

**KAM COLLEGE OF HEALTH AND ALLIED SCIENCES.**



THE AWARENESS ON RELATIONSHIP BETWEEN DRUG ABUSE AND HUMAN IMMUNODEFFICIENCY VIRUS INFECTIONS AMONG YOUTHS AT MARKAZ IN UKONGA, ILALA DISTRICT, DAR ES SALAAM TANZANIA

RESEARCH PROPASAL

BY

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# DECLARATION

I declare that this research project is my original work and that it has not been presented and will not be presented to any other university/ institute for a similar or any other degree award.

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# ABSTRACT

## Background

Drug abuse is a pattern of harmful or hazardous use of a certain chemical/substance (drug) for various purpose such as mood altering or creating pleasurable effect on the body. Many youths get involved in drug abuse because they experience and faces many challenges during this period of growth. Those challenges include psychological and physical changes of the body, competition in school and life in general, peers pressure and cruel world among the individuals. Most of them thy are not aware that the drug abuse is one of facilitating factor for HIV infection.

Objectives

To conduct assessment about awareness of youths on relationship between drug abuse and HIV infection. To determine the influence of sports and games to ward drug abuse and HIV infections. To estimate how basic education from school (primary &secondary) help youth to abstain from drug abuse and HIV infection. To determine the effect and contribution of globalization on drug abuse and HIV infection.

Methodology

 The cross sectional descriptive study design was used in this research. The data obtained from youths who live in Markaz street, the 105 participants were gathered, where each individual at different period of time. The SPSS was used for data analyzed and interpretations.

Result

The total participants were 105(100%) participated in this study. Among 105 participants 52(49.5%) said that there is no relationship between drug abuse and HIV infection,40(38.1%)said drug abuse facilitate HIV infections and13(12.5%) said that drug abuse decreases HIV infections.

CONCLUSION

From the result obtained from the study it is clear that many youths do not understand the relationship of drug abuse and HIV infection. This put them at great risk of acquiring HIV infection when they get involved in drug usage.

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#

# CHAPTER ONE

## 1.0 BACKGROUND

## 1.1 INTRODUCTION

Youth is defined as person between the age of 18 to 39. Youths comprise about half (50%) of the global population. It is a developmental stage where personal life goals are formulated and personal independence is obtained. Youths experience and faces many challenges during this period of growth. Those challenges include psychological and physical changes of the body, competition in school and life in general, peers pressure and cruel world among the individuals. It is also the time of sexual debut and exposure to illicit drug and alcohol. Drug abuse is a pattern of harmful or hazardous use of a certain chemical/substance (drug) for various purpose such as mood altering or creating pleasurable effect on the body. Drug abuse is one of the major disaster that affect this generation(youths). There are many drugs that people use or abuse recreationally, some are legal, others are illegal. The most common one is alcohol (beer, wine and liquor), other include marijuana, cocaine, heroin, amphetamine and ecstasy.

Drug can increase someone’s risk of getting HIV and can cause special problems for the people who are already infected by HIV. The effect of drug abuse in HIV transmission is very large. Alcohol and other drugs alter people’s judgment, drug abuser is largely exposed to HIV infection. Sharing of needle to inject some drug into the body such as heroin is very dangerous and can easily spread HIV and other serious disease such as Hepatitis B from one person to another. Some people who are addicted to drug may even trade sex for drug or money to get more drug. This put them at great risk of acquiring HIV infection especially when they do not practice safe sex. The problem of drug abuse and HIV infection and transmission among youths is worldwide. No single country has been spared. However, the world health organization(WHO) report of drug abuse in 2020 shows that there is high increase in drug abuse and HIV infection in sub-Saharan countries. In Tanzania as one of the developing country, drug abuse among youths is also increase especially in major and popular city like Dare s salaam. Many government organization and nongovernment organization (NGOs) have been reported several times that drug abuse increase and facilitate HIV infection. However, there is no clear proof that these youths are aware of the risk of getting infection oh HIV as they participate or involve in drug abuse.

It is important to know the level of understanding concern about the relationship between drug abuse and HIV infections among the youths. This assessment will focus on determination of knowledge and consciousness of drug abuse and its effect especially the relation to HIV infection. This assessment will help on programming specific strategies so as to prevent and solve the problem. If this assessment is not done the greatness and progress of the problem will increase daily.

