

## **Drug Admittance Houses' Contribution to University Students' Vulnerability to Misbehavior and Risk Factors: the case of Debre Berhan University, Ethiopia**

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**Abstract:** This study was intended to appraise the contribution of drug admittance houses' to University students' vulnerability to risk factors and misbehavior, the case of Debre Berhan University, Ethiopia. A total of 119 (M=44, F=75) Debre Berhan University undergraduate regular students chosen through the non-probability sampling technique (purposive & snowball sampling) completed the questionnaire. A respective of 11 interviewee and 35 (5 groups) focus group discussants were involved in the qualitative part. Data were collected using questionnaire, interview, and focus group discussion. Data obtained using questionnaire were analyzed using percentage whereas data procured through focus group discussion and interview were analyzed qualitatively through thematic method. The study revealed that most participants have used drugs in the last 9 months staying in the university; majority of them (90.76%) have used one or more of the different kinds of drugs while (9.24%) reported that they have not used any drugs. The types of drugs mostly used by the students were Khat, Cigarette, and Hashish and the major serious consequences of using drugs were vulnerability to negative peer pressure, tending to use Cigarette, Khat, and Hashish more and more, mood changes and depression. The perceived causes of using drugs were to: feel relaxed, feel happy and forget problems. Results in the focus group discussion and interview depicted the increasing number of drug illicit houses in Debre Berhan Town, Ethiopia. It can conclude that drug accessing houses have been expanded alarmingly in Debre Berhan Town compared to some years back and due to the expansion; students involved in the study from Debre Berhan University have engaged in abusing the various drugs types available. The research suggests that monitoring drug admittance houses especially around the university area through a collaborative effort of stakeholders should be emphasized. Also, measures to control drugs have to address both supply and demand: supply can be reduced by developing alternative sources of income for producers and distributors while the demand for drugs can be curbed by education and awareness programs about drug consumption and its negative consequences.

**Keywords:** Drug admittance houses, Expansion, Risk factors, Misbehavior, Drug

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### **I. BACKGROUND**

Educational institutions are understood to be environments of excellence where young people learn academics and model behavior, however, nowadays, this is being restrained by typical challenging situations; among these situations include the drug and substance abuse among adolescents (King'endo, 2015) <sup>[9]</sup>. Similarly, Pullen et al. (2016) <sup>[10]</sup> pointed out that the importance of school as a protective factor for the future of young people has been underscored due to the serious behavioral and academic consequences of drug use among students.

Drug abuse is a universal phenomenon that extends across different cultural, socio-economic, religious, and ethnic boundaries. Partly due to its possibility to contribute to inadvertent and deliberate damage, drug abuse among youths has become a public concern world-wide (Dada, 2012) <sup>[6]</sup>. According to World Drug Report (2018) <sup>[19]</sup>, adolescence is a critical risk period for the initiation of drug abuse; surveys on drug use among the general population show that the extent of drug use among young people remains higher than that among older people.

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A substantial number of untimely deaths and accidents have been attributed to the activities of persons under the influence of one drug or the other (Amosun, Ige, & Ajala, 2010) <sup>[1]</sup>. Drugs like Khat and Tobacco among students can be destructive; resulting in poor academic achievement, exposures to sexually transmitted infections including HIV, exposures to legal consequences, or jeopardizes their enrollment at universities (Tesfahun, Gebeyaw, & Girmay, 2013) <sup>[16]</sup>. Similarly, Pullen et al. (2016) <sup>[10]</sup> found out that substance use among adolescents resulted in risk for developing addiction, misbehavior and confrontations with teachers, decreased motivation to attend school, increased risk for engaging in deviant behaviors, choosing to drop out of school and disruption of the classroom setting.

A consistent relationship between drug abuse (like chewing Khat and smoking Cigarette) and negative academic outcomes have been observed (Shimelis and Wosen, 2015) <sup>[13]</sup>; students have faced many academic related problems such as class absenteeism, low participation in the classroom, inability to attend exam and lack of concentration during study and exam unless they use drug of their habits. Among students who used drugs, almost every tenth of them stated that their health problems stemmed from drug use (Tsvetkova & Antonova, 2013) <sup>[18]</sup>. Similarly, it has been reported that mental distress was significantly associated with drugs like Khat (Tekalgn, Andualem, & Markos, 2011) <sup>[15]</sup>. Use of psychoactive drugs such as Khat leaves (*Catha edulis*) alter moods and emotional state and lead to adverse effects on the health and social life of users (Ayalu, Asmamaw, Sibhatu, & Berhanu, 2012) <sup>[2]</sup>. Gurmesa et al. (2012) <sup>[8]</sup> also reported that substance use had a significant association with having risky sexual behavior which was evidenced by the existence of multiple sexual partners and sexual practice without condom with non-regular partner.

