

AN EVALUATION OF THE EFFECTS OF CHEWING KHAT ‘MUGUKA’ AMONG THE YOUTH IN KENYA: A CASE STUDY OF KAPOMBOI WARD, TRANS-NZOIA COUNTY

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<p>Chief Editor Web: www.ijsdc.org Email: info@ijsdc.org</p> <p>Editing Oversight Impericals Consultants International Limited</p>	<p><i>Abstract: The objectives of the study was to find out the nature of using muguka among the youth, to examine the psychological influence of muguka use on youth in the study area, to determine the social behavior of youth under muguka use and to explore the physical behavior of youth using muguka on their peers. Among the problems seen were youth dropping out of school, family wrangles, economic instability, health issues and violence rate. The study used both qualitative and quantitative methods. It employed interviews, questionnaires, observation, focused group discussion and key informants. Data was coded and analysed using statistical and analytical techniques The target population was 261 youth. The study recommends legal actions on the peddlers. Stakeholders should be trained on how to handle behavior change. A further recommendation was for this study to be used in government and Non Governmental institution as an evidence of what the youth go through after chewing ‘muguka’.</i></p> <p><i>Key terms: Khat, Muguka, Psychological Influence, Social Impact, Physical Impact</i></p>
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1.1 Background of the Study

Muguka is a khat species whose leaves are widely chewed as psycho stimulant in Eastern Africa and some parts of Arabic countries. “Muguka” (Catha Edulis leaves) is an ever green plant that grows mainly in Ethiopia, Kenya, Yemen and high altitudes in south Africa and Madagascar is an addictive stimulant and highly prevalent drug among individuals (Atalay & Teshome,1999). Currently, several million people are estimated to be frequent muguka users for its euphoric effects and other subjectively explained desirable effects.

Having found its way into the market in the late 1990s, muguka hit the streets of Nairobi within a short period of time and has since grown in popularity and usage. It has long been believed that chewing of khat species “muguka”, is a learning social behavior. Traditionally, muguka chewing was perceived to be only for the elderly men in the community; however the young population emulated the behavior and it has taken a great toll on them. Social learning theory posits that people learn from one another via observation, imitation and also modelling. He adds that behavior is learned from the environment through the process of observational learning (Albert Bandura, 1977).

Rationality is widely used as an assumption of the behavior of individuals, it assumes that human action is always predetermined and never random, thus before an action, one rationalizes. The premise of rational choice theory as a social science methodology is that the aggregate behavior in society reflects the sum of the choices made by individuals. Each individual, in turn, makes their choice based on their own preferences and the constraints (or choice set) they face (George C Hormans, 1974).

According to (Elsner & Ribeaud, 2003), there is an annual prevalence rates of violence among youth for bodily injury. International studies on the prevalence of aggressive dissocial behavior due to muguka use, assume that on average 7% of children and adolescent in industrialized western countries exhibit behavioral problems in this area (Ihle & Esser, 2002). Physically aggressive behavioral patterns seem to occur most frequently. Drug abuse is a global problem that poses a great danger to the lives of individuals, society and political stability and security in many countries (United Nations, 1998). In the UK, psychotic patients have been observed to aggravate thought of disturbance (hallucinations and delusions, induce aggressive behavior and create difficulties in treating those patients (Hassan NAGM; Gunaid AA, Murray-Lyon, 2007).

In the last several years, muguka has been increasingly transported from east Africa to other regions, and the migrant communities from sub Saharan Africa. Khat-species “Muguka” starts to decompose quickly 72 hours after harvesting so that a high frequency and short term span between harvest and delivery are key for transport. Large amounts of muguka are smuggled from Kenya to the United Kingdom and Netherlands where until recently it has not been under national control in either country. However recent trends indicate its consumption of large quantities has become a pastime activity and far reached across large members of the population resulting in serious consequences on their health and socio-economic conditions (Ashbury, 2005; Dawit et al., 2005).

