

**An exploratory study on the reasons for substance abuse among the youth in
Grabouw, Western Cape Province, South Africa**

By

Naome Mudavanhu

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Faculty of Community and Health Sciences

Department of Social Work

Student number: 2809038

Supervisor: Professor C.Schenck

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DECLARATION

I hereby state that the thesis with the title, “An exploratory study on the reasons for substance abuse among the youth in Grabouw, Western Cape Province” is my own work and that all resources that were used or referred to by me during the research study are indicated by means of a complete reference and acknowledgement.

Signature: _____ Date: _____

Miss Naome Mudavanhu



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ABSTRACT

Substance abuse among the youth is one of the main social challenges in South Africa and around the world. The purpose of this study was to explore the reasons of substance abuse among the youth in Grabouw, Western Cape Province of South Africa. The reason why this research was conducted was because the Interdisciplinary Teaching and Learning Unit (ITLU) of the University of the Western Cape approached the Department of Social Work with research topics that emerged from the Faculty of Community and Health sciences involvement in the Theewaterkloof communities. One of the concerns expressed by the community of Grabouw is the high prevalence of substance abuse in this community. This study therefore explored the reasons for substance abuse amongst the youth of Grabouw. The research was conducted using the ecological approach as a theoretical framework. A qualitative research methodology was used to explore the phenomenon under study. The research project followed an explorative, descriptive and contextual research design and with this the researcher sought to understand the reasons for substance abuse. The data was gathered through semi-structured one-on-one interviews and focus group discussions and was later analyzed using qualitative thematic analysis. The findings showed that the reasons for substance abuse among the youth in the rural area of Grabouw are contextual reasons in which the family plays a major role in influencing substance use and also peer pressure, lack of recreational facilities, low religious involvement, experimenting and negative role models within the family and community, the 'dop' system, unemployment, availability and affordability were identified as the major reasons for substance abuse. The second major theme that emerged from the study was the psychological reasons for substance abuse. This includes low self-esteem, relieving stress, sexual stimulation, motivation to do unlawful things and boosting performances in sporting activities. The researcher has put forward various recommendations that will contribute towards solving substance abuse.

KEY WORDS

Substance abuse, Alcohol abuse, Youth, Grabouw, Qualitative research, Key informants, Rural areas, Parents, Ecological approach.

ACRONYMS

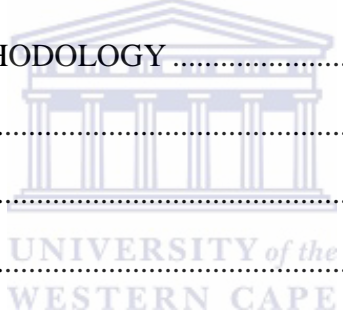
UNOCD	United Nations Office On Drugs And Crime
ITLU	Inter-disciplinary Teaching And Learning Unit
UWC	University Of The Western Cape
CHS	Community And Health Sciences
DSMMD	Diagnostic And Statistical Manual For Mental Disorders
NIAAA	National Institute On Alcohol Abuse And Alcoholism
MRC	Medical Research Council
NSDUH	National Survey On Drug Use And Health
NIDA	National Institute On Drug Abuse
NDMP	National Drug Master Plan
WHO	World Health Organization
NDP	National Drug Policy

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CHAPTER 1: INTRODUCTION OF THE STUDY

1.1 Context of the study

The study explored the reasons for substance abuse amongst the youth in Grabouw, Western Cape Province, which is an area 80km east of Cape Town, South Africa. The reason why this research was conducted was because the Interdisciplinary Teaching and Learning Unit of the University of the Western Cape approached the Department of Social Work with research topics that emerged from the Faculty of Community and Health sciences involvement in the Theewaterskloof communities. One of the concerns expressed by the community of Grabouw is the high prevalence of substance abuse in this community. In the next segments the researcher will present the contextual information on Grabouw and this will help the reader to understand the study in its own context.

The 3rd Generation IDP (2012-2017) explains that Grabouw is situated in the Overberg district and is managed by Theewaterskloof Municipality and it is classified as a rural area as it is surrounded by agricultural activities. The type of farming around the area is diverse as it ranges from fruit farming especially grapes, apples and pears to wine producing and beverage manufacturing (Jacobs, 2012). Grabouw is considered to have the biggest apple packing companies in South Africa. The leading apple packing companies are Two-a-Day, Kromco and Valley Packers, the first of Appletiser's manufacturing plants and Elgin fruit juices (3rd Generation IDP (2012-2017)).

Diagram 1: Map Overberg District



This map was extracted from the 3rd Generation IDP (2012-2017)

The district municipality of Theewaterkloof (2010) did a narrative case study of Grabouw titled, “Sustainability Institute”. It showed that some sectors of the community are wealthy but the majority of the community is poor and there are high unemployment rates, low income rates, housing shortages and lack of high school education which increases the abuse of substances and other social problems. 3rd Generation IDP (2012-2017) showed that most people in Grabouw are receiving a form of Government grant and in Grabouw alone a total of 3247 grants were allocated to the community in 2012. Jacobs (2012) states that there is more or less 40% unemployment rate in the area and because of seasonal work the unemployment rate increases at

the off season time to more than 40%. According to Statistics South Africa (2011) the total population of Theewaterskloof Municipality is 108 790 and it has been reported to have increased from 93 276 as indicated in the 2001 census records. Grabouw alone has a total population of 46 149 (Stats SA, 2011). The increase in the population of Theewaterskloof as a whole is because of seasonal or migrant workers who migrated to the area during the harvest season and did not return to their places of origin (3rd Generation IDP 2012-2017). The migrants are predominately from the Eastern Cape (3rd Generation IDP 2012-2017).

The coloured community forms the majority of the population of Grabouw and the rest of the Theewaterskloof community (3rd Generation IDP 2012-2017). The 2011 census results described that the coloured racial group consisted of 68 478 and it has increased by 11.58% from the 2001 census data which was 61 370. On the other hand the African population racial group was 21 204 in 2001 and has increased by 35.6% to a total of 28 757 in 2011 (Stats SA, 2011). The white population was 10 540 in 2001 and decreased to 10173 in 2011. On the other hand the Indian population had an increase from 165 in 2001 to 387 in 2011 (Stats SA, 2011).

The Department of Social Development (2007) estimated that 77.6% of the population of Theewaterskloof municipality is literate. DSD (2007) stated that those who completed their high school and passed it are considered to be literate and individuals should be between 14 years and older and should have finished their seven years of primary level education. On the other hand an illiterate person is considered to be one who did not finish their seven years of primary level education and they would be aged 14 years and older (DSD, 2007). Theewaterskloof district has the second lowest education admission level in the Western Cape Province. The schools found in the district have high dropout rates after Grade 7 and this makes these youths more likely to be involved in substance abuse and crimes related to it due to idleness crimes (New Development Plan for Theewaterskloof Council for the Council Cycle 2006-2011).

With this contextual knowledge of the study the researcher will discuss the background of the study in the next segment.

1.2 Background of the study

Karen and Leslie (2008) and Parrott, Morinan, Moss and Scholey (2004) identified that by the age of 12 years most adolescents start using drugs. Substance abuse usually starts by experimenting with smoking cigarettes in the school toilets during intervals and these adolescences would later advance to use other drugs such as cannabis, crystal meth and alcohol (Berk, 2007, Donald, Lazarus and Peliwe, 2007). Substance abuse occurs for various reasons - there are causative issues such as influence from friends, stressful situations and the developmental stage at which a person is, especially the adolescence stage (Jaffe, 1998, Liddle and Rowe 2006, Rice and Dolgin, 2008). According to Hoberg (2001) there has been an excessive growth in substance use among adolescents who go to school globally and locally. He further refers to the “alarming increase in the popularity of club drugs,” among school-going adolescents. Visser (2003) concludes that trends indicate worldwide that when a country undergoes general and radical socio-economic change as is presently prevalent in South Africa, these changes are reflected in the spheres of risk-taking behaviour, for instance substance abuse. Chopra and Saunders (2004) noted that with South Africa’s integration into the global economy it lost its several protective trade barriers and people are now more prone to be exposed to substance abuse and drug trafficking.

According to a recent study by Saul (2011) alcohol is seen as the most frequently used drug - approximately a minimum of 30% of the population in South Africa have a drinking problem. Furthermore, figures depicted that young people have a high risk for developing drinking problems and people between the ages of 18 and 22 are recorded as the ones having alcohol abuse problems (Saul, 2011). A study on the rural and wine farms population in the Western Cape Province, where Grabouw is situated, has demonstrated that about 5% of children starting school have Fetal Alcohol Syndrome Disorder as a consequence of alcohol abuse by their mothers while pregnant (SACENDU, 2011). This is an indication of the high prevalence of the use of alcohol and drugs in the Western Cape Province.

In the research conducted by Ramlanga, Peltz and Matseke (2010) it was found that some of the perceived reasons for drug abuse in South Africa are poverty, idleness, boredom, living in an area surrounded by substance users, long working hours and living a stressful life. According to the United Nations Office on Drugs and Crime (UNODC), (2008), substance abuse is aggravated

by multifaceted socio-economic challenges such as joblessness, poverty and crime in general and these societal problems are distressing a lot of communities. Drug dealers are manipulating young people into using substances so that once they are addicted they can also influence their friends to take substances (UNODC, 2008). Many young people appear to consider substance experimentation as a standard shift into adulthood and only a few think of the negative consequences of dependence on substances (Madu and Matla, 2003).

Key informants who work directly with the youth and adolescents such as social workers, educators, police and even church leaders are trying their best to discourage the youth and all the young people to end substance use by conducting different awareness programmes, but their hard work appears to be in vain. With this in mind the researcher thinks that there is a necessity for various helping professionals to intervene and address the problem at hand.

1.3 Rationale for the study

The fundamental reason for conducting this study was because the Interdisciplinary Teaching and Learning Unit (ITLU) of the University of the Western Cape approached the Department of Social Work with research topics that emerged from the Faculty of Community and Health Sciences involvement in the Theewaterkloof communities in the Western Cape. One of the concerns expressed by the community of Grabouw is the high prevalence of substance abuse in this town. In response to the request of the Grabouw community this study therefore aimed at exploring the reasons for substance abuse among the youth of Grabouw.

The study was also conducted because the extent of substance abuse amongst the youth is on the rise and the community of Grabouw seems to have few resources to assist the youth once they are dependent on substances. The study might contribute to social services professionals by helping them to know where to focus their services.

The ITLU also reported that the community of Grabouw mentioned that in both primary and secondary schools around Grabouw they experience high rates of substance misuse and as a result it has an undesirable effect on the performance of students. Some of the youth who abuse substances do not perform well in their studies and they drop out from school. The community was of the opinion that this adds to the increase in unemployment and crime among the youth in

Grabouw. The researcher did not find any existing research on substance abuse in Grabouw, therefore she found it vital to identify the reasons for substance abuse amongst the youth in Grabouw in order to be able to suggest ways which could be applied to prevent and control the substance abuse problem in Grabouw. The study will benefit the youth and the wider population of Grabouw by helping to understand the reasons for substance abuse.

1.4 Research aim and objectives

The aim of this research was to explore and describe the reasons for substance abuse amongst the youth in Grabouw in the Western Cape Province, South Africa. In order to accomplish the aim of the study the following objectives were followed:

- To explore the parents' perspectives on the reasons for substance abuse among their children and other youth in Grabouw
- To explore the reasons for substance abuse with the youth who abuse substances.
- To explore with the youth who do not use substances by getting their view for the reasons for substance abuse amongst the youth in Grabouw.
- To conduct one-on-one interviews with various key informants who work directly with the youth who uses substances of abuse and who will be able to provide relevant information.

1.5 Research question

A research question is defined as a methodological point of departure restating the purpose of the study in more specific terms (Creswell, 2009). Hence the central research question of this research study is:

“What are the reasons for substance abuse amongst the youth in Grabouw?”

1.6 Research methodology

Graziano and Raulin, 2007 in (De Vos, Strydom, Fouche' and Delpont, 1998) identify this stage as the problem definition phase. The goal of this stage is to construct one or more evidently posed questions based on a well-developed understanding of previous research and theory (De Vos, 2007). After doing a literature review on the issues of substance abuse around the Grabouw

area and having had the opportunity to have a brief observation and interviews in Grabouw on substance abuse issues, it was clear that substance abuse among the youth of Grabouw is a great concern to the community. For that reason it is extremely significant to determine the reasons for substance abuse among the youth in Grabouw in order to be able to propose ways which could be applied to prevent and manage the substance abuse problem in Grabouw, in particular for the social service professionals.

1.7 Research approach

Qualitative research was conducted in this study. It is defined by Creswell (2009:249) as “an inquiry process of understanding based on a distinct methodological tradition of inquiry that explores a social or human problem and the researcher builds a complex, holistic picture, analyses words, reports, detailed views of the informants and conducts the study in a natural setting.” Qualitative research targets for depth rather than quantity of understanding since this is accurately the kind of independence and natural growth of action that the researcher needs to capture (Henning, Van Rensburg and Smit, 2004). Since the topic required participants to reveal some personal information, the qualitative research approach was most suitable for my research as the researcher needed particular probing to reveal valid and valuable data. A qualitative research method was employed in this study because it allowed the researcher to acquire rich information that might be missed by other methods; furthermore it is explorative and descriptive in nature (Henning, van Rensburg and Smit, 2004). This research needed to hear from the children, parents and community what they perceive to be the main reasons for the high incidence of substance abuse.

1.8 Research design

This research was based on a qualitative research approach to data collection and the research design that was implemented was an explorative, descriptive and contextual research design. Neuman (2000) suggests the fact that exploratory research may be the first in a series of other studies as it answers the “what” question and allows the researcher to question the why, how and when questions at an advanced stage. Therefore in my study the exploratory research was utilized. De Vos et al. (2005) assume that this strategy is applied to gain understanding of a

situation and this kind of design can be used if there is information lacking in the particular area of study, hence in my research I wanted to explore the reasons for substance abuse amongst the youth in Grabouw. Descriptive research design according to De Vos et al. (2006) presents a depiction of precise facts of circumstances or association with an aim of stimulating explanations. Contextual research design seeks to avoid the separation of members from the large environment to which they may be linked (Schurink in De Vos et al., 1998). The researcher's intention was therefore to explore the reasons for substance abuse in the context of the youth in Grabouw.

1.9 Population and sampling

Graziano and Raulin (2010) define population as the larger group of all people and in research the researcher focuses on the target population, which is a subset in which the researcher is primarily interested. As a result, the population for this study would be the youth and their parents and also the stakeholders (teachers, community leaders, social workers, school principals etc.) involved in the wellbeing of the youth in order to determine the reasons for substance abuse in Grabouw.

According to De Vos et al. (2005:191) a sample can be defined as “the element of the population that is considered for actual inclusion in the study”. Miles and Huberman (1994:27) argue that “sampling is about feasibility and that it is impossible to identify and include all the individuals of a population of interest”. The authors go on to say that qualitative researchers usually work with “small samples of people nested in their context and studied in-depth”. In proposing the study, purposive sampling was seen as appropriate for this particular study. However as it was implemented in the initial stages of the research, the researcher realized that from the participants that were purposely chosen, referrals were made from other people who might have had an interest in contributing to the research. Therefore a combination of purposive sampling and snowball sampling was implemented in this study.

1.10 Data collection

In-depth interviews as a way of data collection was used as Sewell (2001) in (De Vos, 2005) states that qualitative discussions are efforts to comprehend the world from the partakers'

opinion, to simplify the sense of people's experiences. In this case 11 individual participants were interviewed as a way of data collection; in the same vein 20 focus groups were conducted with 6-12 people in the group and lastly six parents whose children are involved in substance abuse, were interviewed.

By definition a focus group is a goal directed discussion and the goal of the research would be to explore the causes of substance abuse amongst youths in Grabouw (Sarantakos, 1998). One-on-one semi structured interviews were also used as a second data collection method in this study. De Vos (2005) noted that a semi-structured interview is useful when the researcher wants to gain a thorough representation of a participant opinion about, or insights or explanations of, a certain topic. An interview guide was used to give direction to the interview and the interviews will be recorded and later transcribed for data analysis.

1.11 Data analysis

The data analysis method that was utilized in this research study is qualitative thematic analysis and it is defined by Holloway (1997) as the analysis in which scholars classify themes and patterns in interviews through listening to an audio tape and reading transcripts, thereby mostly making logic of the data collected. In order to, “systematically conduct a comprehensive data analysis”, Creswell's (2003, 2009:185-186) eight basic phases procedure of qualitative data analysis was implemented as the researcher learned that these steps were relevant for this study. The analysis procedure will be outlined in Chapter 3.

1.12 Trustworthiness

In order to evaluate the trustworthiness of qualitative research, Guba's model for assessing the worth of such studies was utilized. The researcher focused on the four basic concepts described by the model as truth value, applicability, consistency and neutrality (Krefting, 1991). In achieving *truth value* the researcher ensured that only the original data given by participants was used. *Applicability* was obtained when the research findings fitted into contexts other than that of the study situation but which have some degree of similarity. In obtaining *consistency* the researcher believes that this is achieved by reproducing the same study using the same participants or in a comparable context and still generating the same findings (Guba as cited in

Krefting, 1991). *Neutrality* states the degree to which the research procedures and outcomes are unrestricted from prejudice (Krefting, 1991). This was achieved by making sure that the data obtained from the participants would remain free of biases. The researcher was able to substantiate the data by ensuring that truth value and applicability were achieved (Guba as cited in Krefting, 1991).

Specifics of the research strategy and procedure will be illustrated further in Chapter 3.

1.13 Ethical considerations

For this research to yield its good results the researcher had to follow certain protocols guided by the ethics in the Social Work profession. Williams et al., 1995: 30 in De Vos et al., (2000) states that in “social sciences ethical issues are pervasive and complex since data should not be obtained at the expense of human beings”. Therefore permission should always be granted to the researcher before any research or interviews commence. Approval to conduct the anticipated research was acquired from the University of the Western Cape Department of Research Development, participants, parents/ guardians of minors participating in the research and lastly permission was obtained from the organizations where some of the interviews would be taking place such as Riet Family Guidance Centre and Family Life Resource Centre. Most of all, the student abided by the Social Work code of ethics and implemented the values of non-judgmental and non-discriminatory approaches towards the participants and also their right to self-determination (Nicholas, Rautenbach and Maistry, 2010). This student implemented the following ethical guidelines throughout the research process - informed consent, confidentiality and debriefing and these will be thoroughly enlightened in Chapter 3.

1.14 Significance of the study

The value of the study will offer some explanations for substance abuse in Grabouw and may guide service delivery for families and in particular the youth in Grabouw by social service professionals and in particular, social workers. In addition, the findings could be used to improve evidence based approaches and guidelines utilized to regulate substance abuse problems.

1.15 Demarcation of the study

The study was conducted at three schools in the Grabouw area with both males and females who are involved and who are not involved in substance abuse. Focus groups were formed out of the classes that the researcher managed to access during data collection. Eleven key informants from various professions and six parents were also used as individual participants for the study. The results from this research can however be utilized for formulating policies and intervention strategies with regards to youth substance abuse.

1.16 Definition of key concepts

For the purposes of the study the following key concepts are defined so as to make it easier for the reader to understand them throughout the study.

Substances- The Prevention of and Treatment for Substance Abuse Act No.70 of 2008:12 defines substances as “chemicals, psychoactive substances that are prone to be abused”. These chemical substances are both therapeutic and can be used for fun, these chemical substances can be administered in various ways for example orally, inhaled or injected (Butcher, Mineka, Hooley and Carson, 2004, Carson, Butcher and Mineka, 2000, Craig and Baucum 2001, Davison, Neale and Kring, 2004, De Miranda, 1987, Kring et al., 2007).