Concerning behavioral consequences, Shimelis and Wosen (2015) <sup>[13]</sup> showed that drug abuse negatively affected participants' previous normal behaviors. Their behaviors or what they call it their mood is negatively changed both while they were unable to get drugs of their habits and even after they use drugs. The finding indicated that when participants fail to satisfy their drug habits, most of the time they feel confused of what to do, being in state of behaviorally instable, get in conflict with their friends, show unethical, impolite behaviors and involving in different anti-social behaviors. Moreover, King'endo (2015) <sup>[9]</sup> indicated that most students were familiar with many types of drugs; Tobacco, Inhalants like petrol and Glues, Cannabis, Marijuana/Hashish, Cocaine, Heroin and these students were obtained bullying other students and also there have been reported cases of students getting involved in criminal behavior like stealing, indulging into sex abuse. Because of drug use, students reported conflicts with parents, loss of their old friends, and financial hardships (Tsvetkova & Antonova, 2013) <sup>[18]</sup>.

Contrary to the above findings, Bassey, Makinde, Ajani and Olumide (2013) <sup>[3]</sup> found that there is no significant relationship between drug abuse and truancy, cultism and high risk sexual behavior among undergraduate students. Similarly, Ubangha et al. (2013) <sup>[20]</sup> revealed that there is no significant relationship between drug abuse and truancy among undergraduate students.

Comparing drug abuse in the attribute of gender, it was more common in male students than in females. Life stressors such as living far from family and living in rental houses without family controlling role could be related to drug abuse. Curiosity of young adults is also another important reason (Rezahosseini, Roohbakhsh, Tavakolian & Assar, 2014) <sup>[11]</sup>. As the study by Ayalu et al. (2012) <sup>[2]</sup> revealed, mostly males are obtained to be drug abusers compared to their female counterparts. Drug use by males leads much more frequently to arrest than does drug use by females. These were evidenced to higher rates of criminalization caused by drug use among male students than among females (Tsvetkova & Antonova, 2013) <sup>[18]</sup>.

There has been a difference regarding why boys and girls begin using drugs. Males report starting drug use to enhance their behavior in social situations, while girls report drug use to enhance their ability to cope with bad feelings, reduce stress, and decrease feelings of social isolation (Kuntsche & Muller; Muller & Kuntsche; cited in Becker, Perry, & Westenbroek, 2012) <sup>[4]</sup>. In addition, Becker et al. (2012) <sup>[4]</sup> showed that there are sex differences in how men and women enter onto the path that can lead to addiction. Males are more likely than females to engage in risky behaviors that include experimenting with drugs of abuse. Females are more likely to begin taking drugs as self-medication to reduce stress or alleviate depression. According to Ayalu et al. (2012) <sup>[2]</sup>, male students had two times higher odds of chewing Khat compared to female students. In addition, they have found out some subjective reasons given for Khat chewing such as to get concentration, peer pressure and for enjoyment among others. A similar finding by (Zein cited in Tekalgn et al., 2011) <sup>[15]</sup> asserts that College and University students also use it to stay alert, concentrate and have better flow of ideas.

Explaining the concerns on student drug misuse, White et al. as cited in (Bennett & Holloway, 2014) <sup>[5]</sup> indicated that student drug use is influenced by various reasons, including living away from the control of parents, maintaining contact with peers, opportunities for obtaining and using drugs, and freedom from the responsibilities associated with employment. Analogously, Dada (2012) <sup>[6]</sup> showed that drugs like Marijuana and Cigarette/Tobacco were accessible for the use of students without any difficulty. Hence, the availability of the drugs was an indication that they were not censored from the students and no strict laws were in place to prohibit their uses or perhaps those laws were not adequately implemented in the university. Bennett and

Holloway (2014) <sup>[5]</sup> attributed the underlying reasons behind the use of drugs as taking it as a sign of being sociable and acceptable among their peers, making oneself in a high mood, to remove boredom and tiredness, to maximize their feelings of relaxation, to be mentally awaked and sound.

Moreover, Sebsibie (2018) <sup>[12]</sup> showed that the cause of drug addiction of youths is for enjoyment purpose, unemployment, failure in academic achievement, family disagreement, hopelessness, peer pressure, to get personal pleasure and to stay awake. Other reasons for drug abuse as reported by King'endo (2015) <sup>[9]</sup> are students want to experiment newly introduced drugs and students had enough money to purchase more expensive drugs. According to Taremian et al. (2018) <sup>[14]</sup>, individuals' anger and aggression, depression and anxiety, their positive attitude towards substances, low level of religious beliefs, low self-esteem, perceived availability of illegal drugs, substance use among peers and family members, and a positive attitude possessed by parents towards substance significantly and strongly predicted using Cigarette, hard drugs, and prescribed medications.

