, and writings. Produce my thesis on my own, subject to normal supervision and collegial research is relevant to the broad legal and development needs of the country and persons who participate in or are affected by this research. Ensure that the sensitive to different cultures, languages, beliefs, perceptions, and customs of particular, I undertake to:

- Researcher, and to mitigate any ethical and other risks that might arise, in the researcher, undertaken and abide by the general principles set out in the environment.

This research did not include animals and there was no harm done to the
1.9.2. Cost management

This research took place in the Nqutu area. Interviews were done with learners in schools. Financial resources for photocopying and telephone calls were available.

1.9.3. Resource management

The computer was used in writing and to analyze data.

1.9.4. Risk management

This research was hazardous free. There was no risk or harm done to the participants.
|-------------|-----------|-----------|-----------|-----------|-----------|

1.10. PLAN OF THE STUDY

- Dissertation completed
- Submission of chapter 5
- Chapter 4
- Empirical study
- Chapter 3
- Chapter 2
- Working on chapter 1
- Completion of chapter 1
involved in physical attacks, property destruction, stealing and cutting classes, knives to school. The more daggers the student smokes, the greasier he or she will be. Studies have shown that students who use drugs are more likely to bring guns and orderly environment necessary for all students to succeed. Abuse not only interferes with a student's ability to learn, it also disrupts the system and more prone to commit crimes, drug and alcohol. Students whose peers do not drop out in turn are more likely to be unemployed, to run families and ruins lives. Students (Karsen, 2007) state that drug use can quickly turn to dependence and addiction.

2.10. Substance followed by tobacco, dagga and inhalable substances (Lysek, Middleton) to induce sleep and enhance pleasure. Alcohol is one mostly used type of substances. For various purposes, to celebrate achievement, entertain guests, social and economic fabric of families and all communities. People use a host of nicotine are also poisonous drugs (Myhre, 2010), nicotine like dagga, cocaine whereas legal medication such as aspirin and nowadays, when most people use the word drug they are thinking of illegal ceremonies. Today people are looking for exactly the same form of escape. Years for escapism, healing purposes, spiritual enlightenment and ritualistic.
themselves in an environment in which drugs are easily accessible. According to the Substance Abuse Report (2014) learners in schools and lifestyles, dependence on independence and major life changes concerning jobs, college and more well to do adolescents may rely on drugs to manage the transition from to escape the poverty, anguish and concerns of inner-city life through using drugs, bolstering effects ofamphetamine and cocaine. Many poor young people attempt to escape the poverty, anguish and low self-esteem and low self-confidence may be drawn to the ego dream to the calming effects of alcohol, marijuana, tranquilizers and sedatives, when they are tired. People who are anxious about their jobs or social lives may be when they are tired. People who are anxious about their jobs or social lives may be others smoke to help them relax when they are tense, to give them a kick or a lift and it difficult to stop. Most people smoke cigarettes for the pleasure they provide. continue to use them because drugs produce pleasurable effects or because they parents of society at large. Regardless of why people get started with drugs, they sophisticated or grown up. Some use drugs as a way of rebelling against their peer pressure or because they believe that drugs make them seem more sophisticated for various reasons. Some adolescents start using drugs because of substances for various reasons. Some adolescents start using drugs because of according to Nevid, Rachel & Greene (2013) people begin using psychoactive behaviors can be spread across cultures, parents, siblings, peers or teachers. Through observational learning, the individual not need reinforcement to occur but instead requires social models such as watching and imitating others. Observational learning is the learning that occurs and then imitates those actions. A lot of learning happens through the process of and then imitates those actions. A lot of learning happens through the process of reinforcement or punishment lead to learning, however a great deal of learning conditioning and operant conditioning that emphasize how direct experience, according to Melloed (2011) there are a number of learning theories such as classical

2.1. Theoretical Framework
Smoking is taken as acceptable behavior from those families are at risk of having children who grow up in families where drinking alcohol and smoking rates are done. In families where drinking alcohol and smoking rates are done, parents, teachers, brothers, and sisters play a role from the learners' looks up to their parents. Teachers, brothers, and sisters learn from the overcoming of social shame, an approval of drug-abusing companions, and in cases of alcohol and stimulants side step moral conflicts. Substance abuse may also provide social reinforcement such as approval of drug-abusing companions and in cases of alcohol and stimulants and thus can be reinforcing when it is used to combat depression or to help people reduce stress in anxiety and tension. Alcohol may also reduce behavioral inhibitions reducing in anxiety and tension. Alcohol is an effective in reducing stress. It can produce reinforcing effects such as feelings of euphoria and learning theories believe that people may initially use drugs because of social influence, that is, friends or social observation. In the case of alcohol, they learn of curiosity and as a way of learning and providing certain aspects in their lives. (Nevil et al. 2013) states that learners in adolescence stage experiment things out of curiosity and as a way of learning and providing certain aspects in their lives.