Substance abuse- means the frequent or excessive use of substances (Prevention of and Treatment for Substance Abuse Bill, no 30814 of 2008). It is also defined by Gwinnell and Adamec (2006:225) as the repeated use of alcohol and permissible and illicit drugs that has the consequences of an individual failing to accomplish essential work, school and family responsibilities and therefore suffering the consequences. Substance abuse is not as severe as an addiction because with addiction, an individual has built a tolerance of alcohol or drugs, craving larger quantities to accomplish the similar outcome of sustaining their need (Gwinnell and Adamec, 2006).

The Diagnostic and Statistical Manual for Mental Disorders, 4th Edition (2000) also referred to substance abuse as excessive alcohol and substance use and this result in major problems in one of the following ways:

- Incompetence in successfully taking care of your obligations.

- Frequent legal problems due to substance use for example being intoxicated in public or displaying disorderly behaviour.
- The regular use of substances in conditions where it may be risky to do so for instance driving while under the influence of alcohol or drugs.
- The continual use of substances even though the substance is causing extensive problems in your life.

Substance dependency- Cami and Farré, 2003, Pressley and McCormick, 2007, Rice and Dolgin, 2008 defined drug dependency as a continual, relapsing disorder in which uncontrollable drug-seeking and drug-taking behaviour continues regardless of serious negative effects. The addictive substances which are abused are also said to encourage pleasant states or relieve distress. In this study substance dependence refers to continual use of substances by the youth regardless of the physical and psychological consequences that might arise from it.

Youth- is described as a person in the age group 14 to 34 years (National Youth Act of 1996). In this study adolescents are also included in the youth age group as **adolescents** are defined as children in the age group between 15 and 19 years, based on the World Health Organization and National Health Information System (National Programme of Action for Children in South Africa, 2001)

1.17 Outline of the study

Chapter 1 gives a general introduction and the contextual information of the research study. The researcher also discussed the rationale of the study, research question, goals and objectives, research approach and design. Population, sampling, data collection, methods of data analysis as well as data verification were explored in the research methodology section. Ethical considerations, demarcation of the study and definition of key concepts concluded the first chapter.

Chapter 2 focuses on the literature review focusing on literature relating to this study. Both local and global studies will form part of this segment, and a summary will be specified covering the theoretical framework that was utilized in this study. Various theories which explain substance

abuse will be discussed as well as the risk factors of substance abuse. The chapter will also explore negative and positive effects of substance abuse in one's life.

Chapter 3 outlines the application of the qualitative research process that was followed to discover the reasons for substance abuse among the youth in Grabouw. The study was guided by the ecological theoretical approach. Research methodology will be outlined; the development and stages of the research will be thoroughly presented focusing on the preparation and organization of the stages of sampling and recruiting participants. Data collection instruments are also acknowledged and elucidated and these include focus groups, in-depth interviews with key informants and parents whose children are involved in substance abuse. The steps involved in data analysis will also be explained. The ethical standards of the research will be discussed before closing with self-reflexivity of the researcher.

Chapter 4 will present the outcomes of the research and this will contain an expressive presentation of the findings. The findings will be presented as themes that developed as a result of data analysis. The findings will be supported by direct quotations from transcribed conversations with the participants and will be supported by literature control. Three major themes were developed from the study and these will be discussed in the chapter

Chapter 5 gives conclusions, limitations, recommendations, and the study makes proposals for future research. The researcher's personal reflections are also discussed.

1.18 Chapter summary

This chapter presented an outline of the study, qualitative research methodology was presented, and population sampling methods of collecting data as well as data verification were introduced to the reader. Research design, methods used and ethical considerations relevant to the study were also discussed in this study. Lastly the format of the thesis was presented to the reader and the description of how the researcher applied the research methodology will be presented in chapter 3. The next chapter will present the literature that was reviewed in relation to the field of study and the theoretical framework of the research study will be provided.

CHAPTER 2: LITERATURE REVEIW

2.1 INTRODUCTION TO LITERATURE REVIEW CHAPTER

The primary goal of this chapter is to present a literature review on substance abuse among the youth, giving particular focus to the reasons for substance abuse. In an effort to understand the subject under study the researcher reviewed literature on both substance abuse in the South African context and international context. This study used an ecological theoretical approach and this will be explained in relation to the field of study. Other theories which explain some of the reasons for substance abuse among the youth will also be reviewed. Risk factors and effects of substances of abuse, looking at health, social and economic effects, will be reviewed. The literature review also explores how substances of abuse have negative effects on one's life and how the users initially use them because they want to gain something.

2.2 CLASSIFICATIONS OF SUBSTANCES OF ABUSE IN SOUTH AFRICA

The National Drug Master Plan of 2006-2011 reports that chemical substances that are used in South Africa can be divided into three classes based on their level of use namely extensively, moderately and frequently used substances.

1. *Extensively used* substances comprise the most frequently used substances such as alcohol, tobacco and a cannabis-mandrax combination. Over the counter and prescription medicines are also a cause for concern (N.D.M.P, 2006-2011).
2. *Moderately used* substances are used especially in the Western Cape Province. The substances are for example crack cocaine, heroin, speed, lysergic acid diethylamide (LSD), hashish, methamphetamine and ecstasy (N.D.M.P, 2006-2011).
3. *Frequently used* substances are opium, rohypnol, ketamine, wellconal and methcathinone (N.D.M.P, 2006-2011).

2.3 THEORETICAL FRAMEWORK FOR THE STUDY: ECOLOGICAL APPROACH

This study is centered on the ecological approach as the theoretical framework as it looks at individuals and their environments. The ecological approach of intervention maintains that it is vital to note that an environment and its immediate settings actively shape the outcome of an

individual's life. People do not live in isolation but rather they live inside multifaceted structures that contain their immediate settings, social networks and traditional communities established in a wider social structure (Adams, Dominelli and Payne, 2009; Hepworth, Rooney and Larson, 2008, Kirst-Ashman and Hull, 2009 and Howe, 2009). The benefit of using the ecological approach is that it inspires structured data collection, getting information from observations and accurate evidence, looking at intra- and interpersonal aspects, in conjunction with societal, structural and economic effects on circumstances wherever evaluation is essential (Adams, Dominelli and Payne, 2009).

Bronfenbrenner (1989) proposed that people are both producers and products of their development, which means that a human infant is naturally prone to act on his or her surroundings. Bronfenbrenner further states people have distinct features that invite or reject responses from the environment in so doing they foster or discourage development (Bronfenbrenner, 1989). One of the main assumptions of the ecological theory is that an individual and his background equally have an impact on each other (Green, 2011). Bronfenbrenner (1989) viewed human development as an ecological approach which can be classified into five divisions as seen in the diagram below:

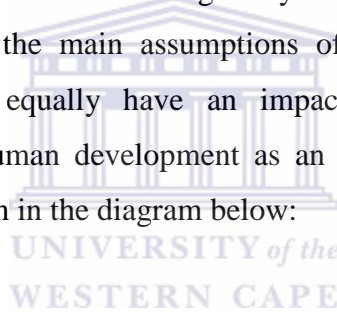
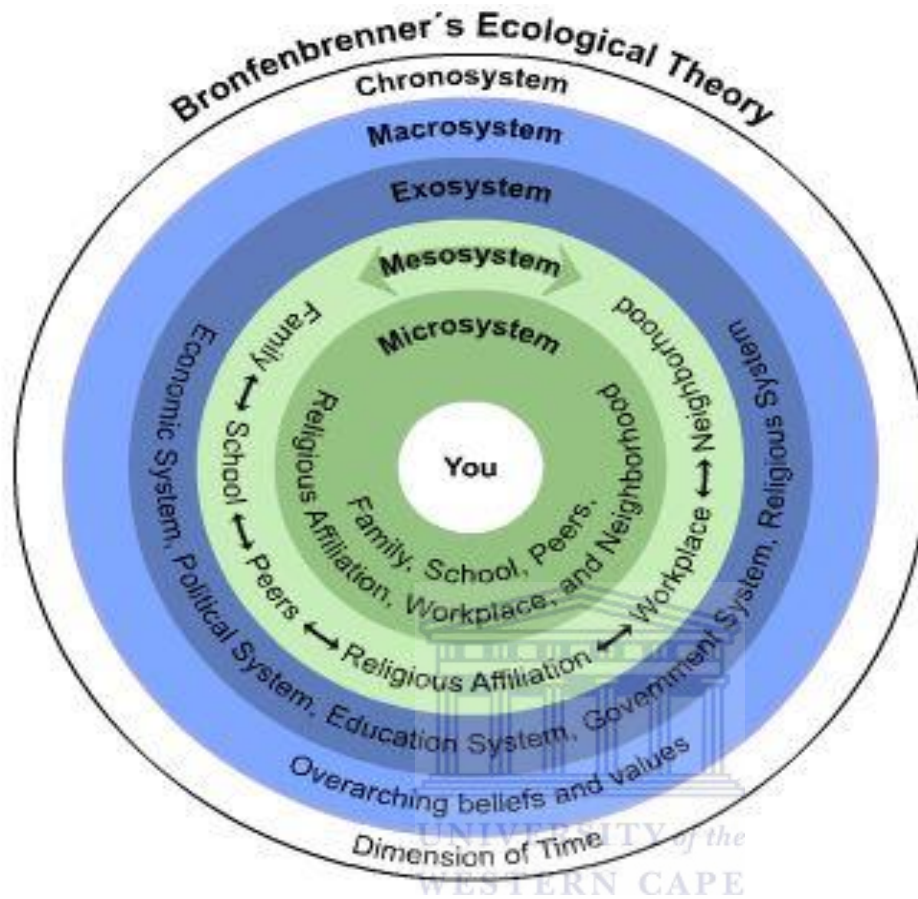


Diagram 2: Bronfenbrenner's Ecological Theory



Below the researcher will illustrate what the above diagram represents.

- **Microsystem-** It is the layer nearest to the adolescent and it encompasses the structures with which the child has direct contact. It also includes the contacts that an adolescent has with his or her direct environment for example the community, school and family (Berk, 2000). Swick (2004) states that the family at this stage will influence the adolescent through developing trust and support from their families. The child will learn how to behave and interact with others therefore the caring relationship at this stage from the parents is vital as it will influence a good personality in the child (Swick, 2004).
- **Mesosystem-** this represents the relationship between microsystems for instance the relationship between one's family and the school staff members (Berk, 2000). This level is

useful in assessing the actual causes of a child's actions and development (David and Blasi, 2012).

- **Exosystem-** is a relationship between a microsystem and a system in which one is not directly involved. The child's development is affected by the groups in this layer through networking with some structures in his or her microsystem (Berk, 2000). The relationships include the ones with the extended family and the people who live close to their houses (David and Blasi, 2012).
- **Macrosystem-** the culture in which someone lives for example nationality, ethnicity, religious group, economic or social class (Berk, 2000). Bronfenbrenner (1989:69) states that, "the culture in which one grows up affects each of the previous levels of the ecosystem".
- **Chronosystem-** is the approach by which ecological effects develop over time. It is also the way changes such as divorce and the death of parents affect the person's growth and development (Bronfenbrenner, 1989 in Berk, 2000).

In light of the above mentioned ecological systems all of these structures impact on the person's psychological growth in its particular way. More so, structures are so intricately entwined that a struggle in one critically impacts on all the others (Bronfenbrenner, 1989). This approach also assumes that negative factors within the home and family environment can lead to substance abuse (Parry, 2010). The factors may include drug availability and lack of parental control (National Institute on Drug Abuse, 2003). Rural areas are seen to be small areas where almost everyone knows something about the next person; however implementation of rules in rural areas is usually hard as sometimes the police services are understaffed and they sometimes do not have enough finances to carry out the projects (Kraman, 2004). This makes it easier for residents in these areas to try out drugs without the fear of being caught. Furthermore availability, experimentation and stressors in life are identified as some of the factors which could be the cause of substance abuse within one's environment.

2.4 SUBSTANCE ABUSE: SOUTH AFRICA AND THE INTERNATIONAL CONTEXT

In the next section the abuse of substances will be discussed within the international and South African context.

2.4.1 International findings on substance abuse

In keeping with international findings, and looking at the American context, the National Survey on Drug Use and Health (2010) stipulates that substance abuse has been identified as a problem of urban areas in America and also alcohol abuse followed by illegal drugs have gained popularity in all rural towns. Substance abuse consequences are the same in both large and small towns but small communities find it difficult to access resources to deal with the costs of substance abuse (NSDUH, 2010).

According to the World Drug Report (2012) the most extensively used prohibited substance all over the world is cannabis with between 119 million and 224 million cannabis users globally. The United States is reported to be the country where production of cannabis herbs is the highest. The use of illicit drugs is mostly popular among the youth particularly among males living in an urban environment (World Drug Report, 2012). UNODCP (2006) produced the World Drug Report estimating that 200 million people worldwide (out of a population of 6,389 million), (4.9% of the population between the ages of 15 and 64) use illicit drugs. Of this total population, it is estimated that 25 million people (ages 15-64) are involved in drug use.

In terms of treatment for substance abuse the World Drug Report (2012) reports that opioid is the drug of choice and for which many users seek treatment in Asia and Europe, Africa and North America. More so, treatment for cocaine use is largely linked with the Americans, whereas cannabis is the topmost drug contributing to treatment demand in Africa. However the World Drug Report (2012) also coined that even though well-known substances of abuse in the markets in industrialized countries have revealed signs of stability, drug use appears to continue to escalate in several developed countries. More so, the National Survey on Drug Use and Health (2010) stipulates that substance abuse has been alleged to be problematic in urban areas in America. The problems may be the same, but smaller communities have limited resources to deal with the consequences of substance abuse (National Survey on Drug Use and Health, 2010).

2.4.2 South African findings on substance abuse

According to Thomas and Kadale (2013) prevalence of substance abuse is twice the global average in South Africa and the Western Cape is particularly troubled with the highest

prevalence of alcohol and drug use nationally. The authors further states that although alcohol is the most frequently used substance in the province, the use and abuse of other risky substances is also very common such as the use of methamphetamine, better known as crystal meth or “tik”. The Medical Research Council (MRC) (2011) reported that there are about 200,000 methamphetamine users in Cape Town with 70% of those less than 20 years of age and the majority of these users are teenagers between 13-17 years of age. Stein, Herman, Seedat, Heeringa, Moomal and Williams (2007) showed that despite the fact that alcohol abuse was constant across all age groups, substance abuse illnesses impacted mainly on males and the coloured population. According to Stein et al. (2007) the high rate of alcohol abuse amongst the coloured people can be linked to the apartheid history of the “dop system” of compensating farm workers on the wine farms with alcohol. Evidence shows that in the top ranks for each per capita intake rates globally, South Africans drink in surplus of 5 billion litres of alcohol per annum and it is increasing (World Health Organization, 2011). On the other hand in the United States of America alcohol consumption has decreased with reports that per unit of population intake of alcohol by Americans age 14 and older has fallen from 2.75 gallons in 1980 to 2.31 in 2007 (Hanson, 2007 in National Institute on Alcohol Abuse and Alcoholism (NIAA) (2007). These are the available statistics to date as no further research has been recorded since 2007.

In South Africa the United Nations Office on Drugs and Crime (UNODC) (2011) noted that South Africa is one of the biggest producers for some drugs for instance heroin and marijuana, as well as one of the main manufacturers of other drugs comprising methamphetamines. A large amount of South African citizens also misuse drugs and alcohol, and the country has one of the world's main alcohol consumption levels per drinker.

More so, South African research has shown that alcohol and crystal meth (tik) is the dominant substances of abuse (Parry, Bhana, Myers, Pluddemann, Siegfried, Morojele, Flisher and Kozel, 2002). Saul (2011) also reports that the most frequently used drug is alcohol and it is projected that a minimum of 30% of the South African population has a drinking problem. Furthermore, data illustrates that youths are at a very high risk for developing a drinking problem before they are 21 years of age. People between the ages of 18 and 22 are listed as having mostly problems with alcohol abuse in the country (Saul 2011). Parry (2013) stated that the Western Cape

Province has the top percentage of binge drinkers in high schools with - 34% versus 23% for the national average. A third of young people ages 11 to 17 from nine regions in Cape Town reported drinking alcohol at least once in their life (Medical Research Council, 2013). The MRC (2013) further states that the number of individuals in search of treatment for methamphetamine has currently gone beyond those with alcohol problems. Out of those clients below 20 years six out of ten use methamphetamine as a main or minor substance of abuse. Current data similarly demonstrate that Cape Town has one of the largest number of heroin users in the country in excess of 15 000 (MRC, 2013).

A study on people living in the rural areas and those who live on the wine farms in the Western Cape proved that about 5 % of the students enrolled in the first year of primary school have Fetal Alcohol Syndrome condition as a result of alcohol abuse by their mothers during pregnancy (The South African Community Epidemiology Network on Drug Use 2011). Ramlanga, Peltz and Matseke (2010) found that some of the perceived reasons for drug abuse in South Africa are poverty, joblessness, boredom, living a stressful life and family problems. In the report by several researchers on, “Adolescent alcohol use in rural South African high schools” it was reported that the prevalence rate for current alcohol use ranges between 22% and 26% (Onya, Tessera, Myers and Fisher, 2011). Hamdulay and Marsh (2010) also reported that in the Mitchells Plain area of Cape Town the frequency of substance abuse and its effects on high school going students is high of which alcohol is the main substance of abuse.

In response to the high prevalence of substance abuse the South African Government has put in place legislation and policies for substance abuse and these would be explained and described by Morojele, Parry, Brook and Kekwaletswe (2013).

Table 1: Legislation and Policies for substance abuse

Relevant policies and regulations	Focus/objectives
The National Drug Master Plan (2012-2016)	It outlines the programs and procedures legislated by the government to report substance abuse in the country.

<p>The Prevention of and Treatment for Substance Abuse Bill, 2008</p>	<p>Formation and recording of programmes and facilities which deal with the prohibition of substance abuse, as well as treatment programmes. This includes in-patient and outpatient treatment and after care programmes which would help the patient in the recovery process and also formation of the Central Drug Authority (CDA) to monitor and supervise activities of the CDA.</p>
<p>The National Liquor Act, 2003</p>	<p>The main focus of this Act is to give guidelines to the liquor manufacturing sector. The Act tries to assist in decreasing the effects of alcohol abuse, recommends a liable business and offers public involvement in liquor licensing matters.</p>
<p>Provincial Liquor Bills/Acts</p>	<p>Establishment of liquor licences for wholesale sale of alcohol and also founding of Liquor Boards. To stop the selling of Liquor to persons under the age of 18 years old. To control tenders for licences and to legalize the giving of different kinds of licences.</p>
<p>Education Laws Amendment Act, 2007</p>	<p>Provides for unplanned search and confiscation of drugs and also conducting unexpected drug testing at schools.</p>
<p>National Road Traffic Act, 1996)</p>	<p>The Act looks at issues connected to driving under the influence of drugs and liquor.</p>
<p>Drugs and Drug Trafficking Act, 1992)</p>	<p>The Act bans the use, trading, production and</p>

	distribution of drugs.
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The above mentioned legislation and policies for substance abuse have been put in place by the South African government with specific goals and objectives in order to reduce negative effects created by substance abuse.

In the next section the researcher will discuss an overview of theories which explain substance abuse.

2.5 THEORIES EXPLAINING SUBSTANCE ABUSE

Kraman (2004) alludes that the most successful way to avoid substance abuse is by paying particular attention to young people as studies have illustrated that individuals who made it to the age of 21 years old without ever having used drugs are most likely never to use drugs. It is worth explaining different theories of substance abuse as the reasons for abuse differ from individual to individual and there are various philosophies that enlighten the etiology of substance abuse (Ramlanga, Peltz and Matseke, 2010). The following paragraphs will focus on some of the theories which describe the reasons for substance abuse among the youth.