## 1.2 STATEMENT OF THE PROBLEM

Regarding the increase of drug abuse and HIV infection, the knowledge, understanding and awareness of youths toward this problem is necessarily be determined and justified. This was focus to evaluate how drug abuse facilitate HIV infection and other physiological, behavioral and psychological changes or effect.

In this era of globalization youths are seemed to be mostly affected by HIV and drug abuse, this is due to easy accessibility of those drugs and involvement of many people in selling and buying(trafficking) drugs since it is believed that drug trafficking is the easiest way of getting money.

 The growth of drug abuse is directly proportional to HIV infection. Many countries have been declared a war against drug abuse and HIV infections. Some countries have been imposed severe punishment to anyone who deal with drug trafficking, for example China has been declared death sentence to any individual who is captured by drugs. In Tanzania severe punishment was also introduced to any one who deal with drug trafficking or usage, this include imprisonment and fine. All those punishments were due to the worse effect of drugs the society such as increase in HIV infection.

## 1.3.1MAIN OBJECTIVE

To conduct assessment about awareness of youths on relationship between drug abuse and HIV infection.

## 1.3.2 SPECIFIC OBJECTIVES

To determine the influence of sports and games to ward drug abuse and HIV infections.

To determine how basic education from school (primary &secondary) help youth to abstain from drug abuse and HIV infection.

To determine the effect and contribution of globalization on drug abuse and HIV infection .

To determine the extent to which sports and games help youths to obtains from drug abuse and HIV.

## 1.4 HYPOTHESIS

Youths have no knowledge concerning the relationship between drug abuse and HIV infection.

## 1.5 JUSTIFICATION

It is very important to assess how far do youths understand the relationship between drug abuse and HIV infection. This will rescue and minimize the rate and the number of drug abuse and HIV infection not only for current generation but also for the generation yet to be born. Since the consequences of drug abuse have been identified, it was not clear that if youths know the relationship of drug abuse and HIV infection. This study focused to discover their understanding and awareness.

The study reported that the main drugs being abused through the injecting route were heroin and pharmaceutical preparations like buprenorphine, chlorpheniramine, diazepam, propoxyphene, pentazocine and promethazine. In the preceding few years injecting drug use was far more visible in Ilala and the number of IDUs were increasing. In most wards, 90 percent of the IDUs had, however, used heroin through inhalation before switching to injecting. The sharing of injecting equipment was common and varied between 52 and 81 percent. About 50 percent of the subjects from Markaz reported sex with multiple sex partners including sex with commercial sex workers (about 30%).

 The report further noted that in Tanzania there had been some increase in the abuse of heroin and other opiates in 1998. Psychological symptoms, which include depression, anxiety, memory defects, sexual inadequacy and personality problems have also been reported as health consequences of drug abuse.

To make this problem of drug abuse and HIV infection more clear, was necessary to conduct research on awareness of youth on relationship between drug abuse and HIV infection.

## 1.6 CONCEPTUAL FREMEWORK

Different factors make and influence youths to get involved in drug abuse. These factors can be economical or social, among those factors are poverty, age sex and psychological disturbance.

Poverty can cause poor education which affect youths and make them unemployment and poor. Age has an influence especially when individual stay with bad company (friend).

## 1.7 SCOPE

The study was conducted in Markaz street found in Ukonga in Ilala district Dar es salaam Tanzania, the ward is one of the most populated area due to the high economic activities. The tendency of migration and immigration toward urban area made this place to be most potential area for economic activities. Accessibility of social services such as hospital, schools and road(infrastructure) made this place to be more potential to conduct the study.

The time spent during this study was one month between 1st October to 2nd November. Only public holidays and heavy rainfall days were excluded but all remaining days were used to conduct the study.

Study focused to those youths who were conscious but those who were not conscious either due to drug over dose or disease were not involved. It was also involved those youths who live under parent care and those who do not live under parent care.