Harrison (2009) suggested that at all stages of development, but particularly during adolescence, the peer group can have a powerful influence on behavior. (SADD, 2011)

Encouraging change on their attitudes, values or behavior in order to conform to the pressure refers to the influence exerted by similar aged people in similar stress levels which ultimately increase their receptiveness to substance abuse. Peer pressure refers to various external pressures contributing to high

Young people are subjected to various external pressures to substance abuse in South Africa, alcohol is readily available even to school-age students. There is approximately one liquor outlet for every 190 people. The report concludes that school age youth have an easy time securing alcohol from supermarkets, shebeens, bottle stores and bars.
caused by large societal systems that surround an individual. behaviour can be understood by considering group influences and addiction is neighborhoods and societal culture. According to this theory individuals, nested social systems, these nested social systems include families, organizations, groups and their influences over individual people. People exist within a set of general systems theory stresses the importance of

According to Epper (2013), alcohol and other drugs across cultures (Nevill et al, 2013), drinking rates of alcohol vary across cultures. Factors such as cultural values and religious groups, looking at socio-cultural factors, church attendance is associated with abstinence from alcohol, people who alcohol abuse vary across ethic and religious groups. Looking at a study of cultural attitudes can encourage or discourage the drinking problem. Rates of people worship with and social or cultural norms that regulate people's behavior. Sociocultural theories state that drinking is determined by whose people live, who believes, if a given, these beliefs can influence them both negatively and positively. Learners are affected by the environment they come from as well as their cultural companions drink to excess, these men may be more likely to follow their lead. Excessive drinking than men without familial alcoholism. When their drinking history of alcoholism are highly affected by exposure to others who model their behavior (Nevill, 2013), state that researchers find that young men from families with a member’s, parental abuse, parental separation, low cohesion, and low mutual support (Harrison & Carr, 2009).

They leave child effectiveness within the family like childhood experience within the family. The role of modeling or observational learning may partly explain the increased risk of substance abuse problems in adolescents whose families model substance use. This may result in increased risk of excessive drinking may set the stage for alcohol use and abuse in increased risk of substance abuse problems in adolescents whose families model substance use.
or reward circuits in response to cocaine, alcohol, and other drug use (Nevid et al., 2013).

For example, researchers suggest that serotonin may also activate the brain's pleasure system and be involved in the development of addiction. The biochemical processes that underlie the euphoria and other rewarding feelings associated with drugs, like marijuana, may not seem to be...
harmful behaviors because of an abnormality in psychopathology that manifests psychologically. Propose several possible causes of addiction, people may engage in

2.2.4. Psychological Model

According to traditional psychodynamic theory, the origins of alcoholism reflect an oral dictating or smoking in adulthood symbolizes an individual's efforts to attain oral thrills to fixation in the oral stage of psychosexual development. Excessive with other oral traits, such as dependency, depression, and traces the origins of dependent personality, psychodynamic theory also associates excessive alcohol use according to traditional psychodynamic perspectives.

2.2.3. Psychodynamic Perspectives

The same results are raised in non-drinking homes (Nevill et al. 2013). However, evidence also shows that male adoptees whose biological parents were female samples. Although the results are more consistent for male samples than Z twins, although the results are more consistent for male samples than DZ twins. Evidence of higher concordance rates for alcoholism is found among MZ DZ twins. Evidence of higher concordance rates for alcoholism is found among MZ twins to have higher concordance (agreement) rates for alcoholism than twins share only half of their genes, if genetic factors are involved, we would expect MZ twins to have higher concordance rates for alcoholism than dizygotic twins (DZ), where identical genes, whereas fraternal or dizygotic (DZ) et al. 2013).

2.2.2. Genetic Factors

More definitive evidence comes from twin and adoptee studies (Nevill generic factors, because families share a common environment as well as a common genetic factors. Because families share a common environment as well as a common

Evidence links genetic factors to various forms of substance use and abuse,
school. These are sometimes called gateway drugs because their use often leads to

harmless than many illegal drugs.

people use everyday. They are not necessarily less addictive, less powerful or

schools and in communities. Tobacco and alcohol are two legal drugs that many

Brown (2009) points out that different substances are abused by learners in

2.3. Common substances abused

our ability to successfully perform tasks (Nevad et al., 2013).

may also boost self-efficacy expectations, personal expectations we hold about

important factor in alcohol use among adolescents. Alcohol and other drug use

The degree to which peers hold positive attitudes towards alcohol use is an

expect a drug’s effects will be are strongly influenced by the beliefs of their peers.

the decision to use these substances. Outcome expectations in teens what they

benefits of using alcohol or other drugs and smoking cigarettes clearly influence
dependence, especially the role of expectations, expectations about the perceived

evidence supports the role of cognitive factors in substance abuse and

2.2.5. Cognitive Perspectives

with emotional regulation and problems with impulse regulation (Zupanick, 2009)

addictive disorders. These may include the denial of obvious problems, problems

personality. Certain personality characteristics might be the underlying factors in all

mental illnesses. Related to psychopathology is the concept of an addictive
disorders might include cognitive distortions, mood disturbances, and other

psychological model sees mental disorder as the cause of addiction; these

are unrealistic and dysfunctional, then behavior will be similarly affected.

turn determine their behavior to the extent that someones thoughts and beliefs

their environment or people’s thoughts and beliefs create their feelings. This in

is itself a mental sickness. People many learn unhealthy behaviors in response to
26
and he or she feels untroubled and relaxed. However, the person also experiences
the individual feels a powerful surge of vitality, energy, enthusiasm, satisfaction
Escandon and Galvez (2006) suggested that a few minutes after smoking cannabis,'

2.3.2. Immediate effects

or eaten. It has a similar effect on the body as alcohol.
Baggage also known cannabinoids is a plant from which the leaves are smoked, drunk

2.3.2. Baggage/Cannabis

such as asthma and bronchitis if they live with people who smoke.
adults', but children are most severely affected. Children are at risk of conditions
nearby. Passive smoking is associated with an increased risk of lung cancer in
needy. Passive smoking is associated with an increased risk of lung cancer in
tobacco smoke passes into the air around the smoker and is inhaled by everyone
smokers are in the same room as or close by to people who are smoking. The
Brown (2009) explain that passive smoking occurs when people who are not