Behavioural theories postulate that observational learning plays a vital role in shaping the risk of substance abuse problems (Bandura, 1977). Social learning theories maintain that, “individuals learn from observing, imitating or modelling the practice of others and delinquent behaviour is learned in much the same way as pro-social behaviours” (Bandura, 1977). Therefore through interaction with others and the lifestyle of peers, parents or other role models, drug using behaviour is often imitated (Ellis, Stein, Thomas and Meintjes, 2012; Burger, 2008; Gladding, 2004; Jaffe, Pressle and McCormick, 2007 and Rice and Dolgin, 2008). Parents who portray themselves as negative role models to their children through being alcoholics and substance users/abusers are most likely to set the stage for maladaptive drug use in their children (Kirisci, Vanyukov and Tarter, 2005). There is also a higher risk of smoking in adolescents who grew up with family members who smoke than those who come from families where no one smokes (Rice and Dolgin, 2008). McKee, Fjeld and Karioja (2003) stated that children whose family past

is characterized by delinquency, fighting and negative behaviour have a higher possibility of substance use than those without such history. Some individuals are involved in substance abuse which serves as a coping mechanism for their stressors according to social learning theory (Stevens and Smith, 2009).

Personality theories in research have shown the individual differences amongst the youth as associated with substance abuse (Ellis, Stein, Thomas and Meintjes, 2012). These characteristics include feelings of isolation, anger and high stress responses (Swendsen et al., 2002, Elkins et al., 2004). Also, individuals who have experienced marginalization and have negative feelings of self-worth often turn to drugs or alcohol in an attempt to assuage these emotions (Ellis, Stein, Thomas and Meintjes, 2012).

Disease theory on substance abuse describes substance abuse as a disease/ illness with signs and symptoms (Stevens and Smith, 2009). As a disease it also has signs and symptoms that can be chronic, acute or progressive (Canadian Centre on Substance Abuse, 2007). Research has shown that children of alcoholics have a very high risk of having alcohol related problems because of the innate motivation to drink (Berk, 2007, Butcher et al., 2004, Davison, et al., 2004, Meyer and Salmon, 1988, Oldman, Skodol and Bender, 2005, Papalia, Olds and Feldman, 2004 and McCormick, 2007). Hereditary influences also play an important part as there is evidence that children born of alcoholic parents, even if they were raised by adoptive parents who do not drink alcohol, have a higher possibility of being alcoholics in the future than those with zero alcoholic history (McKee, Fjeld and Karioja, 2003).

Psychodynamic theory defines substance abuse from the developmental perspective as described by Freud (Comer, 2010). Psychodynamic theorists' link individual early developmental stages to their addiction needs and to substance abuse (Comer, 2010). In addition, a successfully weaned child is a critical achievement of parenthood or guardianship. If a child is not weaned successfully, he/she may develop oral aggressive behaviour which results in the inability to be patient for an appropriate time to obtain their needs and wants (Fraser, 2002). This impulsivity can be a risk factor for substance abuse because after the initial first use of drugs, one may become erratic in wanting the next "fix" and this inability to control one's will and impulse could lead to substance abuse and addiction.

Availability theory suggests that prevalence and severity of alcohol related problems directly relate to availability of alcohol in certain communities (Stainback, 1997). Parry (1998) said that the decrease in price of many substances such as cigarettes, alcohol and cannabis have caused an increase in substance abuse in South Africa. The author also went on to say that there was a decrease in local controls after the country got its independence, causing an increase in tourism, commercial trade links and political migration. Kawaguchi (2004) indicates that youth and young adults in general tend to buy alcohol and substances because they are easily available and accessible.

Symbolic interaction is an academic viewpoint in sociology which assumes that, “human beings are essentially oriented towards meaning, that meaning is not a characteristic of a word or object and that meaning emerges from interaction” (Allan, 2011: 46). Different theorists have focused on symbolic interaction theory focusing on the role that adverts for cigarettes and alcohol in media (television, radio, posters etc.) has influenced the public to use those substances (Davison et al., 2004 and Parrott et al., 2004). Rice (1992) stated that the advertising industry has manipulated the brains of adolescence from their early childhood to be involved in substance abuse. Berk (2007) stated that more than 90% of young people are familiar with such adverts, and they have reported that the adverts have greatly influenced their behaviour.

To sum up this section, it has been portrayed that there are various theories which explain the reasons for substance abuse therefore each individual will have their own root causes or a combination of root causes for substance abuse. Below the researcher is going to explain the risk factors for substance abuse among the youth, predominantly from an ecological approach.

2.6 RISK FACTORS FOR YOUTH SUBSTANCE ABUSE

This segment will look at the risk factors for youth substance abuse and this will be portrayed by looking at the youth and their contextual issues. According to the research done by the National Institute on Drug Abuse (NIDA) (2010) it was revealed that when adolescents are going through developmental changes, for example puberty, they are most at risk to be involved in drug use. NIDA (2010:2) further explains there are transitions during which an individual is at risk for using substances, The first big transition is, “the first time a child leaves home and goes to

school, leaving the security of their families”. The article further explains that at the time of a child moving from elementary school to junior school they will experience circumstances whereby they have to meet new friends and try to adjust to the new environment (NIDA, 2010). It is stated that at this stage children are probably going to start experimenting with drugs. When entering high school they will probably come across more stressors - academic, psychological or even social and they perhaps will be exposed to alcohol and drug abuse and this challenge will increase the risk for which they will be involved in substance abuse (NIDA, 2010).

The second transition is the stage of late adolescence when one has to relocate from home for the first time to live away from their parents namely when one goes to college, university or starts working (NIDA, 2010). The last transition is when young adults start working or make a commitment to live with a partner in a marriage arrangement. Now they again face new challenges and stressors that may place them to be at risk of substance abuse in their adult life (NIDA, 2010).

Parenting style as a risk factor for substance abuse - The style of parenting that each parent portrays to their children can sometimes act as a risk factor for substance abuse. Overturf and Downs (2003:2) add that social science research indicates that the degree of parental involvement affects the behaviour which adolescents display “primarily through monitoring behaviour on the part of parents”. They further indicate that those parents who spend significantly more time supervising their offspring have fewer problems with children engaging in risky behaviour like substance use/abuse and that parental monitoring is an important correlate of adolescent risk behaviour (Downs, 2003).

Four types of parenting are identified by (Baumrind, 1991) namely authoritative, permissive, authoritarian and uninvolved parenting styles and these will be discussed in the following segments.

Authoritative parenting style involves a parent who is highly responsive and highly demanding (Pressley and McCormick, 2007). In this style parents will set rules which need to be adhered to by the children. However children are exposed to an independent life style as they experience self-dependence with good communication with their parents (Benson and Marshall, 2009). In

the event that the child fails to meet what the parents anticipated, the parents will use a controlling approach to discipline, without punishing the child but rather being compassionate (Baumrind, 1991). The word control in this case is described as an aspect which is solid and always requires rules and morals for the child's behaviour (Steinberg, 1991). Children raised in these homes are less likely to use drugs and alcohol than children raised by autocratic, permissive or uninvolved parenting (Louw and Louw, 2007).

Permissive parents care for their children with warmth and tolerance and their main concern is to let children develop freedom of choice and to make sure that they are pleased with their lives with the intention of teaching them to identify for themselves what is right or wrong (Neal 2000 and Berger 2001). According to Baumrind, permissive parents are approachable and tolerant in nature and do not follow tradition, they allow their children to think for themselves about what is right and wrong and they do not like conflicts (Baumrind, 1991). Cherry (2013) states that because permissive parenting involves a deficiency of demands and anticipations, children raised in these homes have a tendency to develop with less sense of self-control. Neal (2000) stated that these are children who are likely to turn out to be not happy in life. This parenting style produces children who are more likely to be involved in delinquent activities, drug and alcohol abuse and also sexual activities (Snyder and Sickmund 2000; Jacobson and Crockett 2000).

Parents who employ an *authoritarian parenting* style are very firm with their children and they expect their children to adhere and to be obedient to their expectations (Benson and Marshall, 2009). There is a less freer and open channel of communication between the child and the parent (Aylward, 2003). The authoritarian parenting style has high expectations of the child and usually the child is not given an opportunity to question the rule and boundaries set by their parent (Aylward, 2003 and Baumrind, 1991).

Children resulting from this type of parenting may find it difficult to interact with others on a social level as the parents normally dictate what the child should do instead of them thinking and choosing for themselves (Aylward, 2003). Anti-social behaviour and lack of confidence are some of the characteristics that may develop in children who are raised by authoritarian parents. However children from this kind of parenting have fewer chances to be involved in drug use/abuse (Aylward, 2003).

Uninvolved parents care less about their children and they are less attentive to their children's needs because they have either refused to undertake their parental responsibility or they are dealing with their own personal stressful issues and they do not find time to commit to their parental duties (Maccoby and Martin, 1983 in Shaffer, 2009). These kinds of parents make it a point to spend less time with their children so as to try not to have an emotional attachment with their children (Kail and Cavanaugh, 2013). During the adolescence stage the children usually have a predisposition to be violent, always looking for trouble and are more prone to use/abuse drugs and engage in other delinquency activities (Shaffer, 2009).

Unclear family rules, expectations and inconsistent parenting are seen as a risk factor for substance abuse among the youth. Hawkins, Catalano and Miller (1992) explain that the young people are more likely to be involved in substances when their parents are uninvolved in their lives. In addition, substance abuse may be related to youths who undergo changes in their lives, for instance separation of the parents or a death of a parent (Hawkins, Catalano and Miller, 1992). Lack of parental involvement during adolescence, especially among boys is associated with antisocial attitudes. Furthermore, findings have shown that a negative relationship between a parent and his/her child usually creates conflict between the two which in turn predicts the chances of the child engaging in illicit drug use (Tolan, Szapocznik and Sambrano, 2007).

Social competence has also been viewed as a reason that might contribute to the causes of substance abuse amongst the youth. By definition "social competence is the ability to interact successfully with others and maintain positive friendships" (Tolan, Szapocznik and Sambrano, 2007). Literature suggests that interpersonal incapability is one of the causes of substance abuse amongst the youth, particularly individuals who are aggressive (Hektar, August and Realmuto, 2000 and Tolan, Szapocznik, Sambrano, 2007). Children who often find difficulties in relating to their peers are usually faced with discrimination from friends which make them prone to use drugs at a younger age (Hektar, August and Realmuto, 2000). According to the National Institute of Alcohol Abuse and Alcoholism (NIAAA, 2011), identified childhood traumas such as abuse and violence can be a contributing factor to future alcohol abuse. This is for the reason that adolescents in treatment for alcohol dependency reported higher rates of physical abuse, violence and other traumas as compared with controls.

Self-regulation is another risk factor for substance abuse and the concept refers, “to the individual’s ability to recognize, assign meaning and respond appropriately to external stimuli, that is to modulate cognitive, effective and behavioural responses according to the demands of the environment” (Mezzich, Tarter, Giancola and Kirisci, 2001). When children fail to control themselves emotionally and throughout their performance in preschool age they are most likely to have problems socializing in later childhood as well as to have a higher chance of being involved in substance abuse during the adolescence stage (Melnick and Hinshaw, 2000 and Caspi, Henry, McGee, Moffitt and Silva, 1995). More so, research has confirmed that children who have difficulties in controlling themselves and who cannot express themselves well tend to show violent behaviour and later get involved in substance abuse (Lochman, Dodge, 1994 and Lober and Stouthamer-Loeber, 1991).

In addition to **environmental factors**, poor relationships and activities in school, bad experiences in school and less interest in school can influence pupils to engage in substance abuse. Also one should take into account drug community values and attitudes, community dysfunction, high crime rates and high drug use areas, high mobility and stress, poverty and lack of professional social institutions (Ashery, Roberston and Kumpfer, 1998). Unsuitable class behaviour in class is another observable factor that teachers have observed such as aggression towards others and withdrawal behaviour and because of this they are prone to substance abuse (Burrow-Sanchez and Hawken, 2007). The factors which can influence an individual to engage in substance abuse within their environment includes factors such as continuous hostility towards others in adolescence and missing school without any reason (National Institute of Mental Health, 2001). Burrow-Sanchez and Hawken (2007) stated that there is a high risk of drug abuse for those who engage in such a manner during adolescence.

Peer pressure is also viewed as another significant factor. Young people who have a negative attitude towards their community and separate themselves from society and who do not follow the rules and who do not believe in taking responsibility for their behaviour, are at risk of substance abuse (Tibbs and Parry, 1994). The authors also said that the youth have a tendency to shadow the footsteps of their friends in the street gangs and the style of drug taking which is spreading in the youth subculture. Thus the desire to fit in is often the initial reason why teens

use alcohol or drugs (Tibbs and Parry, 1994). Therefore people that a person befriends can contribute to one's risk for substance use. As a result children whose friends or family use substances are much more likely to do so than those whose peers do not (Tibbs and Parry, 1994).

High poverty neighborhoods such as some areas in Grabouw can be seen as a risk factor for substance abuse among the youth as such communities are usually characterized by under development due to lack of finances and support for local institutions. Therefore the youth will be faced with a boring life as there will be not be enough recreational facilities (Peterson, Krivo and Harris, 2000). Though these areas lack pro-social facilities they are usually characterized by many alcohol stores and the selling and using of drugs (Freisthler, Needell and Gruenewald, 2005). This is evident in South African townships and rural areas where on almost every street corner there is someone who sells drugs or there is a shebeen or liquor store. This increases the risk of the youth getting access to illicit substances without parental supervision as most of these structures are not even registered (Freisthler, Needell and Gruenewald, 2005).

This segment has illustrated the risk factors of substance abuse for the youth within their context and in the next section functions of substance abuse will be explained as a possible factor or explanation for the use/abuse of substances.

2.7 FUNCTIONS OF CHEMICAL SUBSTANCES

Despite the fact that chemical substances have negative effects on the person and his/her family, the researcher provides evidence which supports that chemical substances have also positive effects and functions for the person (Botes, 2012). Botes (2012) argues that chemical substance dependence can be viewed from the “disease model perspective” (which views substance dependence as a disease gradually developing through phases); the function of substance dependence seems to differ in each phase of the disease progression as indicated by Visser (in Erlank, 2002:61-62):

- *The social phase:* the person is experimenting with the substance through occasional social use. The substance is used in small quantities without any losses or damage to the individual. The positive function of use is discovered in this phase. The person discovers relief from e.g. stress, loneliness, depression, tension or even shyness.

- *The pattern phase*: occasions for use are created; larger quantities of the substance are used more regularly. The function of the substance is to assist the person to adapt more easily to situations than without the use of the substance, even though the person could be experiencing problematic social functioning in this pattern phase.
- *The physical dependence phase*: the functioning of the person is substance centered. Once contact has been made with the chemical substance, there is a loss of contact with the reality and the person has no control over quantity or regularity of use. Withdrawal symptoms are experienced and the function of use would be to relieve physical and emotional/psychological discomfort.

In general it is said that alcohol is used for various reasons such as relaxation, socialization and a means of escaping away from problems. Adams (cited in Erasmus, 2000:16) agrees and mentions that, “alcohol serves as a means of socializing and helps one to relax, but when consumed in greater volumes it has the same effect as a depressant which alters behaviour, reflexes, self-control and judgment”. Erlank (2002) states that substance use is associated with the experiences of relief, escape, euphoria and sedation and the changes of effect are a further motivation for future substance use. The chemical substance user can escape negative emotional effects and create positive experiences.

The other function could be to avoid the effect of withdrawal symptoms which can be emotionally, physically and psychologically unbearable (Erlank, 2002). In some cases, it is argued that cultural and environmental factors such as life events and economic or political situations could aggravate substance abuse. This argument is not seen as significant by (Erasmus, 2002) who is of the view that a person still has a choice and that environmental factors are therefore not to blame. Erlank (2002:16) argues that “the effect experienced socially and emotionally at first use of the substance creates expectancy for future euphoric experiences and the future use of the substance is thus motivated”. Erasmus (2000) mentions that substances are functional regarding interpersonal factors and intrapersonal factors as well as social influences:

- *Interpersonal refers* to the interaction between two or more individuals and this interaction can refer to both social and family situations.

- *Intrapersonal factors* indicate factors inside the person, the focus being on feelings, needs, cognitions and psychological dependence which may be related to intrapersonal factors due to the person's experience of a continuous need for stimulation or pleasure which is obtained from drug use.
- *Social factors* focus on the interaction among many persons an example of which is peer pressure, especially in adolescents and young adults. A person will yield to substance use to be accepted as part of a group. Bandura (1997) emphasized that behaviour can be learned in social settings.

The view that the self is constructed in relation to the environment and significant others is further supported by Carl Rogers stated that the person might be under tension arising as a result of conflict between personal desires and social demands set by significant others, but most of the ways in which the individual behaves would be adopted from others (Rogers, 1951 in Botes, 2012). An individual is in an endless relationship with the self and the environment. The individual's behaviour (aware or unaware) is directed to enhance and maintain the self needs on an interpersonal and intrapersonal level will thus also facilitate behaviour such as substance use (Grobler et al., 2003 in Botes, 2012).

In the research study done by (Botes, 2012) titled, "Exploring the functions of chemical substances in individuals' sexual behaviour", the results of the study showed that chemical substances enable participants to act out sexual fantasies - this is because the chemical substance assist the person to act out suppressed feelings. Chemical substances proved to be functional in alteration of awareness and euphoric experiences enabled participants to clear themselves of inhibiting factors such as morals adopted from an internal context. Even though substance abuse has been proven to have some positive benefits in one's life, it is also confirmed that substance abuse affect one negatively in many ways for example health effects, psychological effects and socio-economic effects on one's life. This will be discussed in the next segment.

2.8 EFFECTS OF SUBSTANCE ABUSE

According to the NDMP (2012-2016) the most widely used substances in South Africa are alcohol and tobacco, followed by cannabis and over the counter and prescription drugs. In the next segment the researcher will discuss the effects of various substances of abuse.

2.8.1 Health effects of substances of abuse

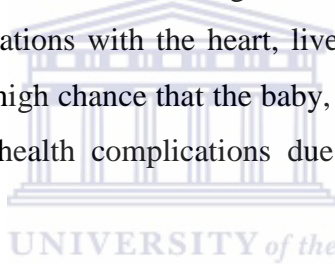
The World Drug Report (2012) states that negative health consequences are some of the biggest effects of drug abuse on society. Apart from the drug's effect on the health system it is also the method of injecting illicit drugs into the human system by its user that has been viewed as having a high risk of infection as these contaminated injections are usually shared among peers (World Drug Report, 2012). The most likely infections to be shared are blood borne viruses such as HIV and hepatitis C and D (World Drug Report 2012). In addition, the World Drug Report (2012) states that about 16 million people inject themselves with drugs and because of that almost 3 million people are living with HIV.

Sussman and Ames (2001) state that alcohol is used by most people as an anti-depressant and it has negative effects on the central nervous system causing inaudible dialogue, poor co-ordination and reduces anxiety. Additionally, there is a high possibility that under the influence of alcohol one can engage in random unprotected sex which can lead to a high risk of sexually transmitted diseases including HIV and unwanted pregnancies (Parry and Pithey, 2006 and Rice and Dolgin, 2008).

Tobacco smoking is well known to cause cancer in the human body and smoking also increases the chances of one developing bronchitis and pneumonia (Gwinnell and Adamec, 2006). According to the National Institute of Drug Abuse (NIDA) (2013), nicotine found in cigarettes can get into the brain as fast as 10 seconds after the smoke has been inhaled into the body. The smoke is transported to every single area of the body and also into breast milk. During pregnancy smoking cigarettes increases the risk of miscarriage and fetal deaths; in addition smoking is directly linked with sudden infant syndrome (Gwinnell and Adamec, 2006).