According to The Phnom Penh Post (2011) <sup>[17]</sup>, the number of available nightclubs close to universities and schools will have a bad impact on students, in which they will spend much more money and time smoking and using drugs in nightclubs, perhaps leading them to lose their bright futures. Bennett and Holloway (2014) <sup>[5]</sup> also indicated that students who frequently visited clubs were 3.4 times more likely to take drugs than those who reported less frequent night-time activities.

In inference, if the drug abuse problem is not intensely addressed in schools and the society at large, numerous negative outcomes are likely to occur. Students' energies should be diverted towards healthier and more useful undertakings to prevent them from dropping out of school and abusing drugs. This can be done by addressing the various contributing individual and environmental factors that can place students at a risk of drug abuse (King'endo, 2015) <sup>[9]</sup>. Designing strategies to deal with the problem of drug abuse among adolescents and youths is essential, considering the contributing factors incorporated above (Didarloo & Pourali, 2016) <sup>[7]</sup>. Since youths are becoming addicted for more than one drug, endorsement of interventional activities is needed to bring about behavioral changes among youths on the danger of use of drugs (Sebsibie, 2018) <sup>[12]</sup>.

Higher education students are expected to develop themselves in the cognitive, psychomotor and affective parameters of education so that they can benefit themselves and deliver the expected maximum quality services to their community. Since students of higher learning institutions are assets of the society; disregard them can lead to high social and economic costs, both immediately and in the years ahead. To apprehend graduating students who are healthy, active, environmentally conscious, responsible, and who are able to understand and solve problems, tertiary education students need to be supported in a number of dimensions. Achieving this ambition necessitates to make the learning environment to be free of accessing drugs and individuals should be aware of the destructive impacts associated with drug abuse.

Above all, as to the researchers' knowledge, there were no far reaching studies carried out, particularly in the area under investigation i.e., exploring expansion of drug accessible houses' influence on students' behavior/discipline and exposure to varieties of risks. Therefore, this study is unique in that the research attempts to uncover the spreading out of Drug accessing houses' and drug availabilities' contribution for university students' vulnerability to risk factors and misbehaviors. Very precisely, this study sought to found the current trend of drug abuse among students in Debre Berhan University and to identify factors that increase the students to drink and the associated risks and misbehaviors. In view of that, the following research questions are formulated:

- To what extent drug admittance houses' contributing to university students' vulnerability to risk factors and misbehavior?
- What are the typical misbehaviors displayed by university students due to drug abuse?
- What are the risk factors predominantly experienced by university students as a result of drug abuse?
- What are the main pushing factors that cause university students to enter into drug use?

## **II. METHODS**

### **Participants**

The target population of the study embraced Debre Berhan University undergraduate regular students. In selecting the participants of the study, non-probability sampling technique (purposive & snowball sampling) was applied. The sample consisted of 119 university students (75 females and 44 males). Besides, key informants who were considered to reveal useful information were selected purposively and took part in the interview (11 participants) and in the focus group discussion (35 participants categorized into 5 groups each group comprised of 6-8 participants).

### **Measures**

This research employed descriptive survey that describes expansion of drug admittance houses' as causes for university students' vulnerability to risk factors and misbehavior. For this research, both quantitative

and qualitative data were applied. For the quantitative part, the questionnaire (employed both the restricted and open ended items) which were developed based on relevant review of literature was employed in collecting the data hence, it was piloted prior use of it for the main data. On the other hand, qualitative data were gathered from research participants, using interview and focus group discussion. Interview items were employed to gather data from key informants either initially not obtained using the questionnaire or for the purpose of meeting the objective of the study as adequately as possible. Moreover, the focus group discussion guideline was used to gather information that probably either not be obtained through questionnaires or triangulating the findings emerged from the quantitative data using questionnaire.

### Procedure and Data Analysis

The questionnaire, focus group and interview guidelines were passed all the way through prior to they were used for data collection. Before the questionnaire was administered by means of data collectors, they were trained in advance for vigilance on anonymity and confidentiality. Involvement in the study was totally voluntary and data were collected via data collectors after full informed consent was obtained from participants to involve in the study. Then after, the data collectors' administered the questionnaire to the participants to complete it individually but data collected using focus group discussion and interview was administered by the researchers themselves. Data collected using questionnaire were analyzed using percentage whereas data gathered through interview and focus group discussion were analyzed using a thematic method.