2.3.1. Passive smoking

lung disease, cancer and heart disease.
health. It is associated with the development of many long term diseases such as
health. It is able to feel happy. Smoking tobacco has a poor effect on
nicotine in order to produce dopamine naturally and so the user ends up being dependent on
dopamine which is pleasureable. Long term use of nicotine affects the brain's ability
people experience pleasure. Taking nicotine results in the brain releasing a rush of
acting on the production of dopamine which plays an important role in the way
years. It contains addictive chemical referred to as nicotine. It affects the brain by

2.3.1. Tobacco

(2011)
to the use of more addictive substances such as cocaine and heroin (Papalia,'
In addition, various studies demonstrate risk of contracting HIV and AIDS and other sexually transmitted diseases intercourse without a condom. Youth and adults are thus exposed to a higher found between smoking cannabis and practices such as promiscuity. Cannabis poses a high-risk sexual behavior. A significant correlation has been

2.3.2.3. Other Hazards and Impairments

lose their inhibitions.
smokers can even commit crimes when they experience hallucinations and greater levels of irritability, with possible panic and anxiety attacks. Some • problems of social relationships (at work, in the family setting).
generally, one’s life gets more and more disordered, which usually begins appearance, which may deteriorate into madness and indulgence. It • Tendency to neglect the fulfillment of one’s duties, as well as one’s physical important decisions also become more problematic.
making driving a vehicle or getting on a scissor lift risky ventures. Making • loss of psychomotor abilities and mental clarity, which will turn tasks like ability.

The regular user will suffer from:

2.3.2.2. On the psychological level

many other disorders.
read the desire to consume the drug again. Continued use of this drug produces unconscious, lack of motivation, lack of interest. Oddly enough, all these symptoms when the early euphoria disappears, it is quite common to feel indifference, brightness and redness of the eyes, lack of motor coordination, control, an increase yeasting for food, dryness of the mouth, perception, memory, sensorial alteration, possible hallucinations, drowsiness, loss of self concentration, mental disorder, speech impediments, a decrease in short-term...
2.3.4. Glue

Negative economic impact
- Sexual assault, suicide
- School drop out
- Vandalism and delinquency

Most car accidents are due to alcohol

Escanlon (2006) listed some of the social effects of alcohol.

Unlike foods, which are digested to benefit from their nutrients, alcohol is absorbed directly into the bloodstream with no modification and soon reaches the liver and other organs including the brain (Escanlon, 2006).

2.3.3.1. Immediate effects

Legal age limit:

People clumsy and dopy. It is one of the most used drugs above and below the streets, and although it gives a person an initial lift, it is a depressant drug. It makes effects coordinate and the way the brain works, affecting judgment so it makes

Mbuya (2010) describes alcohol as an intoxicating substance made from fermented

2.3.3. Alcohol

(Escanlon etal, 2006).

Greater rate of anomalous behavior, even bordering on criminal activity
- More problematic social relations.
- Greater aggressiveness (tumults, rebellion) without cause (and
- Inferior academic performance.

Range of household items such as correcting fluid, nail polish are abused (Mbuya,

'glue-smiling' but glue is just one of many products that are "sniffed". A whole
<table>
<thead>
<tr>
<th>Emotional Signs</th>
<th>Behavioral Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicidal thoughts</td>
<td>Lies and deceit</td>
</tr>
<tr>
<td>Hallucinations, delusions, and</td>
<td>Rudeness</td>
</tr>
<tr>
<td>Responsibility</td>
<td>Apathy</td>
</tr>
<tr>
<td>Decreased sense of</td>
<td>Impulsivity</td>
</tr>
<tr>
<td>Lack of confidence</td>
<td>Irritability</td>
</tr>
<tr>
<td>Low self esteem</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Episodes of giggling</td>
<td>Anger</td>
</tr>
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<table>
<thead>
<tr>
<th>Physical Symptoms</th>
<th>Social Changes</th>
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<tbody>
<tr>
<td>Hobbies</td>
<td>Period of time (education, 2005)</td>
</tr>
<tr>
<td>Loss of interest in sports and home and legal affairs</td>
<td>Substance abuse could be indicated if a pattern of behavior is present over a</td>
</tr>
<tr>
<td>Disregard all rules, school, Resentment towards authority</td>
<td></td>
</tr>
<tr>
<td>In possession of drugs</td>
<td></td>
</tr>
<tr>
<td>Lack of concentration</td>
<td></td>
</tr>
<tr>
<td>Teachers, avoiding homework, Truant</td>
<td></td>
</tr>
<tr>
<td>Resentment towards Drop in school performance</td>
<td></td>
</tr>
<tr>
<td>Sudden changes in friends, Withdrawal, secretiveness</td>
<td></td>
</tr>
</tbody>
</table>

2.4. Signs of substance abuse

(Mbuya, 2010).

Standing up properly is difficult for users and users feel happy, dreamy or excited. Heart rate and breathing shots up, this makes people feel giddy and light headed. After sniffing glue people feel a sense of euphoria, and things seem very unreal.
After administration, the chemical is circulated, metabolized, and eventually eliminated. Some substances remain in the bloodstream for long periods; some are eliminated within a few minutes.

Injection introduces a drug directly into the muscle tissue and takes effect most efficiently and quickest way of getting a drug into the bloodstream.

Inhalation or smoking through the mouth or nose and into the lungs is the method of choice. Inhalation and smoking deliver a drug to the lungs, where the drug is absorbed quickly and has a much faster effect than injection.

Self-administration permits easy self-use and avoids injection. It results in slower absorption of the drug and therefore a slower effect than the other methods.