Cannabis impairs long and short term memory therefore making it difficult for one to remember things learned at an earlier stage (Gwinnell and Adamec, 2006). The World Health Organization (WHO) (2013:20) reports that the acute health effects of cannabis are that it impairs psychomotor performance in various ways for example “motor coordination, divided attention, and human performance on complex machinery can be impaired for as long as 24 hours after smoking as little as 20 mg of THC or tetrahydrocannabinol in cannabis, there is also an increased danger of motor vehicle accidents amongst persons who drive when intoxicated by cannabis”. In addition to the latter mentioned acute health effects of cannabis there are also chronic health effects on the user which include aggravated schizophrenia and a higher prevalence of symptoms of chronic bronchitis (WHO, 2013). Using cannabis while pregnant can cause health damage to fetal development resulting in amongst other symptoms, low birth weight (WHO, 2013).

NIDA (2010) states that people who have been using heroin for a prolonged time may develop terminal illnesses such as complications with the heart, liver or kidney. When heroine is used during pre-natal periods there is a high chance that the baby, when born, will be reliant on it and possibly will go through severe health complications due to withdrawal symptoms (NIDA, 2010).



Cocaine is regarded as a very addictive substance to the extent that users experience a euphoric high within about 10 seconds of smoking it (Gwinnell and Adamec, 2006). The side effects of using the drug are that it may cause high blood pressure and high body temperature. More so abusers of cocaine may develop severe respiratory problems such as shortness of breath and lung trauma, in addition one can get to the point of having major behavioural changes and it may cause users to develop aggressive or paranoid behaviour (Gwinnell and Adamec, 2006). Cocaine users who take it repeatedly and at increasingly higher doses may develop panic attacks, restlessness and experience hallucinations (Gwinnell and Adamec, 2006).

NIDA (2013) reports that in occasional cases heroin can cause unexpected death on the first occasion of using it and this is usually due to an immediate stop of regular blood flow in the body due to the heart failing to contract.

Crystal methamphetamine has negative health consequences which include insomnia, visual and auditory hallucinations, extreme weight loss, mood disturbances and violent behaviour (Gwinnell and Adamec, 2006). If used over a long period it can cause aggression, mood disturbances and weight loss (NIDA, 2013).

In this section health consequences were discussed. The social and economic consequences of substances of abuse will be discussed in the next section.

2.8.2 Social and economic consequences of substances of abuse

Ammerman, Ott and Tarter (2009) state that substance abuse and use is at the forefront of societal problems and it is a persistent problem affecting directly or indirectly the overwhelming majority of the population. Too much alcohol intake does not only affect the user but also their families and people living around them (Ammerman, Ott and Tarter, 2009). Excessive alcohol intake contributes to a high frequency of criminal activities (Butcher, Mineka and Hooley, 2005). In the family system high rates of divorce and all forms of abuse by a spouse are related to a high use of alcohol (Skrtic, Karlovic and Kruljac, 2008, Ogborne, 2000). Driving under the influence of alcohol and irresponsible sexual activities are linked as risk actions usually involving alcohol use and abuse. Alcohol abuse and use are also reported to be the main cause of car accidents (Shand, Gates, Fawcett and Mattick, 2003).

The National Drug Policy (2013) reports that drugs destroy the individual's potential to excel in life as it is connected to hostility behaviours and lack of respect for others which restricts children from the early stages of their lives (National Drug Policy, 2013). In addition the NDP, (2013) states that it is less likely for students who smoke marijuana from early childhood to complete their education and they are more prone to criminal activities than those who do not use marijuana (NDP, 2013).

The World Drug Report (2012) also states that drug use puts financial stress on the society as it is projected that globally US\$200 billion-250 billion USD would be necessary to insure drug treatment associated cost. Loss of human productivity such as lost wages and decreased production that are caused by drug related illnesses and premature deaths can be a negative economic effect of substance abuse (UNOCD, 2013).

2.9 CHAPTER SUMMARY

In conclusion, the literature review provided an understanding of substance abuse among the youth. This literature review also indicates that substance abuse is not caused by one reason but the factors are multifaceted such as family, peers and community factors. Solid background knowledge on substance abuse was provided by this literature review section hence helping the researcher to contextualize the study within a recognized body of knowledge. This chapter has also proven that chemical substances have both negative and positive effects in one's life however it does not only affect the user but also the systems around them. The following chapter will outline and discuss the research methodology and approach and all the phases of the research process.



CHAPTER 3: RESEARCH METHODOLOGY

3.1 INTRODUCTION

This chapter presents the research methodology that was employed to explore the reasons for substance abuse among the youth in Grabouw. The chapter starts by reinstating the research question, goals and objectives of the study. A qualitative research methodology was used to explore the phenomenon under study. The research project followed an explorative, descriptive and contextual research design and with this, the researcher sought to explore and understand the meanings attributed to people's experiences. The data was collected through semi-structured interviews and focus groups and was later analyzed using Creswell's (2009) eight generic step process of qualitative data analysis. The researcher will clearly show how a qualitative research approach was employed throughout the study in the next segments of this chapter.

3.2 RESEARCH QUESTION

A research question is defined as a methodological point of departure restating the purpose of the study in more specific terms (Creswell, 2009). The study question was phrased as, "What are the reasons for substance abuse among the youth in Grabouw?"

3.3 GOAL OF THE STUDY

A goal is defined as, "a specific and measurable accomplishment to be achieved within a specific time and under specific cost constraints" (Lorillard, 2003:4). The goal of this study was therefore to explore the reasons for substance abuse among the youth in Grabouw and this was achieved through following the below mentioned objectives.

3.4 OBJECTIVES

The Macmillan Dictionary (2011) defines an objective as something you plan to attain. The objectives were set as a guide for the researcher through the process of discovering and exploring the research question. The researcher set objectives that facilitated the process to answer the research question (Holloway, 1998).

The following shows the task objectives which guided the implementation of the research process to achieve the set objectives that were mentioned in the chapter 1:

- In-depth one-on-one semi-structured interviews were conducted with the stakeholders, parents and some of the youth, with the aim to explore the reasons for substance abuse amongst the youth in Grabouw.
- Focus groups were conducted with the youth who do not use and the ones who use substances of abuse to acquire their perspective on the reasons for substance abuse among the youth in Grabouw.
- The data acquired from the focus groups and one-one-one interviews with participants was transcribed and the data was sorted and analyzed following the eight steps of qualitative data analysis constructed by Tesch (in Creswell, 2009).
- From the acquired data the researcher was able to describe the reasons for substance abuse amongst the youth in Grabouw.
- The researcher then interpreted and analyzed the researched findings, identified main and subthemes and conducted a literature control in order to confirm the data.
- Conclusions and recommendations were made. The recommendations were aimed at informing helping professionals such as social workers and key people who work directly with the youth such as teachers, nurses, school principals, police officers and community leaders, just to mention a few, about the reasons for substance abuse amongst the youth. This was with the aim of involving such people in finding ways to stop and prevent substance abuse issues from escalating in the community of Grabouw.

The above objectives were aimed at discovering the reasons for substance abuse among the youth in Grabouw. The discovery was intended to be made in the narratives reported by research participants who abuse drugs and the ones who do not, key informants who have been directly involved with the youth who abuse drugs and the parents of the youth who abuse drugs. The research question of this proposal was a clear review into the phenomenon that was examined and analyzed and by drawing conclusions, yielded useful new information. In implementing the above objectives and achieving the aim of answering the research question, the researcher employed a qualitative approach in this study as discussed in the next segments.

3.5 QUALITATIVE RESEARCH METHODOLOGY

A qualitative research design was applied in this research. Lewis-Beck, Bryman and Liao (2004:895) describe qualitative research as a, “field of inquiry in its own right, and it is a situated activity that locates the observer in the world and it consists of a set of informative factual practices that makes the world visible”. Qualitative research is grounded on the assumptions that understanding can be gained through collected data assimilated from the first-hand experience of a single researcher. It stresses the development of the research and the ways to implement it during the process of the development of the study (Babbie and Mouton, 2001). The research methodology is also concerned about the detailed tasks to be undertaken such as data collection through semi-structured interviews, sampling, data verification and data analysis (Babbie and Mouton, 2001). Mc Roy in De Vos et al. (2007) states that the qualitative model is rooted in an anti-positivist and interpretive methodology as it intends to know how people interact and spend their time with the community and to recognize the importance that they give to their day-to-day life. Qualitative scholars learn things in their natural everyday environment and try to understand and give meaning to their way of living (Banister, Burman, Parker, Taylor and Tindal, 1998, De Vos et al. 2007 and Creswell, 2009). For that reason the researcher implemented qualitative research methodology in order to understand and interpret the reasons for substance abuse amongst the youth in Grabouw. Qualitative research is characteristically focused towards constructing idiographic knowledge because its emphasis is on penetrating understanding of specific phenomena, events or cases (Lewis-Beck, et al. 2004).

In order to understand the individual’s point of view on the reasons for substance abuse the researcher conducted detailed interviews. With qualitative approaches researchers carry in-depth interviews individually or in groups with the researched subject during the course of data gathering (Liamputtong, 2007). This was evident in this research as the researcher had to approach all the participants on one-on-one basis to gather all the information needed to answer the research question. Furthermore the reasons why the researcher applied a qualitative research method instead of a quantitative approach is because it allowed room to collect a wide range of data and to gain the insider’s perspective (Creswell, 2009).

Further reasons why the researcher used the qualitative approach is because of the reasons found in Creswell's (2009:40-41) writings which point out that a qualitative investigation is for the researcher who is enthusiastic about performing the following:

- It promises them to spend a long period in the field - *The researcher managed to spend two weeks in the Grabouw area engaging with the research participants and eliciting all the information needed for the research. In addition the researcher had to go back to Grabouw to conduct more interviews with the parents as the data gathered initially was not sufficient.*
- The researcher must be keen to be involved in a composite, prolonged procedure for analysis of data collected and the process of coding the data- *The researcher transcribed the tape recorded interviews word-for-word. Following this the researcher read the transcripts to obtain a sense of the data and notes were made with themes that might arise.*
- Qualitative researchers have to write lengthy information as the data collected needs to be supported by several literatures to show various viewpoints so as to reproduce the standpoints of participants. *The researcher had to translate some of the words that were presented in Afrikaans and also the fact that the researcher had to look for extra literature to substantiate what the participants had said.*
- Qualitative research in community and human sciences do not require the fixed guiding principle of detailed techniques and is developing and shifting regularly. Although this might complicate the planning, conducting and reporting of a study, it also allows for creativity. *Flexibility was applied to suit the goal of this study in the mentioned aspects which I tried to abide by using methods for trustworthiness. The researcher was also able to shift from purposive sampling to snowball sampling after realizing that participants were willing to make referrals to people they knew would be willing to participate in the research and who are knowledgeable about the youth in Grabouw.*

3.5.1 Research Design

According to De Vos et al. (2007) a research design is defined as groundwork of how you are planning to carry out the research. Flick (2009) defines the research design as an idea for accumulating plus analyzing data that makes it conceivable for the researcher to answer the

questions that he or she had posed. The author further states that there are several steps which contribute to a concrete research design namely, “aims of the study, theoretical framework, concrete questions, selection of empirical material, methodological procedures, degree of consistency and control and generalization of goals” (Flick, 2009:128).

For the purposes of this research the student employed exploratory, contextual and descriptive research design and they will be explained further as to how they were utilized in the research study.

3.4.2 Exploratory design

An exploratory design was most appropriate for this study and it permitted the researcher to achieve awareness of the reasons for substances abuse amongst the youth in Grabouw. Due to the lack of available information on the reasons for substance abuse amongst the youth, specifically in the Grabouw area, the researcher wanted to explore this area of interest as it will contribute to the field of knowledge in youth care and service delivery to substance abuse in Grabouw, and in rural areas in general. The review of literature similarly justified a gap for an exploratory study. De Vos et al. (2007) and Babbie and Mouton (2001) state that this design is conducted to gain insight into a situation and this kind of design can be used if there is information lacking in the particular area of study. The above-mentioned authors highlighted the fact that an exploratory research design is used to uncover salient aspects of the subject and how this has relevance to the research.

3.4.3 Descriptive Design

The researcher made use of descriptive design in the study to gain specific details from the participants and gain more in-depth information about the “why” and “how” (De Vos et al. 2007). Participants were able to share their own experiences but also provided the researcher with more detail about why the youth in Grabouw abuse/use substances. Creswell (2009) argues that the main purpose of descriptive design is to examine relationships amongst variables and provide an accurate description of a phenomenon that is being researched. A description of the reasons for substance abuse amongst the youth in Grabouw was given about the insights as obtained by the researcher through their words in order to create a better understanding of the

study. No additional interpretations were made. The descriptions or themes were supported by literature.

3.4.4 Contextual design

A contextual research design seeks to avoid detaching research participants from the wider setting with which they are associated (Schurink in (De Vos et al. 2007)). The researcher's intention in this research was therefore to explore the reasons for substance abuse in the context of the youth in Grabouw. Ritchie and Lewis (in Alpaslan, 2010) state that contextual research strives to discover what exists in the social world and the manner in which it is manifested. Researchers not only aim to discover the meaning behind the narrator's words, but also to understand the context of the person and the context in which an experience was lived (Terre Blanche et al., 2006:275). The main feature of qualitative methods is the capacity to reflect phenomena truthfully as experienced by participants and determine the meaning attached to these experiences in an exact context (Alpaslan, 2010).

Explorative, descriptive research and contextual research design need to be incorporated as elements of the inquiry strategy, data are contextual bound information that explains the phenomenon under study and analysis is more subjective in nature (De Vos et al., 2011:64). Qualitative researchers therefore endeavour to understand people, behaviour and phenomena and the final result of the study aims to give a general description of phenomena as experienced by person's firsthand (De Vos et al., 2011:305).

3.5 Pilot study

Eight months before the study commenced the student went to Grabouw to do an observation and a pilot study as the researcher did not know the community and wanted to familiarize herself with the community. The researcher had several meetings with the various key informants. The meetings were set up by the University of the Western Cape Field Worker in Grabouw. The pilot study was vital because it helped the researcher to identify issues and barriers related to recruiting participants and also to be able to know how to engage oneself in a culturally appropriate way. It also helped in recruiting and preparing key informants for the follow up interviews. After the pilot study the researcher could sense that it would be difficult to access

parents as there is no registered organization which works with substance abuse as part of a broader service delivery system which could provide access to parents. At the time of the pilot study there was one unregistered organization which was delivering services to parents and the youth.

3.6 RESEARCH POPULATION

Selecting the study population is essential in proposing the study as it serves in assisting the researcher to identify a suitable site where research can be conducted (Marshall and Rossman, 2011:99-100). The researcher aimed to have results that are, “relevant to a certain group of people of which the description could be broad or narrow” (Whitley, 2001:390). However it is not always possible for a researcher to have access to a whole population and he/she must focus research on a reachable study population and the estimation of population parameters should be determined by the characteristics of a population (Whitley, 2001 and Brink, 1996).

A research population is defined by De Vos et al. (2007) as a collection of objects, including people in which all the quantities of concern to the investigator are signified. Graziano and Raulin (2010) define population as the larger group of all people and in research the researcher focus on the target population, which is a subset in which the researcher is primarily interested. As a result, in this research the population used was the youth drawn from three high schools, namely, Grabouw High School, Miyezo High School, Derustfut School, grade 8 to 12 students, parents and key informants such as community leaders, social workers, school principals and health care workers who are directly involved in the wellbeing of the youth. The population was selected due to the concerns expressed by the community of Grabouw about the high prevalence of substance abuse in this town. The research topics that emerged from the University of the Western Cape Faculty of C.H.S’s involvement in the Theewaterkloof communities needed people who would be able to provide information for reasons for substance abuse namely parents, youth and various key informants.

3.7 SAMPLING

De Vos et al. (2007:191) defined “a sample as the component of the population that is considered for actual inclusion in the study”. Miles and Huberman (1994:27) argue that “sampling is about

feasibility and that it is impossible to identify and include all the individuals of a population of interest". They further state that qualitative researchers generally work with, "small samples of people nested in their context and studied in depth" (Miles and Huberman, 1994:27).

In this research a non-probability sample was applied of which a mixture of purposive and snowball sampling was utilized as a selection method for recruiting research participants. Purposive sampling was initially proposed to be utilized in this study and is described as, a selection where "the researcher purposely chooses subjects who, in their opinion, are thought to be relevant to the research topic" (Sarantakos, 1997:152). With this in mind the researcher recruited various stakeholders through snowball sampling, in recruiting parents it was a combination of purposive and snowball sampling.

Therefore throughout this study snowball sampling was used as well. It is defined as when a researcher collects data from a few participants of the selected population and those members will make referrals to various individuals who they think they will be interested in participating in the research (Chambliss and Schutt, 2010). Similarly, Padgett (2008) described snowball sampling as the one which is, "used with isolated or hidden populations whose members are not likely to be found and cooperate without referral from others in their network". In this study the researcher diverted from purposive sampling to snowball sampling because it was difficult to locate key informants and parents who worked directly with the youth who are involved in substance abuse.

The specific set of people interviewed for this study was:

- 1 group interview with three community youths involved in substance abuse. They were recruited through a referral from the social worker at Grabouw Child Welfare. The interview was done at a local coffee shop.
- A Youth Development Officer from the Municipality of Theewaterskloof who was purposely selected and the interview took place at the Municipal offices in Grabouw.
- 1 School Christian Minister and a youth who was previously involved in substance abuse
- 1 Private family therapist
- 1 Social Worker from Grabouw Child Welfare

- 1 Social Auxiliary Worker from Grabouw Child Welfare
- 2 Social Work interns at the Riet Drug Abuse Centre
- 1 Social Worker at the Riet Drug Abuse Centre
- 6 parents whose children are clients at Riet for substance abuse
- 5 Focus groups with a grade 12A class of 42 students at Imiyezo High School
- 9 Focus groups with a grade 9C class of 53 students at Imiyezo High School
- 5 Focus groups with a grade 10B class of 42 students at Grabouw High School
- 1 Focus group with six male students who are known to be involved in substance abuse/use at Derustfut School

In recruiting participants the researcher discovered that it was difficult to recruit parents who were willing to participate in the research but however through the help of Riet Drug Abuse Centre, parents of their clients were accessed to participate in the study. The researcher managed to get a sample of youth from Grabouw High school, Imiyezo High School and Derustfut School however the school principals could not allow the researcher to take just a few students as they would miss out on what others would be doing in class. The researcher decided to be creative about it and divided the class into different groups and questions were given for the participants to discuss in their small groups and report back to the whole class. In order to identify the youth who are involved in substance abuse, biographical details collected using pseudo names of the research participants.

3.8 METHOD OF DATA COLLECTION

In-depth interviews as a way of data collection were used as Sewell, 2001 in (De Vos et al, 2007) states that qualitative interviews are efforts to understand the world by looking at the participants' opinion, to clarify the significance of an individual's understanding and to discover their way of living past scientific description. In this case 16 participants were interviewed using one-on-one interview as a method of data collection; 15 focus groups were conducted with 8-12 people in the group. The reason why the researcher had many focus groups at the schools was that the school principals could not allow the researcher to take just a few students as they would miss out on what others would be doing in class and those students remaining in class would

miss out on the opportunity to be part of the research. The researcher then modified the way of facilitating the group that was originally planned. The researcher decided to be creative about it and divided the class into different groups and the prepared questions were given to the participants to discuss in their small groups and report back to the whole class. In order to identify the youth who are involved in substance abuse anonymous questionnaires were given to the participants. As a result the researcher still yielded good and rich information.

3.8.1 Focus groups

By definition a focus group is when a collective or a number of individuals are gathered together by the researcher with the aim of getting data through discussion of research question (Willig, 2009). Focus groups generate qualitative data which gives understanding into the characters and viewpoints of members and these outcomes are acquired by using open-ended questions (Krueger, 2009). De Vos et al. (2005) state that focus groups create a procedure of sharing and comparing between the members. With regards to the focus groups conducted in the research the researcher was able to acquire information on the youths' perceptions and opinions on the reasons for substance abuse/use in Grabouw. A focus group offers a relaxed atmosphere unlike that in a one-on-one interview since members are influenced and persuaded by each other. Another benefit of using focus group discussions is that the design permits the researcher to explore thoroughly and provide speedy results (Krueger, 2009).