## III. RESULTS

**Table 1: Demographic Information of the Participants**

Variables	Variable Categories	Participants	Percent (%)
Gender	Male	44	36.97
	Female	75	63.03
	<b>Total</b>	<b>119</b>	<b>100</b>
Year Level	First	18	15.12
	Second	33	27.73
	Third	50	42.01
	Fourth	8	6.72
	Fifth	10	8.40
	<b>Total</b>	<b>119</b>	<b>100</b>
Academic achievement	Excellent	10	8.40
	Above Average	15	12.60
	Average	23	19.32
	Below Average	53	44.53
	Poor	18	15.12
<b>Total</b>	<b>119</b>	<b>100</b>	

As it is disclosed in Table 1, many of the respondents were females 63.03% while 36.97 % of them were males. Regarding the participants year level, majority of the participants 42.01% were third year, 27.73% and 15.12% of them respectively were second and first year university students. The Table also revealed that most of the respondents' academic achievement was below average (44.53%) and 15.12% of the respondents' academic achievement was fairly poor.

**Table 2: Drug abuse and Types of Drugs Mostly Frenzied by University students**

Responses	Males	Percent (%)	Females	Percent %	Total Percent (%)
Yes	42	95.45	66	88	90.76
No	2	4.55	9	12	9.24
Cannabis(Marijuana/ Hasish)	11	61.11	7	38.89	12.41
Cigarette smoking	36	62.02	22	37.94	40.00
Chewing Khat	34	49.28	35	50.72	47.59
Others specify	-	-	-	-	-

For answering whether participants have taken the different drugs in the last nine months duration staying in Debre Berhan University, majority of them 90.76 % agreed that they have used one or more of the different kinds of drugs. Only 9.24 % of the respondents reported that they did not take any drugs in the last nine months. Among the male participants, 95.45% of them reported that they have taken different types of drugs and 88% of female participants responded that they have taken drugs in their last nine months duration in the university. When we look at the types of drugs mostly used by those participants, chewing Khat took the leading in which 47.59 % of the participants reported to use it. As revealed above, Cigarette smoking was the second kind of drug to be consumed by 40 % of these students. The number of participants who reported to use Cannabis/Marijuana/Hashish was 12.41%. When we make comparisons based on gender of respondents, more number of males 61.11 % were found to use Cannabis/ Marijuana/ Hashish and 38.89 % of females reported to

use these drugs. As the above Table indicates, 62.06 % of males reported to smoke cigarette and 37.94 % of females were engaged in cigarette smoking. Chewing Khat was observed to put into practice by 50.72 % of females and the proportion of males who chewed Khat was 49.28%.

**Table 3: Drug Abuse by University Students and its Associated Consequences**

Responses	Males	Females	Percent (%)
Vulnerability to negative peer pressure	29	37	7.99
Lack of bonding to society (family, school, & community)	26	31	6.91
Thinking about suicide or a plan	11	17	3.39
Inappropriate coping responses	26	33	7.14
Feeling of hopelessness and worthlessness	23	32	6.66
Experiencing mood changes- suddenly cheerful after a period of depression	25	38	7.63
Day dreaming/fantasy	17	14	3.76
Mental health problem	18	25	5.21
Begins sexual activity with many partners	26	35	7.38
Engaged in sexual intercourse without a condom & regretted the next day	27	30	6.91
Unwanted pregnancy	-	14	1.69
At risk of dropping out	18	36	6.53
Difficulty concentrating in class	22	34	6.78
Low commitment to University work	24	36	7.26
Poor academic performance	25	33	7.02

In relation to the consequences of abusing drug among the participants during the last nine months (Table 3 above) the following were the major consequences students' encountered in order from more serious to less serious: vulnerability to negative peer pressure, experiencing mood changes-suddenly cheerful after a period of depression, beginning sexual activity with many partners, low commitment to university work, inappropriate coping responses, poor academic performance, lack of bonding to society (family, school and society), engagement in sexual intercourse without a condom and regretting the next day, experienced difficulty concentrating in class, developed feeling of hopelessness and worthlessness, at risk of dropping out, experienced a mental health problem, experienced day dreaming/fantasy, thinking about suicide or a plan to commit it and unwanted pregnancy (which refers to female participants) .

**Table 4: Behavioral Related Problems Students' Exhibit Due to Abuse of Different Drugs**

Responses	Males	Females	Percent (%)
Physical fight	38	17	9.96
Trouble with university securities	33	30	11.41
Damage university property on purpose	22	15	6.70
Disruptive behaviors	39	46	15.39
Misbehavior at the time of teaching	21	28	8.88
Misbehavior at the time of examination	18	34	9.42
Late night attendance	37	45	14.86
Teasing teachers	13	8	3.81
Conflict with proctors due to late entry to university at night	28	33	11.05
Insulting other students	17	24	7.43
Others (Easing everything, doing assignments for others to generate money for Khat and performance decrement, loss of confidence)	4	2	1.09