# CHAPTER TWO

## 2.0 LITERATURE REVIEW

## 2.1 INTRODUCTION

Drug abuse is defined as a pattern of harmful or hazardous us of a certain chemical or substance(drug) for various purpose of mood altering or creating pleasurable effect on the body, these drug focuses on changing psychologically or physiologically (NIDA,2015). Drug can be categorized into three types, depressant, stimulant and hallucinogen (DrAnanya Mandal al el). Psychoactive substance can lead to dependence syndrome (drug addiction), a cluster of behavioral, cognitive, and psychological phenomena. Those psychological phenomena that develop after repeated substance use are typically include strong desire to take a drug, difficult in controlling its use persistence in its use despite harmful consequences. Various factors have been facilitating drug abuse such as curiosity and peer pressure. The use of prescription drug that were originally intended to target pain relief may have turned into recreational use and become addictive. Chemical may be used as a part of religious rituals a mean of obtaining creative inspiration. There over 190million drug users around the world and the problem has been increasing at alarming rate especially among youths.

## 2.2 RELEVANT LITERATURE REVIEW

According to WHO report of 2015 since 1980 there have been major changes in trend and pattern of drug use including global increase in drug production, change in a way drug are taken for example from opium smoking to heroine injection (WHO 2015).

Drug users especially who use needle are at great risk of contracting HIV, Hepatitis B and hepatitis C. Not only that but also psychological disturbance that affect the brain such as poor judgment and decision making increase the risk of exposure to HIV infection. The effect of school dropout and crime involvement to youths have been increased especially in major cities day after day. (Michael at el 2009)

Basing of previous observations, in Tanzania about 26 percent of drug abusers were unemployed and most of the employed persons were transport workers, watchman, hawkers and vendors. The age of first drug use for the various substances varied, however, most were introduced to these substances between the age of 19 and 23 years (Jackson et al 2015). The study(observation) reported that the main drugs being abused through the injecting route were heroin and pharmaceutical preparations like buprenorphine, chlorphenaramine, diazepam, propoxyphene, pentazocine and promethazine. In most area of Tanzania, 90 percent of the IDUs had, however, used heroin through inhalation before switching to injecting. The sharing of injecting equipment was common and varied between 52 and 81 percent. About 50 percent of the subjects from Dar es salaam reported sex with multiple sex partners including sex with commercial sex workers (about 30%). About 30 percent were positive for HIV and Hepatitis B (HBsAg) and about 80 percent were positive for Hepatitis C (HCV) (Kumar et al 2000).

Health damage commonly reported among drug users around the world has been cellulitis, thrombophlebitis, tuberculosis and HIV. Many of these ailments are linked to a specific route of administration and are commonly seen among IDUs. Other observed diseases were skin diseases, poor dental hygiene and respiratory disease. In one study it was observed that amongst IDUs, about 50 percent had abscesses, 22 percent tested positive for HepatitisB and 4 percent were positive in the VDRL test (serum test for syphilis). The World Drug Report for 2000 (UNODCCP 2000) noted that most countries in the world including Tanzania showed minor increases in cannabis abuse. The report further noted that in Africa there had been some increase in the abuse of heroin and other opiates in 1998. Psychological symptoms, which include depression, anxiety, memory defects, sexual inadequacy and personality problems have also been reported as health consequences of drug abuse. Research has also shown that social, economic and domestic violence in families of drug dependent persons is quite common. Unemployment among drug dependent persons ranged from 4 - 68 percent (Mittal and Ch'ien 1998) all over the world. Frequent absenteeism due to drug abuse has also been reported. Deaths due to drug overdose were also reported from areas where IDU is common. While no national statistics on drug-related deaths are available, some studies have reported poisoning and overdose as seen in the casualty or emergency rooms of large hospitals. In 1993, in a study of 235 subjects, 5 percent of admissions were due to benzodiazepine overdose and 2 percent due to cannabis (Aggarwal et al 1994). Family-based prevention programs should enhance family bonding and relationships and include parenting skills; practice in developing, discussing, and enforcing family policies on substance abuse; and training in drug education and information (Ashery et al. 1998). Family bonding is the bedrock of the relationship between parents and children. Bonding can be strengthened through skills training on parent supportiveness of children, parent-child communication, and parental involvement (Kosterman et al. 1997). Parental monitoring and supervision are critical for drug abuse prevention. These skills can be enhanced with training on rule-setting; techniques for monitoring activities; praise for appropriate behavior; and moderate, consistent discipline that enforces defined family rules (Kosterman et al. 2001). Drug education and information for parents or caregivers reinforces what children are learning about the harmful effects of drugs and opens opportunities for family discussions about the abuse of legal and illegal substances (Bauman et al. 2001). Brief, family-focused interventions for the general population can positively change specific parenting behavior that can reduce later risks of drug abuse (Spoth et al. 2002b). Prevention programs can be designed to intervene as early as preschool to address risk factors for drug abuse, such as aggressive behavior, poor social skills, and academic difficulties (Webster-Stratton 1998; Webster-Stratton et al. 2001).