Referring to the sample of focus groups at schools as mentioned above the researcher initially wanted to have smaller groups of 9 to 11 students but the school principals at all the schools allowed the researcher to do the interviews under the condition that she took the whole class as opposed to taking a smaller sample which would disrupt their curriculum for the day. Therefore the student was forced to change the style of focus groups and create several groups in one class, giving the students questions to discuss and presenting them to the whole class in an open discussion forum. In order to note how many students have been involved in substance abuse and not been using and what kind of substances, research participants were given a form to complete giving their biographical details. This approach to focus group interviews helped the researcher to get different views on the reasons for substance abuse from the youth who are involved in substance abuse and those who are not. However the pitfall to this approach was that the time

was limited to 45 minutes per class and the researchers feel that if given more time more data could have been acquired.

The following are the techniques employed in the focus group sessions as explained in De Vos et al. (2005:368):

- Participants were encouraged to be more specific in their responses and explore the reasons underlying particular viewpoints.
- The researcher was able to communicate clearly and was very knowledgeable about the topic of conversation.
- As a facilitator I was competent enough to make sure that one or two people did not dominate the discussion.
- The focus groups maintained the focus on the information that the researcher wanted to obtain rather than being driven by the needs of the group.

3.8.2 Semi-structured one-on-one interview

One-on-one semi-structured interviews were also used as a second data collection method in this study. De Vos et al. (2005) noted that a semi-structured interview is useful when the researcher wants to acquire a precise description of an individual's opinions about certain subjects. Fontana and Frey (2000) suggested that semi-structured interviews are very unlike structured interviews as they seek to gather complex data and activities of participants in a community without establishing former labelling which possibly will limit the subject area. By constructing structured questioning it captures exact information that can be coded conducive to elucidate data and behaviour within pre-recognized classifications (Mason, 2002; Holloway & Jefferson, 2000). This means that participants were allowed to debate and develop their answers in a way that may perhaps focus on and express a specific area of concentration (De Vos et al., 2005).

The researcher had a specified collection of pre-determined research questions on an interview schedule and this assisted in controlling the interview as the participants shared their stories in more or less the same direction as the researcher anticipated (De Vos et al., 2005). Modell (2007) perceives an interview schedule as the most valuable instrument which can be employed as a

quick example throughout the discussion progression. In formulating the interview guide the researcher paid attention to the following guidelines: (De Vos et al. 2005:352)

- Questions should be neutral rather than biased.
- Jargon and ambiguous questions should be avoided in order to eliminate confusion and prejudice.
- Open-ended questions should be asked to allow participants to express themselves freely.
- Make sure that questions should not be decided on the foundation of one's individual view and bias.
- The questions must be directed to guarantee that the interviews give detailed data necessary for the purpose of the research.

During the one-on-one interview the researcher had asked for permission to record the interviews beforehand, therefore a recording device was used in this case and the recordings were later transcribed and analyzed. In preparing participants for the interviews, questions were given in advance so as to allow the participants a chance to review and see if they understood them fully and also if they felt offended in any way by the questions and to make them aware that they would be allowed to leave the study. The researcher however found that giving participants the questions beforehand to be a disadvantage as the participants would enter the interview with their minds already set to answer the questions in a certain way and found it difficult to respond when the researcher was probing more. Flexibility was exercised in terms of ensuring that participants enter the interview in their own way making it less 'threatening' to them. Some participants needed more time to warm up to the interview while others were able to go straight into talking about their lives. So the researcher did not block or interrupt them when they were talking too much. Probing questions were used in order to explore feelings and behaviours associated with the topic at hand. A sample of questions used for the interviews is attached at *addendum A*.

3.8.3 Interviews

An interview guide was utilized in the data collection phase. Addendum 1 shows a sample of an interview guide for all the interviews that were carried out in the research for data collection.

During the interviews the researcher made use of some interview techniques as suggested by De Vos et al. (2005:288-289) to ensure the smooth running of the interviews. The following techniques were utilized:

Ask clear and brief questions. –The researcher asked brief questions which were very clear and in simple and understandable English since most of the participants were not comfortable with using English during the interviews.

Ask single questions- One question at a time was asked to avoid confusing the participants and also served in acquiring thick data.

Key questions were repeated throughout the interview in order to focus on the study- This was done to ensure that detailed information was obtained which could answer the research question.

Allow for pauses in the conversation- Silence was allowed to give participant an opportunity to think about what they wanted to include.

Concluding interviews with general questions- Participants were asked if they needed to add anything that they felt might be of importance.

Don't switch the recorder on and off- The researcher kept the recorder on all the time so that no information given by the participants would be missed and a backup recorder was always available in case the other one did not function well.

Be alert- The researcher was always alert in the sense that when the battery for the recorder was getting low there were always available back up batteries.

3.9 PREPARATION OF PARTICIPANTS

Face-to-face meetings were held before the actual data collection with some of the key informants and school principals to prepare them and ask their permission if they would be interested in participating in the study. With regards to school children, their teachers are the ones who helped in preparing them for the interviews. Parents were informed by the social worker at RIET Family Guidance Centre about the interview beforehand; all the parents that were interviewed for this research were accessed through RIET Family Guidance Centre.

However, it was difficult getting hold of the parents as some of them go to work and some were not willing to participate as they were reported to be shy and were not comfortable in speaking English. It was also shared by the social worker that some parents deny that their children are substance abusers and that they themselves were abusing substances.

Telephonic conversation was also used to remind participants about the scheduled interviews a week before the actual data collection. The numerous aspects of the research and participation were carefully explained to all participants. The participant's consent to being interviewed was also obtained through signing consent forms and this served as a further measure to build trust with the researcher. The members were granted an opportunity to get clarity for things that they did not understand at any stage of the interview. The researcher also explained the consequences of the study with the participants as well as the dissemination of findings. In addition, the researcher informed them that it is their right to choose to participate or withdraw from the study at any time. In the next segment the researcher will discuss how field notes were utilized throughout the study.

Field notes, according to De Vos et al., (2005) should include empirical observations and interpretation although the observations and interpretations should be kept separate. The researcher was well aware of her own thoughts and feelings throughout the interviews and made use of a reflective journal after every interview. The researcher wrote down her emotions, expectations and prejudices so that this could be later referred to in the findings.

The interviewing settings were agreed upon beforehand between the researcher and the participants. The researcher gave a brief introduction of the study via email, telephone and face-to-face appointments with various participants and confirmed a suitable date, time and venue with the participants. All the interviews were done in March 2013 and upon meeting with participants more detailed information was given to them regarding the research study and the voluntary agreement procedures were approved by participants.

In the next section the researcher will discuss how the data gathered from the research was analysed.

3.10 DATA ANALYSIS

The data analysis method utilized in this research study is qualitative thematic analysis and it is defined by Holloway (1997) as the process whereby the researcher has a thorough exploration of the collected data and classifies it into various subjects and forms, trying to understand the data gathered. To achieve a complete data analysis the researcher adopted (Creswell's (2009) eight general stages of qualitative data analysis which is explained in the next segment.

- After interviews were done the researcher read through and tried to understand all the transcripts. Ideas were written down as they appeared in my mind.
- The researcher selected one interview at a time and tried to understand what it was about and write down any ideas that came up as the reading progressed.
- After analyzing the transcriptions of all participants a list of all the themes were recorded and combined according to the subjects that are comparable and which came up in all transcriptions.
- The themes were grounded in the main topics, distinctive topics and leftovers.
- In this stage the researcher had to code the data using acronyms, underlining topics using colourful markings and scripting the codes next to the applicable title.
- Expressive words for the identified topics were identified at this stage and they were placed into different classifications. Afterwards the topics were put together according to the ones that related to one class and the researcher drew a line to show the relationships.
- In this stage the researcher had to choose the ultimate acronym for each group and do an initial analysis. Thus for example social factors were coded as *soc*.
- In this stage information was assembled and put together based on similar themes being placed in the same group and followed by the initial analysis and this is when the data was divided into main themes and subthemes.
- Finally existing data was recorded.

3.11 ETHICAL CONSIDERATIONS

Williams et al., 1995: 30 in De Vos et al. (2005) state that in “social sciences ethical issues are pervasive and complex since data should not be obtained at the expense of human beings”.

Therefore approval was granted to the researcher before any research or interviews commenced. Approval to carry out the proposed research was acquired from the University of the Western Cape's Department of Research Development, participants from Grabouw High School, De Rust Futura Academy and Imiyezo High School, parents/ guardians of minors participating in the research and lastly permission was obtained from the organizations that took part in the research such as at REIT Family Guidance Centre, Family Life Resource Centre and Grabouw Child Welfare. Most of all, the researcher followed the Social Work code of ethics and applied the principles of non-judgmental and non-discriminatory attitudes towards the participants as well as their right to self-determination. In addition ethical issues such as informed consent, confidentiality and debriefing were considered throughout the research (De Vos et al., 2007, Kerlinger & Lee, 2000). *Please see addendum B and C for a sample of the consent form used in the study.*

3.11.1 Informed consent

One of the conditions of the consent letters provided to the participants before participating in the research was that, "participating in the study was unpaid; they had freedom to decline to participate or withdraw after the study had begun and formalization of the consent in writing" (Terre Blanche et al., 2006:72). Participants were thoroughly educated about the research and they were allowed to decide not to participate at any time they felt uncomfortable with the research study. Neuman 2003 in De Vos et al., (2005) stipulates that nobody should ever be forced to take part in a research project because participation must always be voluntary. Informed consent was acquired from school principals for the students to participate in the focus groups, consent forms were also issues to the youth to agree in taking part in the research.

3.11.2 Confidentiality

In order to maintain the participants' identity and dignity, they were assured that the information would be only used by the researcher and only for study purposes (Babbie and Mouton, 2008). Participants were also assured that their identification information would be removed after coding and pseudo names would be assigned to them (Kerlinger and Lee, 2000; Liamputtong and

Ezzy, 2005 and Patton, 2001). Assurance on the privacy of all recordings was given to the participants this was done to prevent prejudiced answers during interviews (De Vos et al., 2005).

3.11.3 Debriefing

The researcher clarified the aim of the study and process in advance, and information on the times and meeting places for the interviews were also given. The main aim of debriefing beforehand was to try and clarify any misunderstandings that participants might have had about the research (De Vos et al., 2007). Debriefing sessions after the study were also offered so that participants would be able to work through their experiences and address negative consequences of their participation in the study (De Vos et al., 2007, Kerlinger and Lee, 2000).

3.12 METHOD OF DATA VERIFICATION

By definition data verification is the method of verifying that the information that was gathered is truthful (Kirch, 2008). The researcher will comment on the validity of the data for data verification and comment on how it was achieved (D’Cruz and Jones, 2004). Creswell (2009) went on to say that verification, from the perspective of qualitative research, is a technique that occurs all the way through the data gathering, examination and report writing of a study and presenting principles as carried out by the researcher and various researchers at the end of the study.

3.12.1 Trustworthiness

In order to evaluate the trustworthiness of qualitative research Guba’s model for assessing the worth of such studies was utilized. The researcher will focus on the four basic concepts described by the model as, “(1) truth value, (2) applicability, (3) consistency and (4) neutrality” (Krefting, 1991). In achieving *truth value* the researcher ensured that only the original data given by participants was used. The researcher assembled field notes immediately after the interviews, as during the interviews only brief notes were taken. This was most effective in trying to capture information that was collected from group interviews. The researcher referred to the original literature review during data collection, to ensure that relevant information was collected. During the analysis of the collected data, literature was integrated into themes and sub-themes to

authenticate the findings. Data from other sources, for example, other research studies conducted previously, was used to corroborate and elaborate upon the research study and its applicability was confirmed by the supervisor and peers who are experts in the substance abuse field. The researcher summarized and reflected on the meaning of the data to check whether the researcher understood the participants' responses. In order to determine whether the findings of this study can be confirmed by other studies, a research report was compiled. All interviews were recorded; transcripts and analyzed data were recorded in the form of a report for future reference.

Applicability was obtained when the research findings fitted into context of the study situation and had some degree of similarity.

Consistency was achieved through producing the same study using the same participants in a comparable context and still producing the same findings (Guba as cited in Krefting, 1991).

Neutrality refers to the degree to which the study procedures and outcomes are not prejudiced (Krefting, 1991). This was achieved by making sure that the data obtained from the participants remained free of bias and perspective. The researcher was able to substantiate the data by ensuring that truth value and applicability were achieved (Guba as cited in Krefting, 1991).

Schwandt (2007:189) states that *member checking* or *member validation* “is a sociological term for soliciting feedback from respondents on the researcher’s findings and is often perceived as an important method for verifying findings and ensures that they met the criterion of confirmability”. At the end of the study the researcher went back into the community of Grabouw to present the findings to the research participants and this is supported by (Schwandt, 2007) member validation theory whereby the researcher confirmed that the research participants agreed with the presented findings. The researcher also acquired extra data on the area of study and also corrected errors in the researcher’s understanding of the data (Murphy & Dingwall, 2003). This process enabled the community to reflect on and clarify the data. The data was presented to a small group of people who had participated in the study. They clarified some of the concepts which came from the research e.g. what “pap sak” and “button” mean and confirmed that they are in agreement with the data.

3.13 SELF-REFLEXIVITY

Malterud (2011) described reflexivity as an approach of looking analytically at the background of information production, mainly through the influence of the researcher throughout every stage of the research progression. The researcher did not allow her personal opinions to affect the study; therefore interviews were conducted in a professional and ethical manner as the researcher was non-judgmental, tolerant and respected the respondents' self-worth and dignity. All the interviews were done at a convenient place for the respondents and also in an environment that was conducive. Respondents were not coerced into giving information they were not comfortable with. As a researcher who only speaks English and who was conducting research in an Afrikaans and Xhosa dominated community, I found myself in situations where participants were not willing to carry on with the interview because they were not comfortable speaking English. The researcher had to look for an interpreter to intervene in such situations and it helped throughout the data collection phase. This research improved the researcher's communication skills and patience as things did not always go according to plan. Overall, through this study, the researcher learned how to work in a diverse area and discovered that substance abuse is not caused by a single reason but that there are eclectic elements which contribute to it.

In the next segment the researcher will give a summary of chapter 3.

3.14 CHAPTER SUMMARY

To sum up this chapter of methodology the researcher has showed competence in how methodology was applied to the whole research, as it presented the reader with a description of the application of the research process that aimed to discover the reasons for substance abuse among the youth in Grabouw. The qualitative approach of this study allowed the researcher to gain an in-depth awareness of the topic being studied. The explorative, descriptive and contextual strategy was utilized within this approach of the research study. This chapter further presented the research question as well as the methodology used. Population and sampling methods, data collection methods, data analysis as well as verification of data, were discussed. The chapter also provided ethical considerations related to the implementation of this study and these were discussed. The reader was informed with regards to the informed consent gained from

participants and how confidentiality was maintained as well as how information was managed. The next chapter will look at the research findings and give detailed information on the themes and subthemes that developed during the gathering of information. Literature control will also support the research findings.



CHAPTER 4: RESEARCH FINDINGS

4.1 INTRODUCTION TO RESEARCH FINDINGS

Creswell (2009) explained that data analysis makes a thorough enlightenment of the information and creates explanations of the collective significance of the data. On the other hand (Schwandt 2007:6 in De Vos, Strydom, Fouche' and Delpont, 2011) supports the latter statement saying that data analysis is, “the process of bringing order, structure and meaning to the mass of collected data”. Thorne (2000) describes the main purpose of data analysis as, “inspecting, cleaning, transforming and modelling data with the objective of highlighting useful information”. This chapter therefore will focus on the analysis and discussion of the research findings of the study on the reasons for substance abuse amongst the youth in Grabouw, Western Cape. In order to acquire the data a qualitative research approach was employed by means of an explorative, descriptive and contextual strategy of inquiry. Data was gathered through the use of semi-structured individual interviews and focus groups discussions.

The data analysis method utilized in this research study is qualitative thematic analysis and it is defined by (Holloway, 1997) as the examination in which the researcher classifies themes and patterns in interviews through listening to recorded interviews and interpreting the transcriptions. The identified themes presented the findings of the study and will be supported by the participants' quotations from the transcribed interviews. Neuman (2006:181) states that, “this presentation of direct quotations is found to be common to the qualitative research process and will clearly illustrate the themes described”. Furthermore, trustworthiness and credibility will be established by literature control and supports that part of triangulation by obtaining data from different sources (Yegidis and Weinbach, 1996:218).

4.2 BIOGRAPHICAL DETAILS OF RESEARCH PARTICIPANTS

The following is a table which presents the participants who were involved in the in-depth interviews. The sample comprised the youth who are directly or indirectly involved with substance abuse, parents of substance abusers, and key informants who work directly with the youth in Grabouw. The definition of youth in this research started from 14 years old and above.

Table 2: Demographics of the youth in the focus groups

School name	Grade	Total students in the class	No.of focus groups formed	Age group	Males	Females
Imiyezo High	12A	42	5	17-20 yrs.	23	19
Imiyezo High	9c	53	9	14-19 yrs.	26	27
Grabouw High	10B	42	5	14-18yrs.	21	12
De Rust Futura Academy	8-10	6	1	15-17yrs.	6	0

The above table shows biographical details representing participants who took part in the focus group interviews. The table shows that the participants were all high school students from three different schools namely Imiyezo High School, Grabouw High School and De Rust Futura Academy. The children were both boys and girls aged between 14 years and 20.

Table 3: Demographics of key informants

Pseudonyms	Occupation	Gender
Lyn	Social worker at Grabouw Child Welfare	Female
Shanice	Auxiliary social worker at Grabouw Child Welfare	Female
Candice	Social worker at Riet	Female
Robin	Private family therapist (Lay counsellor)	Male
Irvine	Religious minister	Male

Richard	Youth coordinator at the local government (Municipality)	Male
Kate	Student social worker at Riet, comes from a German University	Female
Yvonne	Student social worker at Riet, comes from a German University	Female
John	Pharmacist at the local clinic	Male
Ramiz	Pharmacist assistant	
Xholisani	General worker at the clinic	

Table 3 shows the demographic details of the key informants in the study- these are people who directly work with the youth in the community of Grabouw. This sample was acquired through snowball sampling. The table shows that some staff members from Grabouw Clinic were used as key informants because they work hand in hand with RIET Family Guidance Centre. Their role is to do drug testing and prescribe certain medication if there is a need for the substance abuse patients and refer them back to RIET Family Guidance Centre for counselling. RIET Family Guidance Centre is the main organization which deals with the youth who abuse substances.

Table 4: Parents whose children are involved in substance abuse

Pseudo names of parents	Pseudo names and age of the children	Type of substance used by the children
Mrs Jansen	Kelvin 20 years	Tik, alcohol, buttons
Mrs Sibozo	Siyabulela 17 years	Tik, buttons, Ganga
Mrs Fortune	James 18 years	Dagga

Mrs Britow	Chris 18 years	Dagga
Mrs Jones	Taqmeeda 19 years	Tik, alcohol
Mrs Abrahams	Malvin 26 years	Tik

The table above shows the sample of parents who participated in the research study and whose children are involved in substance abuse. The children are clients at Riet. Whilst their children are in treatment, the parents also attend a support group to provide them with services and knowledge that will benefit them in the recovery process of their children. This part focused on the details of the research participants and the choice of substances of abuse in the community of Grabouw. The following section of this chapter will present two main themes that developed from the data analysis process. The themes were further established through consultation and discussion with the supervisor and peers who are involved in the research field.