Regarding the different behavioral related difficulties resulted from abuse of drug in the last nine months, Table 4 revealed that a large proportion of respondents 15.39% showed different disruptive behaviors in which the proportion of males from male participants was observed to be 88.63% and the percentage of females from female participants was 61.33% which implies males' disruptive behavior were high compared to their female counterparts. Late night attendance as a consequence of using drug was high among males which make up 84.09% and female participants comprised 60% when the proportion was computed independently that the totality showed 14.86% of the whole participants (considering redundancy of responses). Others' responses showed that 11.41% of them faced trouble with university securities (in which males constituted 75% among male participants and 40% were females among the female samples and also 11.05% of the respondents experienced conflict with proctors due to late entry to university at night in that the proportion of males is 63.63% from male samples and females represented 44% from the female samples. Engagement of participants into a physical fight was responded to be experienced by 9.96% of the participants in which males were dominant in this behavior i.e., 86.36 among male respondents and the proportion of females in this regard was 22.66% among the female participants. Concerning the rest of the participants' responses in relation to misbehavior due to alcohol usage, misbehavior at the time of examination, misbehavior at the time of teaching, insulting other students, damaging university property on purpose teasing teachers and others (for example,

easing everything, doing assignments for others to generate money for alcohol drink make up 9.42%, 8.88%, 7.43%, 6.70%, 3.81% and 1.09%) respectively.

**Table 5: Perceived Causes of Abusing Drugs by University Students**

Responses	Respondents	Percent (%)
Perceive things more intensely	55	12.17
Feel relaxed	78	17.26
Feel happy	69	15.27
Forget problems	64	14.16
Increase sexual interest	41	9.07
To be more energetic	36	7.96
Simply to join peers who use drugs (Not to be isolated)	47	10.39
For the purpose of studying	54	11.95
Others (To freely practice sexual activities I have watched on movies and websites, to practice unusual sexual activities without any fear)	8	1.77

Concerning the perceived causes of using drug by the university students, the Table above revealed that somehow a greater proportion 17.26% of the participants used drugs to feel relaxed followed by to feel happy and to forget problems which constituted 15.27% and 14.16% respectively. It has also been found that 12.17%, 11.95%, 10.39%, 9.07%, 7.96% and 1.77% of the participants respectively consumed drugs to perceive things more intensely, purpose of studying, to join peers who use drug (not to be isolated from others), to increase sexual interest, to be more energetic, and for reasons (to freely practice sexual activities they have watched on movies and websites, to practice unusual sexual activities without any fear).

### **Findings from the Focus Groups**

With regard to expansion of drug peddling houses in Debre Berhan Town, the focus group discussants confirmed about the expansions and the increasing number of them even near to the University where the University is located. Particularly, when participants asked about expansion of Khat and Shisha access houses, almost the participants agreed about expansion. For instance, some participants of the focus group stipulated that, before 8 years ago they knew only one Khat retailing house by the name 'Teha'. But, all the focus group participants agreed about the dramatic increase of the number of Khat admittance houses at present in Debre Berhan Town. Similarly, some participants indicated the increasing number of Shisha access houses in the Town. As to the participants, before five or six years ago it was unusual to find Khat and Shisha peddling houses around Tebasie (a local name for a village where Debre Berhan University is located) but presently as they said one finds those houses' in every of the entries (like in Coffee making houses, Pool houses, Film and Soccer displaying houses, Bars & Restaurants, and even in the residents as well).

As to the participants, in every year, Khat and Shisha peddling houses have been increasing in number, thus, difficult for them to specify the actual number because as they said, even shops and stocks which were opened for other purposes have been serving for selling and accessing Shisha, Khat and Ganja for the university students and to the other youngsters as well.

Participants also noted the practice of adding of 'Khat' powder in the coffee drink by some coffee making individuals in the aim to upsurge customers' level of stimulation and satisfaction, which in turn, aim to attract them for the future. Therefore, discussants boldly concerned that even those who accustomed of drinking coffee are unknowingly becoming victims of Khat users. One participant group also shared the very unusual news to the researchers that:

'A pregnant university student went to a clinic to deliver her birth, thus, friends' of her went to there to gift her Khat leaves than offering fruits or something edible mostly presented to the one give birth.'

Generally, all groups of the discussants confirmed about expansion of Shisha, Khat, and even Ganja in Debre Berhan Town. Group discussants boldly described the modality how Debre Berhan University students' abuse drugs. According to the discussants, students have been using drugs in a mixed manner like Khat and Cigarette, Coffee and Khat, Cigarette and Hashish, Khat and Shisha etc.

The participants identified various reasons that expose Debre Berhan University students' involvement in drug abuse. However, all the focus group discussants explained the enabling condition in the surrounding environment was emphasized as major driving factor. In other words, the existence of Khat, Cigarette, and Shisha houses in front of the university gate were among the top list to influence university students' decision to engagement. According to the focus group discussants, presence of many Khat houses and Cigarette selling houses around Tebasie or to a large extent in Debre Berhan Town mean creating opportunity for students to engage in them. Focus group discussion participants agreed that accessibility has a powerful pulling and pushing effect for users to engage in drugs. In all group discussions, it was indicated that young people and students did not face difficulties in obtaining any drugs possible.