2.5.1 Several common methods used are as follows:

1. Oral ingestion: Doses pass through the digestive system. This method is the slowest.
2. Smoking / snorting: Drugs get directly into the blood and have the fastest effect.
3. Inhalation: Chemicals pass into the lungs, which are rich in capillaries. Therefore, the drug can be enter the bloodstream quickly.
4. Injection: Injecting a drug directly into the bloodstream is the most efficient method, and it can take effect very quickly.

2.5.2 Drug Administration

A drug may be introduced into the body by swallowing, smoking, inhaling or injecting. Where it acts on the area called synapses, where nerve cells are massaged to other nerves.

In the liver, which removes toxins from the body. The rest pass into the brain, which is filtered out by the brain. Once in the body, it is absorbed into the blood. Some are filtered out by the liver. The rest pass into the brain and are massaged to other nerves.

Drug delivery, how long its effects will last, and how intense the reactions will be, depends on the route of administration and the substance administered. The substance can be administered by any means, or by any route available. The substance can be manufactured by any means or by any route available. A wide variety of substances are legally and illegally available.
I2% over the counter prescription drugs, 1% methadone and 0% heroin (Jones, 2013). Cannabis use among school going youth is 13% followed by I2% inhalant use.

0.3% sedatives, 0.3% amphetamines, 0.2% inhalants hallucinogens, 0.1% each.

Common illicit drugs used by approximately 2% of the population with cocaine being the most common and the use of methamphetamines by a staggering 88%. Drogen is the most A third of South African youths are drug users. Drogen use rose by 11% in 2012

rising. About I7.5% of South Africans were on treatment in 2008.
The use of cocaine in South Africa has risen by 20%, in two years and it is steadily country.
ages of 18 and 22 are listed as having the most problems with alcohol abuse in the drinking problem. Before they are twenty one years of age. People between the statistics show that alcoholics are at an extremely high risk for developing estimated at least 30% of the South African population have a drug problem. Nearly half of the vehicular accidents are caused by drinking and driving. It is, (Ramliagang, 2010) state that alcohol is the most commonly abused drug in South Africa. Work shifts were also mentioned as factors contributing to substance abuse. Lack of recreational facilities, being surrounded by substance abusers and long identified in research statistics and at treatment centers. Poverty, unemployment, showed that females are the hidden substance abusers and tend not to be. More substance abusers were male of lower education, white and black. Interviews

2.7%.

According to Ramliagang (2010) treatment records show that the most frequently

2.6. Statistics of substance abuse in South Africa
are taking a risk with their health. It's not necessary for the individual to become
LyS (2010) meaning that if people engage in alcohol or drug use and abuse, they

2.7.3 Physical Health Effects

2010,

Performance and also present obstacles to learning for their classmates (LyS),
performance by alcohol and drug using youth may interfere with their academic
be related to substance use among adolescents. Cognitive and behavioral problems
abuse; low levels of commitment to education and higher frequency rates appear to
are problems associated with adolescent substance
declining grades, absenteeism from school and other activities, increased potential
academic achievement, but also in sport and extracurricular activities, school losses value.
Academic effects include drop not only in motivation, concentration and general

2.7.2 Academic Effects

Personal wellbeing, interpersonal relations or skills performance.
substance is perceived by the user to be necessary to maintain optimal state of
prevent unpleasant effects; psychological dependence occurs when the use of a
tolerance and individuals need to continue the use of the substance in order to
The development of physical dependence is evidenced by the phenomenon of
individual to do without it. Dependence may be physical or psychological or both.
an integral part of an individual's life and it becomes increasingly difficult for an
According to LyS (2010) substance dependence occurs when a substance becomes

2.7.1 Substance Dependence


Involvement with the Juvenile Justice system and poor peer relationships
including academic difficulties, health related problems including mental problems.
Young people who abuse substances often experience an array of problems

2.7 Effect / consequences of substance abuse
Family

otherwise have made (UPS, 2010). Activities denoting their peers and communities of positive contribution, they might also engage in behaviors that place them at risk of contracting HIV/AIDS and other STIs (UPS, 2010). Many substance abusing youth engage in behaviors that place them at increased risk of death through suicide, accidents, homicide, and illnesses. Transmission of HIV/AIDS primarily occurs through exposure to body fluids of an infected person during sexual contact or through sharing unsanitary drug injection equipment. Sexually transmitted diseases (such as car accidents, physical disabilities, and diseases) face an increased risk of death through suicide, accidents, homicide, and illnesses.

Peer Relationships

Substance abuse is sexually transmitted diseases; there are also additional risks associated with the lifestyle of alcohol or drugs. These can have a lasting impact, as well as the problems caused by chemicals and they can have a lasting impact, as well as the problems caused by alcohol or drugs. Alcohol and other drugs can damage almost every organ and even in a short period of using these abused before they begin to cause harm to their body and mind. Substance abuse is sexually transmitted diseases; there are also additional risks associated with the lifestyle of alcohol or drugs. These can have a lasting impact, as well as the problems caused by chemicals and they can have a lasting impact, as well as the problems caused by alcohol or drugs. Alcohol and other drugs can damage almost every organ and even in a short period of using these abused before they begin to cause harm to their body and mind.
2.8. Substance abuse-related disorders

Result of their drug use, people and C they suffer from general ill-health and have more accidents as a
happens B and C they suffer serious diseases like HIV, which cause AIDS and drug related. Drugs take first place in addicts' lives. They share needles with drug related. Despite that they run to crime, most of theft and burglary cases are not comfort breaking or rehabilitation. The effects make

2.7.8. Addiction

According to Smith (2014) heroin takes the user to the depths, then drug deeper.