TABLE 5: THEMES AND SUBTHEMES OF THE MAIN FINDINGS OF THE STUDY

Themes	Subthemes
1.Contextual reasons for substance abuse among the youth in Grabouw	1.1 The role of the family in substance abuse -(a) uninvolved parents -(b) family members using drugs and alcohol -(c) Exposure to some form of abuse within the family system -(d) poverty within the family 1.2 Peer pressure

	<ul style="list-style-type: none"> 1.3 Boredom 1.4 Low religious involvement 1.5 Experimenting 1.6 Negative role models 1.7 Unemployment 1.8 Dop System 1.9 Availability and affordability
<p>2. Psychological reasons for substance abuse among the youth in Grabouw.</p>	<ul style="list-style-type: none"> 2.1 Self-esteem. 2.2 Relieving stress 2.3 Sexual stimulation 2.4 Motivation to do unlawful activities 2.5 Boosting performance in sporting activities

4.3 THEME 1. CONTEXTUAL REASONS FOR SUBSTANCE ABUSE AMONG THE YOUTH IN GRABOUW

Regarding the ecological approach to intervention Hepworth, Rooney and Larsen (2008) maintain that it is important to note that the environment and immediate settings actively shape the outcome of an individual’s life. Parry (2010) suggested that drug abuse may to a certain extent be caused by genetics and one’s environment, this idea assumes that factors within the home and family environment can lead to substance or drug abuse. Grabouw being a rural area, characterized in some areas by extreme poverty, poor living conditions, and unemployment, also yielded high rates of substance abuse issues about which the community is concerned. After the

data collection of the reasons for substance abuse amongst the youth in Grabouw, it was found that the family plays a major role in influencing substance abuse in this area because of the neglect of children by their families, it leads to all forms of abuse and generally the parents are not a part in their youngsters' lives. Other themes that emerged under the contextual reasons for substance abuse among the youth in Grabouw are peer pressure, experimenting, lack of recreational facilities, extreme poverty, low religious involvement and gang related rules. These subthemes will be discussed in the next section of subthemes.

4.3.1 Subtheme 1.1 The role of the family in substance abuse

Bearing in mind that the definition of youth in South Africa covers the ages between 14 to 35 year olds, and adolescence is a period of transition between childhood and adulthood, “ it can therefore be seen as a development bridge between being a child and becoming an adult” (Louw and Louw, 2007:278). Adolescence is considered by Carr (2006) to take place between the ages of thirteen to twenty years, and it is “characterized by profound biological, psychological and social developmental change” (Sadock and Sadock, 2003:35). Newman, Harrison, Dashiff and Davies (2008) further add that during this fragile period in an individual's life, at-risk adolescent behaviour is often impacted on noticeably by the relationship that exists between the adolescents and their parents. Furthermore, McKinney, Donnelly and Renk (2008) emphasize that the way in which adolescents identify with their parents and bond with them has a significant effect on their later outcome and risk for the development of unhealthy behaviour and lifestyles. The family at this stage plays a big part in shaping and protecting the life of their children, in this research most of the youth interviewed are aged between 14 and 21 years old and this age group fall under the category of the youth (McKinney, Donnelly and Renk, 2008). The children were reported to come from families who are uninvolved in their lives; and family members use/abuse substances. The youth also reported exposure to domestic violence (verbal and physical abuse), not being accepted by family members and poverty conditions.

1.1(a) Uninvolved parents

The private family therapist who took part in this research argued that parents are not involved in their children's lives like they are supposed to be and without the parent's full involvement in the

children's lives; they are more prone to anti-social behaviour. The participants further explained the following with regards to parental involvement:

.....the whole problem stands in the home, often enough we have parents who come and complain to us that they have a problem child. We do not necessarily believe in problem children, I believe that the problem is the parent who gave birth to a problem child. This is what we have found in our community we have fathers and mothers but we do not have enough parents. Parenting is a skill because you have a child it does not mean you are a parent, it only makes you a mother or a father depending on your gender but at the end of it all you need to take responsibility for that child, you have to raise up that child in a particular way so that when he/she is at a particular stage of their life, he/she has enough in their life bag to take them through the whole journey of life. Just for argument's sake if you take substance abuse, when a child does encounter an event where he has to experiment with drugs, we as parents we have to teach them, even if they experiment they will have the ability to say I have tried this but this is not good and let me stop it.

The following narratives are the responses from two parents and they portray how neglect and absence of a parent in the child's life can cause one to be involved in substance abuse as follows:

My son told me that he started using drugs because his father neglected him as he grew up and he was left to live with his grandmother and the father was never there.

She blamed her drinking on me not being there for her all the time and the fact that her grandmother never bothered to ask her how she was feeling or why she was drinking and using drugs.

In a focus group conducted at De Rust Futura Academy a 15 year old boy in the group supported the fact that lack of parental involvement contributes to substance abuse and this is evident in the next paragraph.

Also because our parents are never home, they are always busy at the farm, so we do what we want and because we do not have a father in our family, we do what we want because mum does not have total control over us.

Shaffer, 2009, Verhangen, 2005, Bukakto & Daehler, (2011) held that uninvolved parents are described as having little demands, do not act quickly on their children's needs and do not frequently talk together. Even though these parents fulfil the adolescent's simple necessities, they are in general disconnected from their adolescent's life and in serious situations they may even abandon their reasonability to meet the needs of their children (Shaffer, 2009, Verhangen, 2005, Bukakto & Daehler, 2011). This kind of nurturing impacts the child negatively as they tend to have low self-esteem and tend to lack self-control, making them more prone to be affected by peer pressure and experimentation with drugs in a bid to boost their confidence (Shaffer, 2009).

(b) Family members using drugs and alcohol

With regards to family influence on substance abuse various participants confirmed that the reason why some of the youth are involved in substance abuse is because they were brought up in homes where the parents/family members or other siblings are using drugs. As mentioned in the following narratives by the social worker at RIET Family Guidance Centre:

.....they can't handle stress and pressure from their homes, and they come from homes where the mother is using tik and the father is using again, in about 30 % of the cases the mother and father are using drugs and the child sees nothing wrong with using as well.

Because of their parents who use drugs as well and also problems that we see at home it makes us want to use drugs and makes us forget about everything.

Two youths at Imiyezo High School also confirmed that they started using drugs because other family members are also using as narrated below:

Our parents drink too much to the extent that they do not take care of us as children so the best option is to join them and do what they are doing.

One of the children who is not a substance abuser but has friends who use drugs at Derustfut School said the following about why his friends are involved in substance abuse.

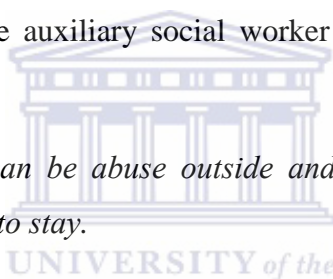
.... use drugs because their parents do the same so they don't see it as wrong, it's their way of life.

In relation to this, Arnett (2001:410) writes that adolescents are more inclined to use illicit substances when one or more of their family members have a tolerant or lenient attitude towards substance use or use it themselves. Butcher et al., (2004) found that there is a very high risk for youth who were raised by families who are alcoholics for developing alcohol difficulties as well as they have an innate inclination to drink.

1.1 (c) Exposure to some form of abuse within the family system.

Physical and emotional abuse within the family system was an aspect which was emphasized in the narratives given by the youth and the key informants. De Genova and Rice (2002:440) refer to family violence as any harsh, boisterous, physical force or aggression or verbal abuse by one family member towards another. Different research participants stated that the reasons why they started using substances was because of the fact that they have been exposed to incidences of domestic violence as stated by the auxiliary social worker from Child Welfare who said the following:

.....it can be violence, it can be abuse outside and inside the home and that person doesn't really have a place to stay.



One of the youths narrated how he started to be involved in substance abuse after being a witness of domestic violence as stated below:

.....before my eyes like truly my father killed my mother. After that I was not happy in my life and in this world so I did use ganja like I told you I don't like the word dagga because it is ugly. That thing makes you friendly with other people, it just puts a smile on your face and makes you enjoy the day.

I use drugs because my parents use drugs as well and also problems that we see at home such as when my father is abusing my mother beating her and shouting at her all the time it makes us want to use drugs and make us forget about everything

Parents fighting, they drink too much to the extent that they do not take care of us as children so the best option is to join them and do what they are doing.

One of the parents also said the following:

I have been living in an abusive relationship with my husband , he is an alcoholic and when he comes home most of the times, he shouts at me and the children for no reason and when I try to make him stop he physically attacks me in front of the children. This has been affecting my son and he said to me one day, “Mommy I would rather be high on drugs every day of my life so that I will not have to see the pain you are getting from what dad is doing to you”. So I think for him taking drugs is a way of him dealing with our bad circumstances.

Research done by Dube, Anda, Felitti, Chapman and Williamson and Giles (2001) illustrates that mistreated children at the hands of their families or society have a high probability of being involved in substance abuse in their lives. All forms of mistreatment of children are therefore regarded as possible influences for illicit drug use (Moran, Vuchinich and Hall, 2004). In a study done in the United States of America at a public school on substance abuse it was found that students who have been abused sexually and physically have a higher rate of using drugs than the ones who were not abused. They did this as a way of dealing with their traumatic incidences (Perkins and Jones, 2004).

1.1 (d) Poverty within the family systems as an influence on substance abuse

Due to financial struggles many families in Grabouw and around South Africa are living in extreme poverty conditions and this has impacted on the lives of the children born in these families. Participants in this study expressed how they became exposed to substance abuse due to poverty in their families. The following is a response from a Social Auxiliary worker from Child Welfare:

.....almost 80% of the people who live in the shacks they do not have jobs, so they ended up stealing and committing all sorts of crime to sustain their drug habit.

.... poverty also plays a role here, parents cannot provide and the stuff that the child needs or want so they abuse, because they are vulnerable and the people who see that the child is in need they take advantage of that, and they tell them that this is the easy way for

you to make pocket money, buy yourself a cool drink or a blackberry phone. So at the end of the day they end up making pocket money or end up getting addicted with the drugs because they usually end up taking drugs as well.

One of the children at Grabouw High School narrated the following:

Stressful situations such as not having enough to eat, too many family responsibilities is what makes us youth use drugs. You know, just to be able to forget poverty for a while.

Robert (2003) supports the above mentioned narratives stating that living in extremely poor situations has a major impact on families as they will be faced with too much pressure and the parents will not be able to nurture their children in a conducive setting which would encourage a positive and supportive attitude. For that reason children from these kinds of families have a higher risk of using illicit drugs in their life, particularly if this is coupled with absent parents or parents who abuse substances themselves. Furthermore, Shewan and Dalgarno (2005) mentioned that people who do not live in poverty situations experience less problems in their lives on average than disadvantaged individuals. Therefore those who live in poverty areas have a higher likelihood of being exposed to drugs as such areas may have customs and beliefs that accept illegal drugs (Shewan and Dalgarno, 2005).

4.3.2 Subtheme 1.2 Peer group influences on substance abuse

Gwinnell and Adamec (2006: 195), define peer pressure as, “influence from individuals that a person regards as equal to perform acts that the individual might not choose to do on her /his own”. Peer pressure, with the need to feel part of a certain group of friends, was pointed out by almost all the participants as one of the reasons why they started using drugs or alcohol. Some of the youth will see themselves as part of a gang, and as part of the gang related rules their peers/gang members will force them into drug taking habits for their initiation into the gang. The need to belong to a gang shows their need for affection and acceptance.

This is indicated in the following extracts from the children:

...we always want to impress our friends so we do whatever what they do, that is how I started using drugs because all my friends were using it and it looked very cool.

I use button (a mixture of over the counter pills and any other drug such as cocaine or dagga) and tik and I get it from my brothers and their friends.

I started using drugs because I saw my friends using and that's when I started practising as well

.....you know there is always a friend who is going to give you something but once you get addicted there is no one to fix you up.

Peer pressure, friends, as she said everybody in your environment is using so maybe it is even harder not to use, when everyone around you is using.

When you get yourself involved with the wrong crowd they can make you do something stupid like maybe make you kill someone or make you steal, so for you to get courage and motivation to do this you have to take drugs.

John the pharmacist from Grabouw Clinic said that:

Wanting to have a sense of belonging, so in order to join the so-called cool kids in the community one has to experiment with certain drugs and later become an addict.

The social worker from Riet supported the above mentioned statements about peer pressure saying that:

With the youth most of the times when it comes to gang related rules when one joins the group, you will have to do what the rest of the members do, like taking a certain drug.

One of the parents in the study reported that one of the reasons her son started using drugs was because of the influence from his friends as stated below:

The need to be like the popular children.....during exam time because him and his friends wanted last minute reading they influenced each other to take drugs to ease the pressure and make everything easy.

.....problem is that in the area we live people of his own age are using drugs so maybe peer pressure is the major cause of his drug taking behaviour.

Individuals are affected by the behaviour of their peers. If most of their friends are drinking, smoking or use substances, they will often wish to drink or smoke. Hoberg (2001:253) points out those adolescents “constantly seek reassurance and acceptance by peers”. Genius (2003) states that the fear of being rejected often influences decisions and choices regarding engaging in certain activities. He further states that adolescents often believe that they will earn the respect of their friends and be viewed more favourably if they follow what is being perceived as a social norm, as in the case of substance use. This need for companionship, belonging, acceptance and approval becomes of greatest importance, particularly if you did not receive this at home.

According to Brook *et al.*, (2006:26-34), “peer substance use is one of the major and well recognized predictors of adolescent substance use and the influence of the peer group is exerted via modelling and social reinforcement of nonconforming behaviour”. Research states that substance abuse by friends encourages others to use drugs and also influences their choice of friends (Brook *et al.*, 2006:26-34).

4.1.3 Subtheme 1.3 Boredom as a reason for substance abuse/use in Grabouw

The youth development officer from Theewaterskloof and some of the youth in Grabouw confirmed that lack of recreational activities and facilities pave the way for the youth to be involved in substance abuse as they find themselves with nothing to do after school and work hours as reflected in the following statement by the social worker at RIET Family Guidance Centre:

One thing that I have seen there is not enough activity in Grabouw such as recreational facilities to keep our youths live and active I think these are all things that play a part in substance abuse amongst the youth.

.....nothing to do so no job, no school, in fact for some people there is no school, no job in particular that is when they start taking the substances.

The youth coordinator at the Municipality narrated the following:

I see lack of recreational facilities as major obstacles, in this area we have a large farming community and you know that nothing happens on the farm that's why we have teenage pregnancy.

Some people are unemployed or even discriminated against, so they find drugs as a solution to be occupied all the time and stop thinking about their problems.

The above statements were supported by Minister of Sport and Recreation Mr. Fikile Mbalula who stated that, “there is currently a lack of adequate chances for positive social interaction, uneven distribution of resources, a high rate of unemployment, a high rate of crime and other social ills” (Mbalula, 2012). Sporting activities are regarded as a vital source of encouragement of healthy living among the youth as it teaches helpful standards, good socialising abilities with people from their own community and can bring out a positive change in an individual’s life (Mbalula, 2012). One of the best outcomes of sports and recreational activities in a community is low crime rates and less cases of substance abuse (Mbalula, 2012). Mbalula (2012) gave an example of ideal entertaining activities in a community like music, art, hiking and dance classes.

4.3.4 Subtheme 1.4 Low religious involvement

Low religious involvement is an aspect mentioned by one of the key informants and him being a religious minister, he felt that low religious involvement among the youth is the reason for substance abuse. This is mentioned in the following narratives:

There is a vacuum in the human person, in each one of us and that can only be filled by Jesus Christ because God created us humans for him, to worship him and to serve him and to honour him, if you have not made a decision to do this then there is a vacuum and you will be looking for something to satisfy it. And to have a replacement for what God has created us for that is why people go to substance abuse, so that is the main reason.

A youth in the focus group with the grade 10 group mentioned the following about religion and its impact on substance use among the youth.

The reason why some youth I know started using alcohol was actually through their church, there is a certain alcohol that is taken during the Holy Communion, they call it

Umuthendelo, people love the taste and they end up wanting to experiment with much stronger alcohol and become addicted.

One of the difficulties that our youths are faced with it is lack of identity that all stems from how one was raised, religion, morals and values are the issues that make the child easy to align or embrace wrong things or anything that makes you feel special.

Research suggests that having a form of spiritual association encourages one to live a righteous life with the fear of being punished by the gods when rules are broken (Welch, Tittle and Grasmick, 2006). People who are dedicated to a certain religion are more obedient to authority therefore they are most likely to abide by recommended medical measures that favour moderate drinking behaviours and to obey formal laws and regulations that discourage risky drinking practices and related activities (Welch, et al., 2006).

Religion guides individuals to be able to control themselves and resisting the temptation to commit crimes. Therefore this is connected with less alcohol use in those individuals who are attached to and/ or involved in a certain religion (Terrence, et al., 2008). It is important to be able to control oneself because research has suggested very good self-regulatory abilities are linked with the reduced possibility of heavy drinking (Neal and Carey, 2007). McCullough and Willoughby (2008) conducted a study on, the “systematic review of the existing empirical evidence” and the results showed that religious people have more self-control than those who are not religious, and they went on to say self-control may facilitate the influence of religion on substance abuse among the youth.

Koenig (2001) alluded that spiritual participation is related to mental health benefits such as courage, feeling important and belonging and a means of support. This spiritual well-being may support healthier drinking habits therefore reducing harmful actions such as self-medication, and feeling useless which usually inhibits the determination to live a healthy way of living.

4.1.5 Subtheme 1.5 Experimenting with alcohol and drugs as a reason for substance abuse

Experimenting with alcohol and drugs as a reason for substance abuse has been identified as one of the reasons why most youth are involved in substance abuse. Two parents who participated in the research said the following about their children:

He told me that it started as an experiment with the other kids at school and without noticing he was already hooked on drugs. He said he had to do it because all the boys that he was friends with were already using the Tik.

One of the parents said that:

She said that it started as just wanting to know how it will feel like to be high

The following responses came from the focus group discussions with the youth:

You will get curious and want to use it as well, with Tik you only want to use it and then you can get addicted to it. So it will be harder for them to stop or even go to rehab because everyone else is using it.

....I saw my friends using and that's when I started practising as well.

.....the issue of experimenting because children as young as eight years old are starting to use.

Being exposed to drugs in our communities makes it look like it is a good thing to do drugs. This leads to people to want to experiment and they will become addicts.

Arnett (2001:403) indicates that the predominant need to experiment and “see what it is like” and the influence of peers in this regard are also widely recognized as major contributing factors to drug abuse. Erwee (2006) notes that friends mean the world to adolescents and the more time an adolescent spends with peers who drink, smoke or use drugs, the greater the possibility that they will also experiment. Louw et al., (2010), asserts that the adolescence stage is a period where individuals are eager to try out new things and that is when substance abuse is high. In this study the researcher identified that one of the reason youth substance abuse is that they wanted to see how it feels after using drugs, and these results were confirmed by previous studies done by Donald et al., 2007 and Parrott et al., (2004) who said that substance abuse is also a learned

behaviour. Adolescents pick up their substance abuse habits from their society and they view it as something that would make them happy and can take away their life problems (Donald et al., 2007 and Parrott et al., 2004). As social learning theory suggests, these youths learn their drug and alcohol taking actions from both the society and the households in which they live (Burger, 2008; Carson et al., 2000; Rice and Dolgin, 2008).

4.1.6 Subtheme 1.6 Role models using substances

Modelling by older siblings, parents and peers is highly associated with drug abuse among the youth. Drugs are furthermore advertised by the media, which positively generate a market with pictures of drug use as a useful answer to all physical illnesses and a way out for various problems. With regards to negative role models some participants across all focus groups expressed themselves as follows:

Being exposed to drugs in our communities makes it look like it is a good thing to do drugs.

Yes my brother uses Ganga and my father uses button. I watch them using and that is how I learnt to do it as well.

One of the parents also said the following about bad role models in the community influencing their children to take drugs:

Our house is directly opposite a guy who sells tik and I am sure he introduced it to him because how can he be friends with a 35 year old man, I believe that he is a bad role model to our children in the community

Gwinnell and Adamec (2006: 236) explain that some adolescents may be modelling their own parents who use substances, as some of the participants responded below:

Because of their parents who use drugs as well and also problems that we see at home it makes us want to use drugs and make us forget about everything.