Participants were also worried that as drug selling houses increase in number without any set back, they said, it implies that those houses are authorized to be legal. Participants noted that if expansion continues and measures of some kind have not been taken by the concerned bodies, not only spreading out implies legal but also assumed by the students/youngsters that involvement is important. So, expansion will lead users and potential users to justify their reasons of engagement by referring others who engage in e.g., their friends, adults, authorities and the culture at large. Participants also reported their concern about the enforcement of laws prohibiting drug use particularly, the imperative of putting cultural restrictions on drug use.

As to participants, being non-café was also mentioned as one factors for the university students to abuse drug in the pretext to exit from university for a dinner. Unable to offer meaningful training for the Debre Berhan University students about the consequences of Khat, Cigarette, and Shisha use also contributing for students' to engage in drug use. Moreover, participants mentioned other contributing factors like the role of peer pressure, the social environment where students grown up, lack of self-awareness or wrong expectation about the use of drug, a failure to be accepted, a misdirected desire to be popular, perceiving modern, looking smart and sociable, pushy invitation, the age itself, and lack of parental control.

Regarding the disciplinary problems committed by drug users, as mentioned by the participants were: late evening entry into university, stealing like lap top, sharing identification number, singing loud, and yelling at others' dormitory. All the discussants explained that male university students outnumbered females in committing various disciplinary problems due to drug abuse. Regarding the very risks that university students' encountered mentioned by the discussants due to drug use is engagement in risky (unprotected) sexual intercourse because they boldly noted that intoxication behavior has exposed individuals to unsafe sex.

### **Findings from the Interview**

As to the participants, drug selling houses' in Debre Berhan Town have expanded in a dramatic way. As one participant described, expansion of Khat and Shisha selling houses have been related with the rapid growth of Debre Berhan Town and the associated influx of people of different back ground to the Town. As to a participant confirmed, he has been living-in the Town for the last 16 years; nevertheless, he has never seen people chewing Khat extremely until the last 8/9 years.

Similarly, a participant agreed about the rapid expansion of Khat and Shisha serving houses in Tebasie area and the associated increase of Khat users who chew it in group at Balcony. Similarly, a participant reported that in a sudden of campaign on eight suspected Shisha serving houses at Tebasie area, five of the suspected houses had the shisha serving instruments and most users they got on that spot were university students. In a similar vein, as a participant confirmed, in a random campaign undertook at all Kebele in 2016 in Debre Berhan Town on 80 suspected Shisha serving houses, it was found that 60 houses possessed Shisha serving materials. Among the users on the speck, many of them were university students, lecturers and public servants as well. As many interviewee stressed, people smoke Shisha secretly in hidden places and mostly use during the night but as the interviewee said that practice is almost changed and they saw people use it during the day openly and publicly. A participant also said that after the establishment of Debre Berhan University, Khat and Shisha selling houses have been increasing in number. The same participant categorized Khat and Shisha selling houses in to two:

‘‘Houses open to sell Khat and houses open to serve for trading centers like coffee making houses, Restaurants, Supermarkets, Shoppes, Verenda, and Pool houses but at the same time serving either to sell Khat or serve for users to chew Khat.’’

This view was shared by many participants involved in the interview. Particularly, coffee making houses have been the best places for the youth to use Khat, Shisha, and Cigarettes altogether. As to one participant, when one look expansion critically, she said it seemed as if it is viewed by everybody including university students as legal. As to a participant, the students being identified in use of Khat, Cigarette, and Shisha were students who came from big Towns. Besides, a participant noted that most users were students' off-campus than students' in-campus even in all kinds of illegal acts.

With regard to the risks and disciplinary problems committed by Debre Berhan University students due to drug abuse, a participant disclosed; unable to attend class and study, dropout, and even fail to score good results on an informally called 'easy subjects'. When the interviewee asked about the misconducts noticed on Debre Berhan University students, they mentioned the following. For example, one participant committed theft '‘two university students who stole mobiles due to Hashis use had six months of imprisonment. Besides, three participants mentioned misconducts like the failure to control one's emotion, violence, yelling at on the street, fight and use others' identification card. For example, as to a participant, a female university student who have identified as a drug addicted had stolen lap tops twice. As one participant told, most Debre Berhan University students who had records of theft in one way or another were drug users.

The very reasons Debre Berhan University students' use drugs as mentioned by the participants among them were peer pressure as a factor was mentioned by many participants. The presence of too many drug selling

houses in Debre Berhan Town as described by most participants, the ease to get especially Khat in every shop possible could contribute for the students to engage in. Participants said there were no sanctions against selling and using drugs, thus there were no real difficulties for students to access drugs, when they want to use it. Some participants mentioned the wrong perception some university students' have about the use of chewing Khat. Participants indicated that some university students use Khat because they believed that chewing enhances their learning and at large studying.