2.7. Violence and crime

The social economic costs related to youth substance use are very high. The crime (Smith, 2014).
Inhalants like gasoline and gain amphetamine (NIDA, 2013). Using substances directly toxic to the brain which most commonly include alcohol, causing by heavy and long term amphetamine abuse and depression caused by depression to full blown manic or other psychotic reactions. Psychotic symptoms of substance induced disorders run the gamut from mild anxiety and

Substance induced mental disorder. Underlying mental illness, a person might even have both independent and is more likely the result of substance use, abuse intoxication or withdrawal than of disorders preclude co-occurring mental disorders, only that the specific point in time the direct result of substance abuse. This is not to state that substance induced co-occurring mental disorders in that all or most of the psychiatric symptoms are

NIDA (2013) states that substance induced disorders are distinct from independent

2.8.2 Substance induced disorders

Substance related problems (NIDA, 2013).

Substance related problems which impact the ability to control substance use and results in the development of withdrawal that causes a pattern of compulsive use of the substance to develop indications of mind altering substances that result in progressive tolerance and

Substance dependence disorders are marked by abnormal biological responses to

2.8.1 Substance dependence disorders

Chronic (NIDA, 2013).

Disorders, patterns of substance abuse may be self limiting or they may become problems a social norm or a consequence of related personality or mental problems associated with involvement in a lifestyle or subculture where alcohol and drug substance abuse disorders may result from initial experimentation with mind alcohol and drug use that meet the criteria for a substance dependence disorder.

Substance abuse disorders are marked by serious psychological problems related to
Serious problems require professional help (Nevil et al., 2013).

Many adolescents experiment with alcohol and drugs but those who develop treatment for mental illness through a withdrawn syndrome is usually straightforward. Treatment helping them through a withdrawn syndrome is usually straightforward. When people come for not want to stop and do not seek treatment on their own, when people come for. But this has been a frustrating endeavor. Most cases people with drug dependencies really do to substance abuse and dependence treatment. However, treatment has other.

There is a vast array of nonprofessional, biological, and psychological approaches.

2.10. Treatment of substance abuse

- Ask for support from friends and family (Smith, 2013).
- Remove reminders of addiction from home and workplace.
- Set specific, measurable goals such as a quit date or limits on drug use.
- Think about past attempts at quitting if any, what worked and what did not.
- Reminding the person the reason for changing.

2.9.3. Preparing for change (Smith, 2013).

- Asking the self if there is anything preventing a person from changing.
- Take over with a person you trust ask how the abuse affects them.
- Health and how drugs affect those things.
- Consider the things that are important such as a partner, children, career.
- Continuing drug abuse.
- Listing pros and cons of quitting, as well as the cost and benefits of.
- Giving a person a sense of the role the addiction is playing in one's life.
- Keeping track of drug use including when, how much a person uses. This

2.9.1. Thinking about change

The following discussion entails things that a person needs to consider.

Before the person starts treatment there are things that one needs to consider.

2.9. Overcoming drug abuse
are two common drug treatments, CBT (Cognitive Behavioral Therapy) and Motivational Enhancement Therapy (MET) to get wasted. The user might meet in purpose or in a group with other addicts. Professional trained in addiction to talk about the real reasons why the user want treatment for drug addiction can include talk therapy where the user meet with a professional, reading. (Brown, 2009)

leading to lethargy, anxiety, depression, loneliness, and constant craving. Overwhelming one can experience withdrawal symptoms, including poor sleep, anxiety, psychosomatic, and doctors. Trying to quit on one’s own can be made a commitment to lead a healthier life, many users seek help. From the first time or second even a third time, either way the user still has a guilt for the first time or second even a third time. Drug dependence and addiction are a lifelong battle, whether a person is trying to months, sometimes for life (Brown, 2009) free. Treatment addiction is a long process; cravings for the drug can last for many where they can earn strategies to resist temptation and find help to stay drug-free. Once they have detoxified, they are encourage to join counseling or support groups environment and helping them to withdraw safely under medical supervision. Once treatment usually involves taking the user right away from their normal world and their problems without the cushion of the drug. (Smith, 2014).

withdrawal can lead to a coma or even death. Addicts can also struggle to face the many include feelings of nausea, shaking, cold sweats and in extreme cases without the drug. Symptoms vary depending on the context of drug use, but difficult coming off drugs and they feel ill as their body is not used to functioning without the drugs. Symptoms vary depending on the context of drug use, but difficult coming off drugs and they feel ill as their body is not used to functioning way of combating and hopefully lowering drug misuse. Heavy abusers and it is seen as a people through the physical and mental trauma of coming off drugs. It is seen as a problem.