Parents fighting, they drink too much to the extent that they do not take care of us as children so the best option is to join them and do what they are doing.

Some people use drugs because their parents do the same so they don't see it as wrong; it's their way of life.

They are brought up in houses where parents are using, brothers and sisters are using, so it's easier to get into it because everyone is using.

The other reasons is that they get the wrong examples like they see it from their parents, neighbours using smoking and drinking and using drugs and that is a bad example because what you see it also goes into your mind and what you hear. They get into this wrong environment they are in it is easier for them to get on the wrong route.

Alcohol is portrayed as necessary to lead a “good life” (McWhirter, McWhirter, McWhirter and McWhirter 2004:119) as one of the male youths explained as follows:

The media has an influence on the substance abuse amongst the youth; most people want to be picture perfect like the models shown on TV so they decide to use drugs to lose weight leading to addiction.

Parents who are alcohol and/ or illicit drug users have a higher chance of raising children who will later follow their pattern of drug and alcohol use (Kirisci, Vanyukov and Tarter, 2005). Research has proven the fact that most children who smoke were brought up by parents who smoke as well (Rice and Dolgin, 2008). Children who are anti-social and have family with a criminal background have a higher possibility of using drugs than those whose families do not have such a history (McKee, Fjeld, Karioja, 2003). In social learning theory substance abuse can be perceived as a coping mechanism in reaction to difficult problems however the negative effect of substance use is that the user might become addicted and cause severe damage as well (Stevens and Smith, 2009). Recent research shows that the human brain does not fully develop until an individual's mid-twenties. The pre-frontal cortex will be the last part to grow which is basically responsible for decision making; this shows the reason why risky actions are common among adolescents and young adults (Winters and Arria, 2011).

Fields (2001) further discusses at-risk factors that contribute to the development of alcohol and drug dependency. The longer the family denies that they are faced with alcohol and drug

problems, the more vulnerable the family members become. Absence of parental management of children due to the parent's heavy drinking and drug dependence, "make children in that family four to eight times more likely to develop problems with alcohol and drugs" (Fields, 2001:39). This is in most cases due to the lack of parental supervision.

4.1.7 Subtheme 1.8 Unemployment

One of the key informants who worked directly with the youth in Grabouw under the municipality of Theewaterskloof narrated that unemployment among the youth who have completed school and the school drop outs is a major cause for substance abuse in the district as stated below:

Unemployment is a major obstacle in Grabouw there is nothing to do for the youth in this community, some youths feel hopeless and it seems as if there is no one to cultivate the hope within these youths teaching them new skills. We are trying to send our youth to study further by offering them bursaries from the municipality and we hope this will make a difference to the unemployment issues in this community. Not having anything to do that's when they start experimenting with drugs just to keep themselves occupied but in the long run they will get addicted.

Stats SA (2011) reported a 25 % unemployment rate among the youth between the ages of 14 to 35 in Grabouw. The World Drug Report (2012) confirms that unemployment is one of the key socio-economic drivers for substance use and drug trafficking. Looking at the large numbers of people who are jobless in many countries, especially looking at the youth, it will be hard for these people to be employable because of substance use/ abuse as they turn to drugs after being discouraged and because of disappointment in not securing a job (World Drug Report, 2012). Thabethe (2012) reported that alcohol misuse costs R9 billion a year and the cost to the job industry causes poor productivity, absenteeism, interpersonal conflict and damage to property. Most people from disadvantaged backgrounds have a high probability of substance use. Data from the United States for, example shows that individuals who earn high salaries have lower rates of substance use than those individuals who earn low salaries (World Report on Drugs, 2012).

4.1.8 Subtheme 1.7 Dop system

In order to have spending money some youths, both school going and the ones out of school, work in part time jobs on the farms. One youth noted that in Grabouw some farmers are still paying their workers wine instead of money and this has contributed to the high substance abuse in Grabouw among the youth as reflected in the statement below:

Grabouw is full of farm workers and what they do on the farms is that they are given wine as payments they get in their hands from the bosses. So you will end up having a situation where the workers are being addicted to alcohol because it is cheap and also the fact that you can get it on credit.

London (2000) writes that the use of the “dop” system, which is the use of alcohol as wages for farm workers and which was implemented during the early colonial settlement years, can still be found in rural farmlands. It has been well documented that it is still currently being implemented in certain rural areas. One of the results found by London (2000) is that alcohol consumption amongst farm workers remains high on farms where the “dop” system is, or was implemented.

4.1.9 Subtheme 1.9 Availability and affordability

Substance abuse can begin in one’s life simply because; the drugs and alcohol are easily available. Despite the regulations which prohibit alcohol to be sold to under age children, drugs and alcohol seems to be easily available and affordable for everyone. The following narratives show how available and affordable substances of abuse are in the community of Grabouw:

Some of the youth in Grabouw abuse drugs and alcohol simply because it’s easily available and affordable.

Our bottle store here which is very up market they cater for everyone they got alcohol from R5 a bottle up to R200 a bottle.

My friends and I have our own secret garden where we grow the plant; we usually don’t spend a lot of money for buying drugs. With alcohol I sometimes have seasonal jobs at the farm, so we usually get access to wine and it’s sold for a very cheap price.

Drugs are everywhere, in school, in almost every corner of their neighborhoods one just has to know who to talk to.

They can be accessed from a common kitchen, so over the years tik is sold in the communities and the drug smuggler will buy the pure tik and they will go home add some detergents such as window cleaner, Handy Andy and battery acid they add it and it is sold on the streets and it's readily available to everyone.

Tjo it is so easily available these days and I think it's not a problem to get them and as far as I know you can even get them on the school premises, in the neighborhoods they stay they are drug dealers that they can purchase it from.

Tik, alcohol I think the youngsters are putting a lot into it, also tik because it is very cheap, and easily available for R20 you can get a fix.

NSDUH (2012) indicates that one of the main factors which explain substance use is how accessible it is and how people view the effects from the use of drugs on the user and the environment. There is an increase in the number of youth who do not have jobs in South Africa, especially in the poor areas and this has also increased alcoholism as liquor can be bought without any restrictions on individuals of all ages in mostly unlicensed bottle stores, shebeens and bars (NSDH, 2012 and Prinsloo, Ladiko and Naser, 2005). Liquor is not allowed to be sold to individuals under the age of 18 years and this is prohibited by the law of this country, however the youth in this country always find a way to act against the law as most liquor stores care more about their financial gains than the law (Smith and Foxcroft, 2009).

In the next segment the researcher is going to discuss the psychological reasons for substance abuse among the youth in Grabouw.

4.2 THEME 2- PSYCHOLOGICAL REASONS FOR SUBSTANCE ABUSE AMONG THE YOUTH IN GRABOUW

Various psychological problems affecting an individual such as self-esteem issues, the need to belong and to be accepted, nervousness, and wanting to act like grown-ups can be the root causes of substance abuse (Carson et al., 2000, Visser and Routledge, 2007; Rice and Dolgin, 2007).

4.2.1 Subtheme 2.1 Lack of self-esteem

In this research most of the youth in Grabouw revealed that they have low self-esteem and in order to feel better about themselves substance abuse has been their solution as revealed in the following narratives:

I use Ganga because it will make me laugh and smile at school even when I know in my heart that I am sad.

I started using drugs to get a false sense of self-esteem, here at school you will find out that there are people with low self-esteem and they cannot seem to improve no matter what kind of help they get, we turn to drugs because we become more active and will be able to do things that we never did before.

Some start using drugs as a way of improving their low self-esteem especially when they are shy to perform in public places like in schools, and acting, or singing in concerts. Because some of the people take public performance as their career, they will continue using and become addicted.

With my son these days now that he has been living with bipolar, he uses drugs when he feels very low and unimportant, but as a mother I try my best to discourage him from that.

Dagga makes you friendly with other people; it just put a smile to your face and makes you enjoy the day.

Self-esteem is described as when an individual feel good about them and see themselves as valuable (Louw and Louw, 2007). Rosenberg (1986) in Louw and Louw, 2007) identified different aspects of self-esteem, the baseline self-esteem and barometric self-esteem. The baseline self-esteem is the long lasting feeling of value and happiness that a person has. A person with high baseline self-esteem is always confident about themselves but they might have feelings of hopelessness themselves once in a while (Rosenburg 1986 in Louw and Louw, 2007). Individuals with low baseline self-esteem, “usually have poor opinions of themselves even though they have days when things go right” (Rosenburg 1986 in Louw and Louw, 2007; 316).

Barometric self-esteem is “the fluctuating sense of worth and wellbeing people have as they respond to different thoughts, experiences and interactions in the course of the day” (Rosenburg 1986 in Louw and Louw, 2007; 317). Adolescence seems to be a time when variations in barometric self-esteem are especially intense - feelings of misery, excitement, disappointment, joy and sadness may fluctuate within a few hours, depending on who they are with and what their expectations are. Adults also experience barometric self-esteem but not with the same intensity as adolescence (Rosenburg 1986 in Louw and Louw, 2007; 317). The study by Botes, (2012) also indicates that the youth used drugs to feel better about themselves. Chemical substances have been proved to have a function in facilitating relief from internal discomfort by heightening the euphoric experience as it became clear in the next subtheme.

4.2.2 Subtheme 2.2 Substance abuse as a way of removing stress in one’s life

In the following narratives various participants showed that they were involved in substance abuse in order to relieve stressful situations in their lives as indicated below:

I used drugs to be brave when getting into stressful situations like writing exams or when the principal calls me to his office when I do know that I was wrong.

In relationships, especially in love relationships, in the event that there are problems in the relationship, people turn to drugs so that they can forget about their problems. But well it is a short term solution; they then keep on taking the drug to the extent that they become addicted

The social auxiliary worker at Child Welfare supported the above statement by saying:

See most of them are emotionally unstable and they cannot handle stress and pressure from their homes and they come from homes where mother and father are using drugs. So it's the anger, pressure at home and they see the easiest way out of their problems as using drugs. Dagga is mostly used by our youth to feel better and forget about their stressful situations.

With the clients that I have seen some of them have built up stress or events that happened in their past and the things that they cannot cope with, because they did not

have resources and did not know how to reach out, they instead abused drugs as a way of relieving stress

A parent shared the following:

My son uses drugs mostly when he is feeling stressed.

One of the grade 10 children at Imiyezo High School made the following statement illustrating the complexity and multifaceted reason for substance abuse:

The reason why I started using drugs is because of stressful situations in my life like not having enough to eat and having too many family responsibilities as a child. For some people they use drugs because they have a long day at school or at work and when they come from school they will come to stressful families who shout or even abuse them so it will be difficult to sleep, so one would drug themselves or drink lots of beer and you will sleep like a baby and forget all your problems.

When there is a death of a loved one, someone being abused by their partner or even job loss, people use drugs to forget their situations.

Other scholars also support what the research participants said, as they report that young people usually use illicit drugs as a way of avoiding different stressors in their lives and just create a sense of happiness in their lives (Zastrow, 2004). More so, some of the reasons for substance abuse is to manage stressful situations, to normalize painful conditions and for pleasure (Rice, 1992). NIDA (2006) states that traumatic events can also intensely influence the abuse of alcohol or other drugs as trauma is a main contributor to the start and continuation of alcohol or other drug abuse. Children exposed to traumatic events in their lives have a high chance of being involved in substance abuse (NIDA, 2006). Williams (2009) described post-traumatic stress disorder (PTSD) as a condition caused by nervousness that occurs after one had experienced a disturbing occasion such as a car accident, death or a serious threat from someone. Research has shown that there is a connection between PTSD and substance abuse as it has been reported that substance abuse started after being exposed to traumatic events in some people (NIDA, 2006).

The following subtheme will discuss sexual stimulation as a reason for substance abuse.

4.2.3 Subtheme 2.3 Sexual stimulation and euphoria as a reason for substance abuse

According to research done by Botes (2012) on the functions of chemical substances on an individual's sexual behaviour, the researcher found that chemical substances enabled participants to act out sexual fantasies; they also noted that substance abuse could enhance sexual experiences and further enhance a euphoric experience. In this study the researcher found that some youth are involved in substance abuse because they want to increase their sexual stimulation and also the need to enjoy the after effects of substance abuse like euphoria. This is evident in the following narratives:

The reason why some of us started using drugs was because of the need to have sexual stimulation.

Some responded that they started to use drugs to have a feeling of euphoria which is defined as a state of intense happiness and excitement (Oxford Dictionary, 2012). Chemical substances “directly affect the human central nervous” system and result, amongst various other effects, in a “euphoric state of awareness” (Rosdahl and Kowalski, 2008:1505, Van Eeden, 200:9). Chemical substances have the ability to change the brain's structure and its performance, “drugs modulate the activity of brain chemicals, each of which intersects with many others” (Van Eeden, 2000:1314). This was expressed in the following narratives:

After my father killed my mother in front of me, I was not happy in my life and in this world. I used Ganga and that thing made me friendly with other people and put a smile on my face and made me enjoy the day.

I use Ganga because it makes me laugh and smile at school, even when I know in my heart that I am sad.

It makes me funny and laugh and all my friends will love me.

One of the parents reported that her daughter said that:

Drugs made her feel happy and she felt like all her problems were going away.

Nace (in Erlank, 2002:61) states that substance use is “associated with the experiences of relief, relaxation, escape, euphoria and sedation” - the changes from the effect are a further motivation for future substance use. The chemical substance user can escape negative emotional effects and create positive experiences.

4.2.4 Subtheme 2.4: Motivation to do unlawful activities.

The youth in the focus groups revealed that the youth in Grabouw use drugs as a motivation to do unlawful activities such as robbery, rape and even committing murder. This is supported in the following narrative:

Some girls use drugs so that when they go to the bar to do prostitution and stripping they will not be shy and drugs do magic in hiding the fear within people’s hearts.

When you get yourself involved with the wrong crowd they can make you do something stupid like maybe make you kill someone or make you steal, so for you to get courage and motivation to do this you have to take drugs.

The above narrative is further supported by the collective research results published by the World Drug Report (2012) which states that there are various ways in which substance abuse is directly associated with the fact that drug users turn to crime for them to sustain their drug taking habits. In general, there are higher levels of drug use among criminals as compared to the rest of the population. In addition most of the criminals will be under the influence of illicit drugs whilst committing the crimes (World Drug Report, 2012). In addition crime is also related to drug trading and the money that they get from trading the drugs is used to fund more criminal activities like illegal armed gangs. Usually when gangs are formed it means there is more violence in the communities (World Drug Report, 2012).

4.2.5 Subtheme 2.5 Boosting performance in sporting activities

Stromness (2002) states that athletes all over the world have been boosting their performance by misusing drugs and some of the drugs they use for this purpose are stimulants, anabolic-androgenic steroids and other performance enhancing drugs. Stromness (2002) went on to say

that most youth use performance improvement drugs because they are very eager to be champions and gain popularity, get rich or even study on scholarships.

This is evident in the following narratives from the youth coordinator at the municipality:

Some of the school going youth started abusing drugs because they wanted to perform extra well in sporting activities such as rugby and athletics.

Drugs are mostly used during sporting season in schools as a way of enhancing physical abilities like running fast and enduring the pain in difficult sports such as rugby.

Mottram (2010) supports the above claims that drugs are used as a way of enhancing performance in sporting activities. The positive effects as mentioned by the author are that drugs such as amphetamine based-stimulants raise attentiveness and motor coordination and decrease exhaustion (Mottram, 2010). Other drugs are also known for helping athletes who compete in weight events to shed excess water weight before a competition. However these drugs have been reported to have side effects such as physical and psychological addictions that will undesirably affect an athlete's performance and profession (Mottram, 2010). The drugs used by these athletes have their side effects such as developing addictions, heart problems, and restlessness and convulsions (Mottram, 2010).

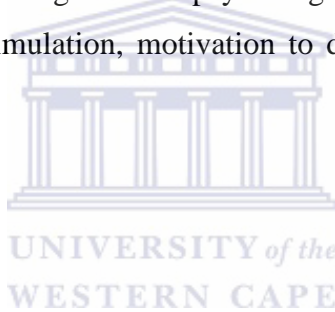
The mostly used substances in Grabouw will be illustrated in the next segment.

4.4 THE MAINLY USED SUBSTANCES AMONG THE YOUTH IN GRABOUW

This segment shows the results of the mainly used substances among the youth in Grabouw, these results were confirmed by the youth, parents and key informants. Some of the reasons for the drug choice are mainly accessibility and affordability. The youth report that they obtain these drugs from friends, drug dealers, and parents who also use and some grow the drugs in their backyards. The mainly used substances among the youth in Grabouw were indicated as dagga, cocaine, mandrax, alcohol, buttons (a chemical substance mixed with prescribed medication), nicotine, tik, pap suck (it is a cheap wine sold in cheap packages) and slimming tablets.

4.5 CHAPTER SUMMARY

This research has allowed the researcher to gain a better understanding of the reasons for substance abuse among the youth in Grabouw. The results showed that there are a number of factors which contributed to the reasons for substance abuse among the youth such as ecological factors and psychological factors. The data was gathered through semi structured interviews and focus groups and the data was later analyzed using thematic data analysis. Two main themes were identified as the main reasons for substance abuse among the youth in Grabouw - these are contextual reasons and psychological reasons for substance abuse. Within contextual reasons, subthemes were also identified - these are family factors which influence the youth to engage in substance abuse, peer pressure, lack of recreational facilities, low religious involvement, experimenting, negative role models, the “dop” system, unemployment and availability and affordability. The subthemes that emerged under psychological reasons are factors such as self-esteem, relieving stress, sexual stimulation, motivation to do unlawful activities and boosting performance in sporting activities.



CHAPTER 5

SUMMARY, LIMITATIONS, RECOMMENDATIONS AND CONCLUSIONS

5.1 INTRODUCTION

This chapter will provide a summary of the findings that surfaced from the research study, conclusions and recommendations. In general the goal for this research was to explore the reasons for substance abuse among the youth in Grabouw.

This research was done through a qualitative approach and a combination of semi-structured interviews and focus groups were conducted to get the thick data from the participants. The data was thematically analyzed using Creswell's (2009) eight generic step process of qualitative data analysis. This chapter will therefore give a summary of the findings, limitations and conclusions that emerged from the study.

The goal of the study was to explore the reasons for substance abuse among the youth in Grabouw, Western Cape Province and the researcher was able to achieve this goal as reflected by the two main themes that came out of the study namely contextual and psychological reasons for substance abuse among the youth.