#### IV. DISCUSSION

According to the study, participants selected among Debre Berhan University students were found to use varieties of drugs in the last nine months staying at the university. As it was revealed in the quantitative analysis, the drugs mostly used by participants were chewing Khat, Cigarette smoking and Marijuana/Cannabis/Hashish use. Thus, it is to emphasize that the problem needs serious attention. Due to its possibility to contribute to damage, drug abuse among youths has become a public concern world-wide (Dada, 2012) <sup>[6]</sup>. Since youths are becoming addicted for more than one drug, endorsement of interventional activities is needed to bring about behavioral changes among youths on the danger of use of drugs (Sebsibie, 2018) <sup>[12]</sup>. In this study, when a comparison based on gender was framed, more number of males was found to use Cannabis/Marijuana/ Hashish than females, more males reported to smoke Cigarette than females whereas chewing Khat was observed to put into practice by almost proportionally by male and female students. In a similar vein a study by Ayalu et al. (2012) <sup>[2]</sup> revealed, mostly males are obtained to be drug abusers compared to their female counterparts. Drug use by males leads much more frequently to arrest than does drug use by females. These were evidenced to higher rates of criminalization caused by drug use among male students than among females (Tsvetkova & Antonova, 2013) <sup>[18]</sup>.

Concerning the risks of using drug, the study revealed vulnerability to negative peer pressure, tending to use Cigarette, Khat, and Hashish more and more, mood changes and depression, facing inappropriate coping responses, beginning sexual activity with many partners, engagement in sexual intercourse without a condom and regretting the next day, feeling of hopelessness and worthlessness, mental health problem, and suicidal attempt. The qualitative analysis in this study also revealed that university students due to drug abuse, were unable to attend class and study well, experiencing dropout, fail to score good results on an informally called 'easy subjects, and engagement in risky (unprotected) sexual intercourse because they boldly noted that intoxicated behavior has exposed individuals to unsafe sex. Consistent with the present finding and even worse is untimely deaths and accidents have been attributed to the activities of persons under the influence of one drug or the other (Amosun & Ajala, 2010) <sup>[1]</sup>. Drugs like Khat and Tobacco among students can be destructive; resulting in poor academic achievement, exposures to sexually transmitted infections including HIV, exposures to legal consequences, or jeopardizes their enrollment at universities (Tsfahun et al., 2013) <sup>[16]</sup>. Similarly, Pullen et al. (2016) <sup>[10]</sup> found out that substance use among adolescents resulted in risk for developing addiction, misbehavior and confrontations with teachers, decreased motivation to attend school, increased risk for engaging in deviant behaviors, choosing to drop out of school, disruption of the classroom setting, low commitment to university work, poor academic performance, lack of bonding to society (family, school and society), experiencing difficulty concentrating in class, withdrawal from university, and at risk of dropping out. Also a study by Shimelis and Wosen, 2015 <sup>[13]</sup> revealed a negative academic outcomes have been observed as students have faced many academic related problems such as class absenteeism, low participation in the classroom, inability to attend exam and lack of concentration during study and exam unless they use drug of their habits. Among students who used drugs, almost every tenth of them stated that their health problems stemmed from drug use (Tsvetkova & Antonova, 2013) <sup>[18]</sup>. In addition, Ayalu et al. (2012) <sup>[2]</sup> stressed that use of psychoactive drugs such as Khat leaves alter moods and emotional state and lead to adverse effects on the health and social life of users.

Misbehavior exhibited by the study participants due to the use of drug as revealed in the quantitative result were different disruptive behaviors, late night attendance, trouble with university securities, conflict with proctors due to late entry to university at night, physical fight, misbehavior at the time of examination, misbehavior at the time of teaching, insulting other students, damaging university property on purpose, teasing teachers, and doing assignments for others to generate money to abuse drugs. Additionally, it has been found through the qualitative analysis of this study that using drug has produced the following behavioral problems: the failure to control one's emotion, violence, yelling at on the street, fight, late evening entry into university, stealing like lap top, sharing identification card for university entry, singing loud, and yelling at others' dormitory. These findings were supported by a research outcome carried out by Shimelis and Wosen (2015) <sup>[13]</sup> showed that drug abuse is negatively affecting participants' previous normal behaviors. The finding indicated that when participants fail to satisfy their drug habits, most of the time they feel confused of what to do, being in state of behaviorally instable, get in conflict with their friends, show unethical, impolite behaviors and involving in different anti-social behaviors. Moreover, King'endo (2015) <sup>[9]</sup> indicated that most students were familiar

with many types of drugs; tobacco, inhalants like petrol and glues, cannabis, marijuana/hashish, cocaine, heroin and these students were obtained bullying other students and also there have been reported cases of students getting involved in criminal behavior like stealing, indulging into sex abuse. Because of drug use, students reported conflicts with parents, loss of their old friends, and financial hardships (Tsvetkova & Antonova, 2013)<sup>[18]</sup>.