There are many government schemes and drug organizations set up to help get type of treatment is based on the severity of the problem. Ensure that the program serves the needs of the child or adolescent. Generally the treatment plan: Parents are encouraged to consult a mental health professional to Galagher (2013) explains that all treatments are not the same.
have to working these steps and identifying with the recovering community. Therapy are directed towards removing whatever psychological barriers people structured assignments and lectures, cognitive therapy, and group behavior treatment introduces patients to the twelve steps (AA) through a series of socialization and support are important and Narcotics Anonymous (NA) groups for teenagers. Positive role models, many treatment programs for adolescents. These are Alcoholics Anonymous (AA) according to Karon (2007), the 12-step programs can be an important part of 2.10.2. Self-help programs and family therapy prescribed to counter withdrawal effects (Gallagher, 2013). Substitution for heroin dependence. Occasionally, abstinence medication may be withdrawal effects. e.g., Methadone is a medication that may be given as a generally for adolescents, medication is used only for severe cases, such as treating 2.10.3. Medication School based counseling (Gallagher, 2013) Outpatient, such as a 12 self-help programs, individual or family therapy or Partial hospitalization or day treatment Residential, such as a group home for teenagers Inpatient, such as hospital or rehabilitation center following treatment settings Based on a greater or lesser severity mental health professionals recommend the symptoms such as inability to sleep (Adams, 2012).
Drug use in order to alter their behavior training, using education to change how people think about alcohol and other harmful drugs. These approaches rely on the use of cognitive behavioral techniques which help people reduce their drug use or switch to the use of less harmful substances. Self-management and drug use differently; they reject the idea that total abstinence is necessary and offer techniques to teach people controlled drinking. Some of these approaches include alcoholism and drug use differently. They reject the idea that total abstinence is necessary and offer techniques to teach people controlled drinking.

Kerson (2007) states that outpatient programs exist today that approach

2.10.5 Out-patient Programs

rehabilitation, where adolescents in recovery begin working out the mechanics of healthier

relationships, where adolescents in recovery begin working out the mechanics of healthier

adolescents in ways that no adult ever can. Group therapy provides the arena

adolescents in ways that no adult ever can. Group therapy provides the arena

some doubts and struggles, have the same hopes and longings, values and

some doubts and struggles, have the same hopes and longings, values and

other adolescents in the recovery. Discovering that peers have experienced the

other adolescents in the recovery. Discovering that peers have experienced the

challenge with peers who are in the same challenging situation. No amount of

challenge with peers who are in the same challenging situation. No amount of

Kerson (2007) maintains that group therapy gives adolescents an opportunity to

2.10.4 Group Therapy

(Calgher, 2013).

issues include problem solving skills, anger control and leisure time management

issues include problem solving skills, anger control and leisure time management

environments and risky behaviors that contribute to their substance use. Other

environments and risky behaviors that contribute to their substance use. Other

negative change. These types of therapy help participants develop skills to avoid relapse and

negative change. These types of therapy help participants develop skills to avoid relapse and

can change the way we think to feel or act better even if the situation does not

can change the way we think to feel or act better even if the situation does not

extremal things like people, situations, and events. The benefits of this is that we

extremal things like people, situations, and events. The benefits of this is that we

CBT is based on the idea that our thoughts cause our feelings and behavior not

2.10.3 Cognitive Behavioral Therapy
disorders (Gallagher, 2013). These disorders can play a strong role in the development of substance abuse.

existing disorders such as anxiety, depression or ADHD should also be treated. Treatment includes good follow up, family involvement and drug free lifestyle. Co-Getting on drugs is the first step; changing behavior is the next. Successful

2.10.6.2. Rehabilitation phase

otherwise this period will be protracted (Escandon et al., 2006). to ten weeks may transpire. Abstaining from the drug is absolutely essential.

active chemical or cannabis, to be completely removed from the body a further six weeks, after which time physical dependence has been overcome. Nevertheless, for THC, the detoxification phase does not usually last for more than two weeks. Later

The detoxification phase does not usually last for more than two weeks. After

and/or other treatments to alleviate this syndrome.

markedly manifest in this phase. The patient will be administered medication

the physiological addiction does not disappear yet. In fact, withdrawal syndrome is

This stage, decisive as it is, it is just a start down the path towards liberation. At

Mechanisms:

elements of social, behavioral choice, social learning and stress and coping possible treatment models for alcohol use disorders. These include focusing on duration and intensity through a stepped care approach. There are multiple the initial form of therapy while others will engage in therapy that increases in alcohol use through harm reduction approach. For some individuals, this may be recovery and may be accompanied by brief interventions to effect changes in

Tanner & Lisper (2015) describes detoxification as the initial step towards

2.10.6.1. Detoxification phase

2.10.6 Phases of treatment
have a tendency to only remember only the positive effects of the drug and
challenge and change thought when experiencing a craving; many people
the source of cravings.
occurs. To king about cravings and urges can be very helpful in preventing
Talk it through - talk to friends or family members about cravings when it
gets interested in something else, she finds the urge to go away.
to the movies are good examples of distracting activities. Once a person
gets involved in some distracting activity - a hobby, reading, exercising, going
Sometimes cravings cannot be avoided and it's necessary to find a way to cope.

2.10.2. Coping with cravings

- caution (smith, 2013).
- the potential for abuse or use only when necessary and with extreme
  - use prescription drugs with caution - stay away from prescription drugs with medical treatment.
- a person must be upfront about his/her history of drug use when seeking
  - can be overpowering.
- avoid bars and clubs - drugs are readily available and the temptation to use
  - using substances is dangerous.
- make a break from old drug buddies - hanging out with people that are still