5.2 SUMMARY AND CONCLUSIONS ARISING FROM THE RESEARCH FINDINGS

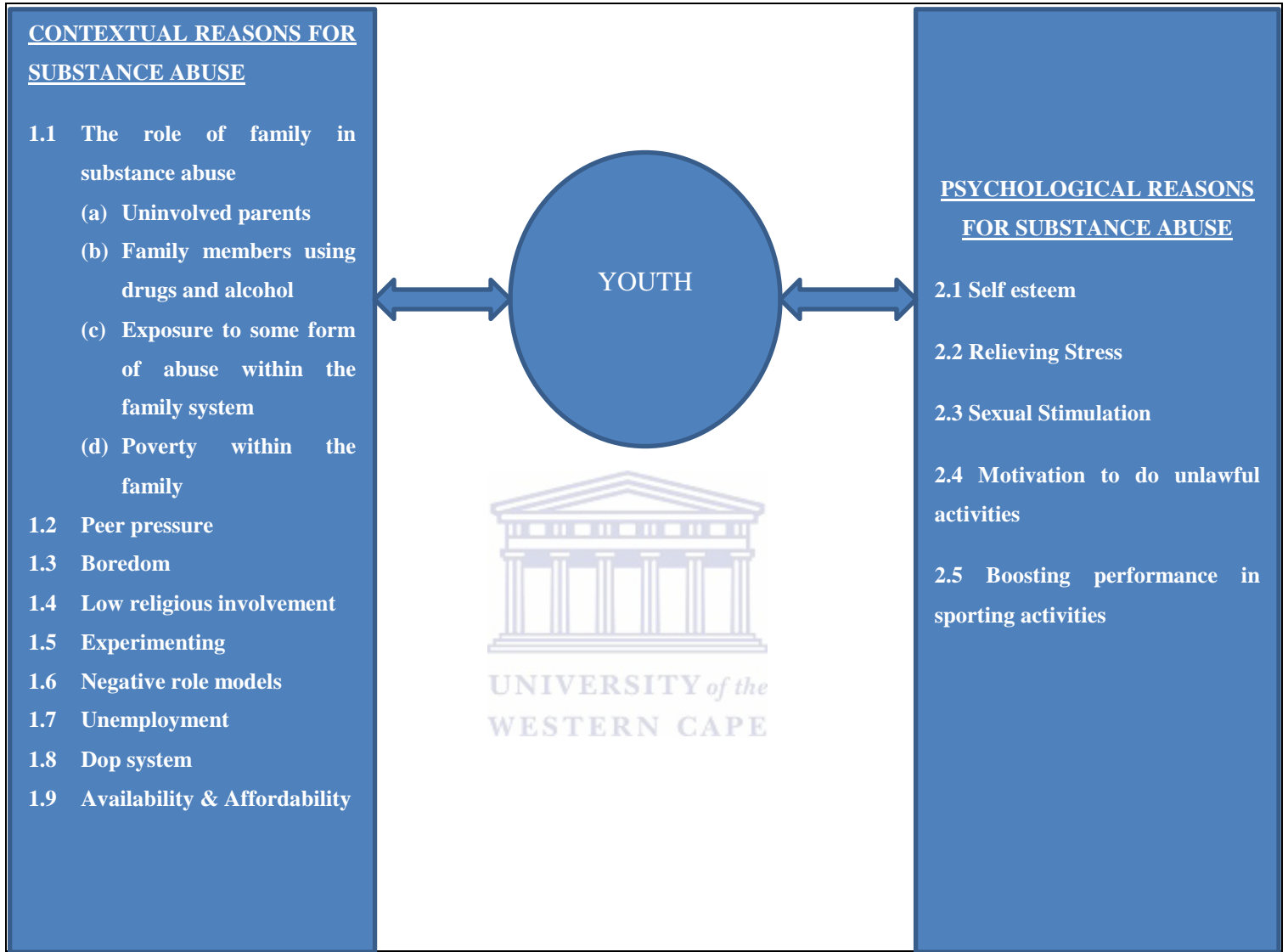
The main findings of the study will be summarized in relation to major themes that were explored as shown in the next paragraphs. Two major themes were identified after the researcher collected data from key informants who work directly with the youth in Grabouw, the youth and the parents whose children are involved in substance abuse. The two identified themes all related to the research question posed that was to explore the reasons for substance abuse among the youth in Grabouw, Western Cape Province, South Africa.

The identified themes are as follows:

Theme 1: Contextual reasons for substance abuse among the youth in Grabouw

Theme 2: Psychological reasons for substance abuse among the youth in Grabouw

Diagram 3: Summary of research findings



The above diagram illustrates the integrated findings of the research study for the reasons of substance abuse among the youth in Grabouw. The research findings were grounded in the ecological theory which states that there are no single characteristics of an individual which exist in isolation, but that the complete individual characteristics progress their importance and expression through transactions with their surroundings (Gitterman and Germain, 1981 in Green, 2010). The diagram also portrays that substance abuse is a complex thing and therefore it should

not be looked at from a single point of view as the reasons for substance abuse have been proven by this research study to be very eclectic. A full summary of the main findings will be discussed below.

Theme 1.Contextual reasons for substance abuse among the youth in Grabouw

The findings of the investigation showed that the environment in which the youth are living, that is mainly the family environment, was seen to be the major contributing factor to the reasons for substance abuse among the youth in Grabouw. Within the contextual reasons for substance abuse as a major theme, several subthemes were identified such as family factors, peer pressure, lack of recreational facilities, low religious involvement, experimentation and negative role models. Participants were in agreement that family play a major contributing factor in substance abuse - this is mostly because of the neglect of the children, all forms of abuse and parents being uninvolved in the children's lives. Basically, family members were perceived as negative role models by most participants as some youths reported that staying under the same roof with parents and older siblings who use drugs makes them identify with such behaviours. A parent and various stakeholders and the youth themselves agreed that peer pressure is also a cause of substance abuse among the youth in Grabouw and that they are initiated into substance use when they are at high school level. They articulated that boys and girls in the community agree to use drugs when their friends offer it to them so as to maintain friendships, to look cool, fear of rejection and a sense of belonging.

Lack of recreational facilities in Grabouw has been revealed as a reason why the youth would turn to substance abuse. It has been said that simply because there are no activities to be involved with in the area, the youth would enjoy themselves while drinking at small parties and even at home. A religious minister in this research pointed out that low religious involvement makes the youth of Grabouw more prone to substance abuse as they lack the guidance that the teaching of God gives with regards to keeping our bodies clean as the body is referred to as the temple of God. Participants also expressed that most of the youth started using drugs and alcohol as a way of experimenting and later got addicted. Participants also agreed that negative role models in the community are also part of the cause of the reasons for substance abuse amongst the youth. Drugs are furthermore reinforced by the media, which successfully creates an industry which

portrays drug use as a useful remedy for all bodily complaints and solutions for various complications.

Participants agreed that the “dop system” is still practised by some of the farmers around Grabouw and this had made most youth dependent on alcohol. Farm workers are being given wine instead of money and the farmers do not even consider the ages of the people to whom they give wine and this has put the youth at risk for alcohol abuse. In Grabouw, being a small farming area, most people depend on seasonal jobs on the farms and when it is off season, it means there are no activities for the youth. The participants, especially the key informants, expressed that unemployed youth use drugs and alcohol for recreational purposes as they do not have anything to do. Substance abuse can begin in one’s life simply because the drugs and alcohol are easily available. Despite the rules and regulations which prohibit alcohol from being sold to under age children, drugs and alcohol seem to be easily available and affordable for everyone. Participants agreed that alcohol is cheap and easily available to people of all ages, and drugs such as Ganga are grown in people’s backyards. The parents are also seen as also responsible for youth substance abuse as they use drugs/alcohol in front of their children and at times offer them drugs.

In the next section the researcher will give a summary of the psychological reasons for substance abuse among the youth in Grabouw.

Theme 2 Psychological reasons for substance abuse among the youth in Grabouw

Sub themes that emerged from the psychological reasons for substance abuse are self-esteem, relieving stress, sexual stimulation, and motivation to do unlawful activities and boosting performance in sporting activities.

Most participants were in agreement that low self-esteem is a major psychological reason for substance abuse. This can be also linked to an inadequate relationship with their families and parenting practices. In order to have high esteem, most youths have turned to drugs and alcohol and this is because they want to avoid rejection from the popular children at school and in the community and they want to perform without fear and be able to stand up for themselves. Participants also agreed that the youth come from stressful environments with abuse, poverty, uninvolved parents or they come from a child headed family and these factors had made the

youth turn to drugs and alcohol to relieve their stress. They also verbalized that another reason for using drugs and alcohol is for sexual stimulation and euphoria. Participants were also in agreement that the youth use drug and alcohol as a motivation for doing criminal activities such as robbery, rape and even murder. Lastly, in this segment of psychological reasons for substance abuse, participants were in agreement that the youth use drugs as a way of boosting their performance in sporting activities.

In the next paragraph the researcher will give a summary of the research objectives and how they were achieved.

5.3 RESEARCH GOALS AND OBJECTIVES

The goal of the study was to explore the reasons for substance abuse among the youth in Grabouw, Western Cape Province, in order to meet this goal the researcher had to follow the following set objectives:

- To explore the parents' perspectives on the reasons for substance abuse among their children and other youth in Grabouw
- To explore the reasons for substance abuse with the youth who abuse substances.
- To explore the reasons for substance abuse with the youth who do not use and those who do use substances.
- To conduct one-on-one interviews with the parents discussing the reasons for substance abuse amongst the youth in Grabouw

The researcher was competent enough to achieve the above mentioned goals through implementing accomplishing the following process:

- In-depth one-on-one semi structured interviews were conducted with the stakeholders, parents and some of the youth, with the aim to explore the reasons for substance abuse amongst the youth in Grabouw.

- Focus groups were conducted with the youth who do not use and the ones who use substances of abuse to acquire their perspective on the reasons for substance abuse among the youth in Grabouw.
- The data acquired from the focus groups and one-one-one interviews with participants was transcribed and the data was sorted and analyzed following the eight steps of qualitative data analysis constructed by Tesch (in Creswell, 2009).
- From the acquired data the researcher was able to describe the reasons for substance abuse amongst the youth in Grabouw.
- The researcher then interpreted and analyzed the researched findings, identified main and subthemes and conducted a literature control in order to confirm the data.
- Conclusions and recommendations were made. The recommendations were aimed at informing the helping professionals such as social workers and key people who work directly with the youth such as teachers, nurses, school principals, police officers and community leaders just to mention a few about the reasons for substance abuse amongst the youth. This was with the aim of involving such people in finding ways to stop and prevent substance abuse issues from escalating in the community of Grabouw.

The above objectives were aimed at discovering the reasons for substance abuse among the youth in Grabouw. The discovery was intended to be made in the narratives reported by research participants who abuse drugs and the ones who do not, key informants who have been directly involved with the youth who abuse drugs and the parents of the youth who abuse drugs. The research question of this proposal was a clear review into the phenomenon that was examined and analyzed and by drawing conclusions, yielded useful new information.

5.4 RECOMMENDATIONS TO THE HELPING PROFESSION AND TO POLICY DEVELOPERS

The following recommendations can be made from the findings.

- It is worth noting that awareness and prevention programme should be focused more on the parents. This gives parents responsibility as parents and enhances their parenting skills. In a way this opens communication lines between a parent and a child and ultimately enhances relationships. Parents are therefore encouraged to take part in all steps of programme on awareness and prevention, so that they can be aware of the symptoms of substance use among their children and why they use substances in the first place.
- There should also be a study on the intergenerational drinking patterns or self-esteem of the parents with a purpose of building their own self esteem.
- In order to prevent the use of chemical substances among the youth, prevention programme should be implemented from an early age, that is from primary school level and these programme would change those who are already involved in drugs to use less and maybe stop in future.
- Drugs and alcohol are being sold and used on school premises. The Department of Education, in conjunction with the schools, should put in place searching teams at school gate and do random checks at schools to prevent drug and alcohol use hence building a safe and drug restricted school.
- Prevention programme, counselling and focus groups for the substance user and those who do not use must be held regularly so that the target population would not lose focus. This came after the researcher realized that in the Grabouw area only the ‘Riet Family Guidance Centre’ is one of the major organizations dealing with substance abuse in the area and they have one group counselling session per month. This seems not to be effective as the clients go back into the community and relapse.
- A national mentoring programme should be implemented whereby young adults are recruited and trained to be positive role models for the youth in their communities. This will focus on some of the challenges that the youth are facing, such as substance abuse. The mentors could

be some people that the youth look up to like university graduates, famous sports players, celebrities and even political idols.

- Alcohol has been seen as the drug of choice for the youth in Grabouw and in the Western Cape in general. The government should put in place ambassadors who will constantly remind the shop owners about the age limit for selling alcohol in South Africa.
- Investigations must be done in the farming areas of Grabouw, as the “dop” system seems to be practised by some farmers. Action should be put in place as these farmers are contributing to the rise of alcohol abuse in Grabouw.
- An eclectic approach to community intervention programme should be implemented, educating the families and the wider community about the misconceptions that people might have about the benefits of drugs and alcohol such as being stress relievers and not knowing that they will be doing harm to their bodies. The community will be educated about better ways to deal with their problems.
- Low self-esteem was identified and agreed upon by most participants in the research as a major cause for substance abuse among the youth. School based programmes should put more attention on educating the students about the importance of self-esteem, positive self-concept and identity. This will help the youth to resist peer pressure and to know who they are.
- The Municipality of Theewaterskloof, the Department of Education should ensure that recreational facilities are developed and equipped with activities that will draw the children and the youth from the streets. It is also good for social cohesion in the community.
- The Department of Social Development in collaboration with the Department of Education should make career development programme more accessible to all social workers and equip them with substance abuse intervention skills at it was clear from some social workers that they lack experience in this subject. A permanent social worker or a psychologist should always be available at schools as the principal of Grabouw High School reported that in the whole district there is only one social worker and he/she might visit the school once a year or never. The students will only learn about social issues such as substance abuse and HIV/AIDS in the life orientation class, so if there is a social worker available at each school, prevention programme and counselling sessions will be available throughout the year and the

consistence of the programme will make it more effective in lessening the risk of students being involved in substance abuse.

5.5 RECOMMENDATIONS FOR FURTHER RESEARCH TO BE CONDUCTED BY UNIVERSITY OF THE WESTERN CAPE AND THE OTHER RESEARCH BODIES

- Parents who are not highly involved in their children's lives have been identified as one of the major reasons for youth substance abuse in Grabouw. With this in mind researcher recommends that more research should be conducted to find out the reasons for parents to be uninvolved in their children's lives and to find solutions on how the situation can be improved.
- Low self-esteem has also been identified as a common theme on the reasons for substance abuse among the youth in Grabouw, more research should be done on this subject and solutions should be found to alleviate the problem among the youth hence reducing the chances of their involvement in substance use.
- Research should be done to find out how best the interdisciplinary professionals can work together to alleviate or reduce the substance abuse problem in Grabouw. This is because the researcher believes that the intervention should be done using a multifaceted approach that does not only deal with the client in isolation but also looks at their environment and how it might have contributed to the problem at hand. This approach will produce more effective results than looking at one point of view.

5.6 CONCLUSIONS BASED ON THE RESEARCH PROCESS

This section will summarize the qualitative research methodology followed by the researcher and also present conclusions with regards to the qualitative approach process that was undertaken in an effort to answer the research question. A quantitative research can follow this one to determine the main reason for the use of drugs and to determine the parenting practices in Grabouw.

5.6.1 Research approach

The researcher concludes that using an ecological perspective as a theoretical framework of this study, facilitated an ideal environment for this research to unfold the reasons for substance abuse among the youth in Grabouw. This approach allowed the researcher to explore a varied view as to what the reasons of substances abuse are among the youth within the context of Grabouw.

5.6.2 Methodology

The following segment will look at the research method providing conclusions and recommendations regarding the population, sampling, data collection, data analysis and verification of data.

Data collection was done using one-on-one in-depth semi structured interviews and focus group discussions. The interviews focused on exploring the reasons for substance abuse among the youth in Grabouw. Interviews were transcribed, sorted and analyzed according to Creswell's (2009) eight steps of qualitative data analysis. The data was then interpreted, evaluated and then subjected to a literature control in order to authenticate them. The methodology used in this regard proved to be appropriate for the researcher to answer the research question and achieved the desired outcomes with regard to the main aim of this research study.

In this study the researcher was competent in evaluating the trustworthiness of qualitative research using Guba's model for assessing the worth of the study. The researcher focused on the four basic concepts described by the model as "(1) truth value, (2) applicability, (3) consistency and (4) neutrality" (Krefting, 1991). In achieving *truth value* the researcher ensured that only the original data given by participants was used. The researcher assembled field notes immediately after the interviews, as during the interviews only brief notes were taken. This was most effective in trying to capture information that was gathered during the focus group session. The researcher referred to the original literature review during data collection, to ensure that relevant information was collected. During the analysis of the collected data, literature was integrated into themes and sub themes to authenticate the findings. Data from other sources, for example, other research studies conducted previously, was used to corroborate and elaborate upon the research study and its applicability was confirmed by the supervisor and peers who are experts in the

substance abuse field. The researcher also went back to the community at the end of the study to validate the findings by doing member checking. The researcher summarized and reflected on the meaning of the data to check whether the researcher understood the participants' responses. In order to determine whether the findings of this study can be confirmed by other studies, a research report was compiled. All interviews were recorded; transcripts and analyzed data were recorded in the form of a report for future reference.

Applicability was obtained when the research findings fitted into contexts other than that of the study situation but which have some degree of similarity. *Consistency was* achieved by reproducing the same study using the same participants in a comparable context and still produced the same findings (Guba as cited in Krefting, 1991).

Neutrality was achieved by making sure that the data obtained from the participants remained free of bias and perspective. The researcher was able to substantiate the data by ensuring that truth value and applicability were achieved (Guba as cited in Krefting, 1991).

5.7 LIMITATIONS OF THE QUALITATIVE RESEARCH PROCESS APPLIED IN THIS STUDY

The researcher concludes that the chosen theoretical approach allowed the researcher to reach the objectives and the goals of the research in order to answer the set question. Using qualitative methodology proved to be effective in the study, however there are limitations that were identified by the researcher which include:

- Little research has been done on the explorative study on the reasons for substance abuse among the youth living in the rural areas of South Africa - research done is more quantitative and less explorative in nature
- Finding participants for the research was very difficult, especially parents, as there was only one organization which works with parents whose children abuse drugs. With other participants such as key informants, the researcher initially planned to use purposive sampling but however she combined it with snowball sampling because it was difficult to recruit participants. The idea of combining two sampling methods was very successful and it helped to locate enough participants for the research.

- Due to language barriers the researcher experienced difficulties in making contact with the parents whose children are abusing drugs and who were willing to interview in English as they preferred using Afrikaans which is their first language. An interpreter was however recruited to translate the Afrikaans and Xhosa interviews into English.
- With regards to interviewing key informants the researcher was quite disappointed with some of the responses that the social workers gave. They were not aware of the issues of substance abuse in their community, but they are the people who are directly involved with the community every day. The researcher recommends that organizations should provide career development programme for their social workers so that they can improve on certain aspects in their careers.

5.8 SELF-REFLEXIVE ISSUES OF THE RESEARCHER

In doing this research the researcher did not allow her personal opinions to affect the research process therefore the interviews were carried out in a professional ethical manner as the researcher proved to be non-judgmental and respectful of the respondents self-worth and dignity. All the interviews were done at a convenient place for the respondents. The researcher avoided sensitive questions so as to avoid coercing the participants into giving information that they were not comfortable with. A process of self-reflection is therefore of greatest importance. According to Hammell, Carpenter and Dyck (2000:113) reflexivity involves “articulation of the deep-seated views and judgments that affects the research topic but also a full assessment of the influence of the researcher’s background, perceptions and interest in the research process”. Polgar and Thomas cited in Coneeley (2002:187) point out that reflexivity is a means through which rigour in research can be increased. This process of capturing and analyzing subjective elements could result in deeper understanding.

In the initial stage of the interviews the researcher was hesitant and was not really sure if the experience that I had was enough to carry out such an extensive research. Also the fact that I am a Zimbabwean and working in an Afrikaans and Xhosa dominated area was quite a challenge for me. However as time went on the researcher felt relieved when the participants seemed at ease during interviews and were able to open up more. Also there were people to assist me with the translations which made the data collection phase manageable. I was competent enough to

accomplish all the goals and objectives set for this study on time and the study yielded good results. After gaining entry into the schools to collect data I was faced with a challenge that the schools authorities could not allow me to conduct one-on-one interviews but to create focus group discussions to suit the contextual realities of the school environment

5.9 REFLECTION WITH THE COMMUNITY

During November 2013 the researcher presented the findings to the members of the community which verify and clarify the data. When reflecting on the results the community revealed some of the problems in the community which have an impact on the progress to alleviate substance abuse problem. The problems that were mentioned are uninvolved parenting, incompetent leadership by the municipality, fragmentation within the community, competition between churches and Non-Governmental Organizations (NGO) and lack of collaboration between leaders and structures were highlighted. Some of the community members also emphasized that serious consideration and support should be given to the family life and youth of Grabouw. They also clarified some of the concepts which came from the research for example what “pap sak” and “button” mean and confirm that they are in agreement with the data.

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