# CONCLUSION

Prevention programs for elementary school children should target improving academic and social-emotional learning to address risk factors for drug abuse, such as early aggression, academic failure, and school dropout. Education should focus on the following skills (Ialongo et al. 2001; Conduct Problems Prevention Work Group 2002b), self-control, emotional awareness, communication, social problem-solving and academic support, especially in reading.

# CHAPTER THREE

## 3.0 RESEARCH METHODOLOGY

## 3.1 INTRODUCTION:

The research methodology is the one which describes actions to be taken to investigate a research problem and the rationale for the application of specific procedures or techniques used to identify, select, process and analyze information applied to understand the problem, thereby, allowing the reader to critically evaluate a study’s overall validity and reliability. The methodology is very important as it answers such as how will the data be collected or generated and how will the data be analyzed. There are two types of research methodology which are longitudinal and cross section research methodology

## 3.2Research Design

It is a set of methods and procedures used in collecting and analyzing measures of the variables specified in the problem research. A research design is a frame work that has been created to find answers to research questions. Descriptive cross section study (descriptive research design) will be conducted among the youths at Markaz street in Ukonga ward, ILALA District in Dares salaam Tanzania. The Participants was briefly informed about the study and it´s aims. This study included both male and female. Questionnaires was used to collect data from patients and carefully reviewed. Response data was transferred into database for analysis and SPSS software version 20.0 and categories variables was analyzed into frequency, percentage and pictorial presentation.

## 3.3 Study Area.

Research was conducted at Markaz street found in Ukonga ward in Ilala district Dar es salaam Tanzania. I decided to conduct this assessment in this area because many youths who seem to be affected by drug. Ilala District is a district in Dar es salaam, Tanzania, other being Temeke to south and Kinondoni to north. The 2012 national Tanzania census states the population for Ilala as 1220611.The area is 273km (105 sq mi)/Ilala is commonly referred to as ‘Downtown Dar’, where much of the commerce, banking and national office are located.

Ilala district is a tropical climatic condition. The temperature of ilala district is around 24 to 27 celcius degree. The economic activities such as business, fishing and farming are found in ilala district.

## 3.4 Study Population

The Study was conducted in youths of age between 18 to 39 years found at Markaz street in Ukonga ward in Ilala district Dar es salaam Tanzania.

## 3.5sample Size

A random sample of youths from Markaz street were involved .

The sample size was obtained by applying the following formula by Fisher et al, 1998.

 N = Z2\* P\*(1-P)

 E2

Where;

N = minimal sample size

Z = confidence interval corresponds to I.96 (at 95% confidence interval)

P = proportion of the target population in Tanzania 38.4 % according to the World Bank collection of development indicators 2016.

e = marginal error taken at 5%.

N= ((1.96)2\*0.89\*(1-0.89))

 (0.05)2

 =150

The minimum sample size was 150

# BUDGET

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| S/N | ACTIVITY | RESOURCE | UNIT COST | TOTAL COST |
| 1 | Data collection | Transport |  | 10,000 |
| Rim papers | 50\*50 |  2,500 |
| Writing pens | 200\*5 |  1,000 |
| Food |  | 25,000 |
| 2 | Data analysis | Rim paper | 50\*20 |  1,000 |
| 3 | Report writing | Rim paper | 50\*25 | 1,250 |
| Printing | 50\*25 | 1,250 |
| 4 | Dissemination of data | Transport | 2000 | 2000 |
| SUBTOTAL 48,800/=  | CONTIGENCY 5000/= | GRAND TOTAL 53,800/= |

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# APPENDENCIES

## APPENDIX 01: CONSENT FORM

DIRECTORATE OF RESEARCH AND PUBLICATIONS, KAMPALA INTERNATIONAL UNIVERSITY INFORMED CONSENT

ID-DPH/18822/701/DT

Greetings,

My name is IMRAN SAID ABDLROUF, a student at Kampala international University in Tanzania, pursuing Diploma in pharmaceutical science with a school registration number of DPH/18822/701/DT School of Medicine and Pharmaceutical Science.