2.10.6.3. After treatment

be long and frustrating, but it responds to a natural process (callagher, 2013).
provided the patient perseveres in the right direction. The rehabilitation phase can
however, it should not be overemphasized: the main step has already been taken,
now is to prevent this instability from causing a relapse. If a relapse occurs,
the patient is now free from the direct effects of cannabis and withdrawal
symptom, but he/she still experiences significant emotional instability. The aim
are unrelated to the drug. Consequently, it includes the so-called disinhibition;
this or herpes et al. It consists of replacing the addictive habits with others that
This stage focuses on the psychological work with the patient, including reinforcing
abuse treatment expanding the number of state funded treatment slots and government has responded by allocating more money to the delivery of substance demand for limited access to substance abuse treatment in South Africa. The according to Meyers and Peterson (2012) the growing concern about the increased about lapses. The tendency to overreact to a lapse by learning to reason that thinking drink following quitting. Clients are taught how to avoid the abstinence violation lapses or slips that may occur, such as smoking a first cigarette or taking a first lapses in their progress. It is also focuses on the person's interpretations of any behavioral techniques that many behavioral strategies. Relapse prevention training is a cognitive- that might prompt a relapse such as keeping alcohol or friends. Although and by learning to resist social pressures to drink, they learn to avoid practices and by learning to resist social pressures to drink, they also learn to avoid practices such as depression and anxiety; interpersonal conflict and socially conducted situations, for example, by learning relaxation skills to counter anxiety. Relapse prevention training, such as training help people with substance abuse problems cope with high-risk situations include negative mood from becoming full-blown relapse. High risk situations include negative mood. Substance abuse relapse prevention training. Such training help people with referred to as relapse prevention training. Because of the prevalence of relapse, behaviorally oriented therapists have developed a number of methods for substance abuse prevention programs that are successful in treating alcoholism. Green and Rathus (2013) suggested that people who are successfully treated

2.10.8.1 Relapse - Prevention Training

According to Adams (2012) the relapse rate is highest in the first six times of the withdrawal process. Studies show long term users attempt to quit at least six times before according to Meyers and Peterson (2012) the growing concern about the increased about lapses. The tendency to overreact to a lapse by learning to reason that thinking drink following quitting. Clients are taught how to avoid the abstinence violation lapses or slips that may occur, such as smoking a first cigarette or taking a first lapses in their progress. It is also focuses on the person's interpretations of any behavioral techniques that many behavioral strategies. Relapse prevention training is a cognitive- that might prompt a relapse such as keeping alcohol or friends. Although and by learning to resist social pressures to drink, they learn to avoid practices such as depression and anxiety; interpersonal conflict and socially conducted situations, for example, by learning relaxation skills to counter anxiety. Relapse prevention training, such as training help people with substance abuse problems cope with high-risk situations include negative mood from becoming full-blown relapse. High risk situations include negative mood. Substance abuse relapse prevention training. Such training help people with referred to as relapse prevention training. Because of the prevalence of relapse, behaviorally oriented therapists have developed a number of methods for substance abuse prevention programs that are successful in treating alcoholism. Green and Rathus (2013) suggested that people who are successfully treated

2.10.8 Relapse
It is imperative that such guidelines and codes of conduct are developed, signed and accepted by the target group so that it can be implemented and enforced. These guidelines and codes of conduct and should be in a document form free policy, guidelines and code of conduct and it should be in a document form free policy, guidelines and code of conduct and it should be in a document form.

Education, substance abuse management guidelines (2006) emphasizes that early detection and intervention is critical. Fostering positive learning environment. This may include looking at signs of substance abuse, changes in normal pattern of behaviour, and may include looking at signs of substance abuse, changes in normal pattern of behaviour.

2.1 Learner support in schools

With all the money in the world, (Escandon et al, 2006), to their young at home. This cannot be bought with material things and much less of love, morality, understanding and respect. Families have failed to teach values of love, morality, understanding and respect. They must follow instruction, and especially a model families are involved in a mad race to give their children things, objects, degrees, and success. Children and teenagers need homes that can offer warmth, shelter and security.

2.1.1 Parental Responsibility

Who is hurting emotionally is crucial. The first defense lies in making sure that they know the nature of such substances. To achieve a goal, parents need to keep an open line of communication with their children. Parents need to learn about drugs but they must not make too much of them. Scientific research has shown that immediate assistance provided to a child or teenager who has undergone some trauma or severe disappointment significantly reduces the risk of taking drugs at that time or when it is too late to do much for them.

2.1.2 Prevention measures

Training additional health and social workers to deliver these services particularly in provinces where the prevalence of substance related problem is high.
CBST (Education substance abuse management guidelines, 2005),
LST can make referrals to the Circuit Based Support Team for further assistance.

6) Disciplinary alternatives
5) Restorative and supportive assistance
4) Mental health and intellectual development
3) Cultural background
2) Learner history
1) Nature of the incident

Upon presentation of a report by a teacher to the LST, the case is discussed and
an incident of learners at-risk.

Teachers in the minimum required skills and knowledge necessary for early
identification of learners, refer to the LST. The LST must cascade training to all
teacher and learners support services. The LST is therefore the function of the LST to put in place properly coordinated
management guidelines, 2005)

getting support and the recovery process (education substance abuse
parents and learners play a crucial role in the process of identifying the problem,
multidisciplinary approach in addressing problems of drug use/drugs. Teachers,
the fear of punishment or expulsion. The existence of an LST ensures a
of the utmost importance as it provides a channel for learners to seek help without
within an inclusive education and training system. The establishment of an LST is

2.12.1 The role of a learner support team

should not allow any reference to expulsion.

procedures to be followed. It should be introduced as part of admissions policy and
include adequate provision regarding the school’s drug free policies and
as quickly, transparently and clearly as possible. The code of conduct should
learamer and on how to assist those who are already addicted.
highlighted on what schools should do in preventing the use of substances and by
substance abuse were explored and discussed lengthily. This chapter also
This chapter looked at a literature review on substance abuse. Many topics related to

2.13 Conclusion

non-chemical alternatives pursuits like sport, recreation, people to make healthy decisions and activities are established to maintain healthy
decisions regarding alcohol and other drugs. Skills are developed to help; enable
important information is provided for the youth to make healthy and appropriate
well as support and encouragement when necessary. Through the members,
adults are only involved from an outside point, offering information and training as
opposed to adults. TADA is great for schools because the youth run the groups and
young people are more likely to approach their peers and learn from peers as