Contrary to the above findings, Bassey et al. (2013)<sup>[3]</sup> found that there is no significant relationship between drug abuse and truancy, cultism and high risk of sexual behavior among undergraduate students. Similarly, Ubangha et al. (2013)<sup>[20]</sup> revealed that there is no significant relationship between drug abuse and truancy among undergraduate students.

Concerning this study's findings in relation to the factors which initiate those selected students to use drug it has been found that to feel relaxed, for the sake of feeling happy, to forget problems, to perceive things more intensely, for the purpose of studying, simply to join peers who use drug, to increase sexual interest, to be more energetic, and for holidays were perceived factors as identified by the quantitative analysis. It has also been obtained from the qualitative data analysis that the enabling condition i.e., the existence of Khat, Cigarette, and Shisha houses in front of the university gate were among the top list to influence university students' decision to engagement. Moreover, participants mentioned other contributing factors like the role of peer pressure, the social environment where students grown up, lack of self-awareness or wrong expectation about the use of drug, a failure to be accepted, a misdirected desire to be popular, perceiving modern, looking smart and sociable, pushy invitation, the age itself, and lack of parental control, absence of sanctions against selling and using drugs were the pushing factors. These findings were supported by other research findings. In relation to why people engage into using drug, White et al. as cited in (Bennett & Holloway, 2014)<sup>[5]</sup> indicated that student drug use is influenced by various reasons, including living away from the control of parents, maintaining contact with peers, opportunities for obtaining and using drugs, and freedom from the responsibilities associated with employment. Analogously, Dada (2012)<sup>[6]</sup> showed that drugs like marijuana and cigarette/tobacco were accessible for the use of students without any difficulty. Hence, the availability of the drugs was an indication that they were not censored from the students and no strict laws were in place to prohibit their uses or perhaps those laws were not adequately implemented in the university. Bennett and Holloway (2014)<sup>[5]</sup> attributed the underlying reasons behind the use of drugs as taking it as a sign of being sociable and acceptable among their peers, making oneself in a high mood, to remove boredom and tiredness, to maximize their feelings of relaxation, to be mentally awaked and sound.

Moreover, Sebsibie (2018)<sup>[12]</sup> showed that the cause of drug addiction of youths is for enjoyment purpose, unemployment, failure in academic achievement, family disagreement, hopelessness, peer pressure, to get personal pleasure and to stay awake. Other reasons for drug abuse as reported by Taremian et al. (2018)<sup>[14]</sup>, individuals' anger and aggression, depression and anxiety, their positive attitude towards substances, low level of religious beliefs, low self-esteem, perceived availability of illegal drugs, substance use among peers and family members, and a positive attitude possessed by parents towards substance significantly and strongly predicted using cigarette, hard drugs, and prescribed medications.

Considering the various individual and environmental contributing factors that place students at a risk of drug abuse, designing strategies to deal with the problem of drug abuse among adolescents and youths is essential (Didarloo & Pourali, 2016)<sup>[7]</sup>. Since youths are becoming addicted for more than one drug, endorsement of interventional activities is needed to bring about behavioral changes among youths on the danger of use of drugs (Sebsibie, 2018)<sup>[12]</sup>.

## V. CONCLUSION

We can conclude from the study that drug admittance houses have been expanded alarmingly in Debre Berhan Town compared to some years back where the selected university students were the active participants. Due to the expansion of drug selling houses, students selected from Debre Berhan University, Ethiopia, have got to abuse drug which implies that expansion is compelling students to engage in abuse of different drugs. More importantly, it can be concluded that university students' who engaged in drug abuse and participated in the study were experiencing a range of health risks as well as social, emotional and academic related problems and displaying a number of disciplinary/behavioral related difficulties.

## VI. SUGGESTIONS

The research suggests that monitoring drug retailing houses through a collaborative effort of stakeholders and employing behavioral change intervention programs for university students should be emphasized. It is also recommended that offering trainings (such as life skill training and peer education) should be provided to the University students as intensively as possible to create awareness about healthy life style and to change attitudes so as to avoid all the costly consequences of engaging into drug abuse. Measures to control drugs will have to address both supply and demand: supply can be reduced by developing alternative sources of

income for producers and distributors. The demand for drug can be curbed by education and awareness programs about drug consumption and its negative consequences. The involvement of community based organizations in mobilizing populations against drug production and consumption is also key in reducing the problem.

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## Conflict of Interest

The authors carefully declare this paper to bear not conflict of interests.

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