#

Purpose of the Study

To conduct assessment about awareness of youths on relationship between drug abuse and HIV infection. To determine the influence of sports and games to ward drug abuse and HIV infections. To estimate how basic education from school (primary &secondary) help youth to abstain from drug abuse and HIV infection. To determine the effect and contribution of globalization on drug abuse and HIV infection.

This study is aiming at assessing people’s knowledge on the factor contribute early the effect and contribution of globalization on drug abuse and HIV infection. Kindly be honest and true for betterment of the results that could lead to better intervention and recommendations in future.

Confidentiality

We will protect and treat the information you provide with high confidentiality to the best of our knowledge. We will not write your name on the questionnaire or in any report/documents that might let someone identify you. Your name will not be linked to the research information in any way. The investigators will take care of the data and information collected.

Right and withdrawal alternatives

Your participation is voluntary. You may decline from participation to the study at any time during interview even if you have consented to participate. Your decision to participate or not will not be associated with your right to work in the facility. There is no penalty for refusing to participate on the study. You will not experience any loss if you refuse to participate in this study

## QUESTIONAIRE;

THE OF AWARENESS ON RELATIONSHIP BETWEEN DRUG ABUSE AND HUMAN IMMUNODEFICIENCY VIRUS (HIV) INFECTION AMONG THE YOUTH AT MARKAZ

Please put tick in the bracket

1. Identification number……………………

2. What is your age?

 (1)18-25years { } (2)26 -30years{ }

 (2)31-35 years { } (4)36-39years { }

3. Gender…

 (1) male{ } (2)female { }

4.Marital status.

 (1) Married { } (2) unmarried { }

 (3) Divorced { } (4) widow/widower { }

5. Educational level.

 (1) Primary school { } (2) secondary { }

 (3) college/university { } (4) non formal education { }

6. What do you understand about drug abuse?

 (1) Usage of herbal for treatment { }

 (2) Misuses of any drug{ }

 (3) it is self medication .{ }

7. What is the effect of drug abuse to youths?

 (1)Drug abuse cause poor judgment and poor health { }

 (2) drug abuse increase self-confidence.{ }

 (3)drug abuse has no effect to youths .{ }

8. Which drug among the following is mostly used by you that your surrounding place (home place)?

 (1) Alcohol { } (2) Marijuana (cigarettes){ }

 (3) khats { } (4)Heroine { }

9.What do you think is the most reason for youths to engage in drug abuse?

 (1) It is the influence from bad friend { }

 (2)It is due to life difficultness { }

 (3) Lack of knowledge about drug abuse.{ }

10. what is the risk factors of acquiring Human immunodeficiency virus(HIV) infections?

 (1) Sharing sharp instruments and having unprotected sex { }

 (2) Sitting together with infected person { }

 (3) Hand shaking with infected person{ }

11.Is there any relationship between drug abuse and Human immunodeficiency?.

 (1) There is no relationship { }

 (2) Drug abuse increase and facilitate HIV infections { }

 (3) Drug abuse decrease HIV infection.{ }

12.Which between rich and poor societies is mostly affected by drug abuse?

 (1) Rich society is mostly affected{ }

 (2) poor society is mostly affected { }

 (3) Both rich and poor societies are affected equally.{ }

13. How many times have you ever attend or participate to the programs which provide knowledge on how to abstain from drug abuse and human immunodeficiency virus(HIV) infections?

 (1) once { } (2) Twice { }

 (3)I haven’t attend any { } (4)several times { }

14.What is the influence of sports and games toward drug abuse and HIV infection?.

 (1) Sports and games increases and facilitate drug abuse and HIV infection { } .

 (2) sports and games help in decreases drug abuse and HIV infection{ }

 (3)Sports and games has no effect in drug abuse and HIV infection. { }

15.Does the globalization have any impact to drug abuse and human immunodeficiency virus(HIV) infections to youth?.

 (1) Globalization increases and facilitate drug abuse and HIV infection { }

 (2) Globalization help in decreases drug abuse and HIV infection { }

 (3)Globalization has no effect to drug abuse. { }

17.Which one among the following plays a great role in facilitating bad habit like drug abuse to youth?

 (1) Television { }

 (2) Telephone { }

 (3) Magazine and news papers{ }