TADA – Teenagers against Drug Abuse

2.12.2. TADA Groups
are involved in the study. Thus, the experiences of those involved in the study are
concerned with understanding human behavior from the perspective of people who
are involved in the study. The experiences of people who are involved in the study are
casual or. Positivists aim to discover general laws of relationships and
human behavior. Positivists are known as a qualitative approach. Positivists in contrast focus on studying
observable human behavior while positivists focus on the experiences of
people. This research was approached from an interpretivist perspective. This approach is

3.1. Qualitative Research

2006.

which methods would be most appropriate to use (Yenielsen, Knuher & Mitchell)
stage of the research process. The aims of a particular research project will define
not rely on personal feelings or opinions but rather on specific methods at each
methods and procedures. Objectivity is a term that implies that the research does
research is a process whereby scientific knowledge is gathered by using objective
this research study.

This chapter aims to look at the research methodology and design that was used in

CHAPTER 3
catchment area of the district referred to as UMzimzyathi in which the researcher is
a sample of participants from schools in Ngata. These schools fall within the
experience of the researcher and previous research findings. The researcher drew
based on the researcher’s judgment. Purposeful sampling relies heavily on the
for the purpose of this study the researcher used purposeful sampling which is

2006).

participants in the country in order to solve the problem concerned (Wheeler et al.
subjects or participants. When conducting research, data is collected from the
selection of a population. Those who make up the sample are referred to as
The aim of sampling in social research would be to produce a representative

3.2 Participants

are in-depth (Wheeler et al., 2006).

usually on smaller sample of people, who are studied by means of methods that
study must be representative of what the researcher is investigating. The focus is
researchers are concerned with validity of their research, since the objective of the
would use records, photos, observations, interviews and case studies. Qualitative
approach also utilize a holistic approach to gathering information, for example they
observing their behavior in a objective manner. Researchers adopting a qualitative
qualitative researchers aim to achieve an „insiders“ view by talking to subjects or
form of language as opposed to numbers (Wheeler et al., 2006).

produced by minds of respondents or interviewees. Information is reported in the
perceive their world. The focus is therefore, on the subjective data that is
research methods are the establishment and construction of reality as people
important to the value and understanding of the study. The aims of qualitative
structured interview generally has a framework of themes to be explored however the interview as a result of what the interviewer says. The interviewer in a semi-structured interview is open, allowing new ideas to be brought up during the interview. Semi-structured interviews are used when the researcher wants to explore ideas with the participants, whereas, an interview involves direct personal contact with the participants when learning, questionnaires were used with educators and parents of referred learners. Interviews and focus groups, interviews and focus groups were used with referred learners. The methods of data collection that the researcher used were questionnaires, to clarify any unclear questions or uncertainties (Berg, 2007).

An interview is a conversation with the specific purpose to gather information. Questions and addressing certain types of assumptions. It allows the researcher interviews are useful methods of collecting data for certain types of research.

3.3 Data collection methods

Their parents

Six educators who teach these learners were part of the participants, as well as the office level.

The learners were referred for substance abuse challenges at the district level.

The learners were identified and assisted at a school level.

The participants were of school going age.

This study were the following:

This research study, the criteria for the selection of the learners to participate in employees. Six learners from secondary schools were selected for the purpose of
compared to quantitative research, research that is conducted in an ethical
and reliable. In qualitative research, validity and reliability take on different forms.

The main aim of any research that is undertaken is that the results should be valid.

3.4. Validity and Reliability

 unclear issues in the questionnaire were clarified.
questionnaire as part of an interview with parents. During the initial interview,
the questions contained in the questionnaire. The researcher therefore used the
content of the interview with the parent to help answer the questions. The researcher was
aware that respondents might not be completely honest. The researcher was
whilst questionnaires are quicker to administer than an interview, one should be

the developmental history of each participant

and views on the topic discussed were recorded. The list of questions contained
feelings, thoughts, and behaviour as they shared in the group. Their experiences

information to specific questions and also find more information on participants’
Semi structured interviews were used because the researcher wanted to find out

Interviews should usually be thought about well in advance (Berg, 2007).

the specific topic or topics that the interviewer wants to explore during the
In school, relevant information that had contributed to the crises that they are experiencing problems pertaining to the substance abuse, current scholastic performance and obtained from the parents about the learners' development, circumstances and with parents of the participants. During the initial interview, information was

3.6. The nature of the Intervention

In this study, the research process was explained to participants and parents, and any misconceptions were clarified. Participants were assured that they will be protected from physical and emotional harm whilst being participated. In order to protect their dignity, as sensitive information was shared, participants were assured of anonymity in order to protect their dignity, as sensitive information was shared. The researcher respected participants' right to privacy and they were assured of

The researcher respected participants' right to privacy and they were assured of or minors. Participants were assured that the school name would not be mentioned.

Consent. Written consents were obtained from parents since some learners are informed about the purpose of the interview and investigation before giving their should take heed. Participants, that is, parents, educators and learners were

3.5. Ethical Considerations

That is researched, is unique (Welshman et al., 2006), highlight four ethical considerations of which researchers

manner is one way of ensuring validity and reliability. In qualitative research, each
3.7 Summary

Noted in participants' behavior both at home as well as in the classroom.

Educators were interviewed to ascertain whether any noticeable changes were noted in participants' behavior. The interviews were conducted in an initial and follow-up manner. The support process commenced after they shared using substances. The support process commenced to get their concerns about the participants' school performance and emotional reasons for referral were explored. Educators were given questionnaires...