By now there are more than 10 million people in the world who use muguka on a daily basis for its psycho stimulant effect (Kiunga J.K, et al, 2016). Like many other countries, Muguka chewing has for social and psychological reasons been practiced in Ethiopia for centuries and its use has been gradually expanded. The psycho-stimulant effect it impacts on the users makes them desire for its use even more, thus increase the number of users on a daily basis. In several countries, the habit of chewing is spreading at an alarming rate among students. The school-going youth under influence of muguka claim it improves performance in examination which is not the case (Carrier, 2005). Low enrolment in school in Garris County has been attributed to muguka business (Kin’gori, 2013).Muguka dependent individuals are the main group among those treated for drug problem due to family harm (UNODC world drug report, 2010).

There was little empirical study on the effects of muguka (species of khat) on the youth in the study area. The youth behaved differently while on the influence of these substances, whose extent and impact had not been scientifically analyzed and documented. Muguka chewing seemed to be the current drug that most youth associating with. It seemed quite addictive which made the youth spend on it regardless of the source of cash. Thus, it becomes a problem worth researching on in the study area, which was Kapomboi ward.

1.2 Statement of the Problem

This study aimed at finding out behaviour associated with chewing khat and to fill the gaps between this behavior which included socially, physically, psychologically and even economically and health effects which was common in the study area. There was also use of multiple drugs and substances that had not been identified in the study area. Little empirical study on chewing khat-species “muguka” on the youth had been done. The youth behave differently while on the influence of these substances whose extent and impact has not been scientifically analyzed and documented. Much of the focus on this study was to enable youth get out of the scourge of muguka use at both micro and macro level to those affected directly and indirectly. It was aimed at creating awareness to all stakeholders in order to create employment to the youth at large. If the issue associated with muguka is not addresses with the seriousness it deserved then the society, country and world at large would be losing out on greater opportunities from these youth.

1.3 Objectives of the study

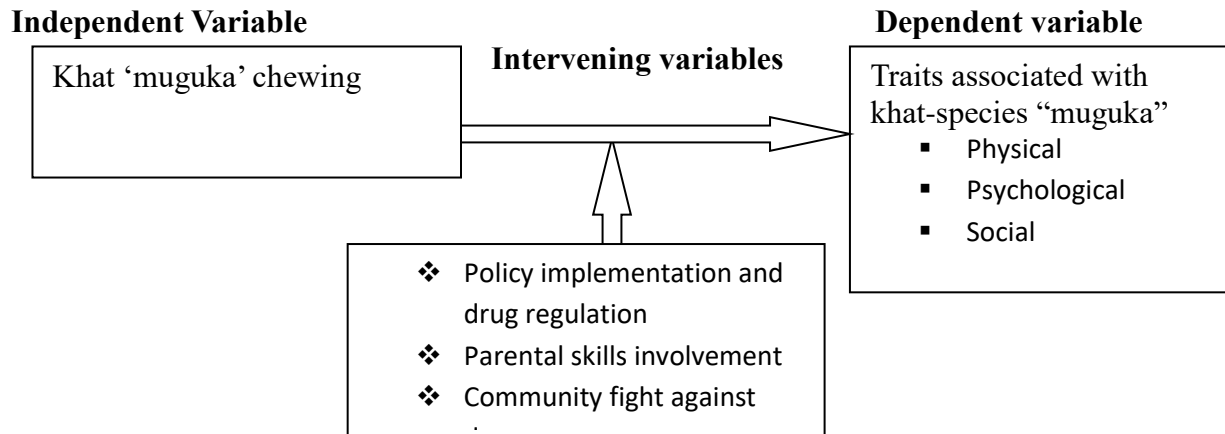
The research was carried out based on the following objectives

- a) To find out the nature of the use of muguka in Kapomboi ward.
- b) To examine the psychological influence of muguka use on youth in the study area.
- c) To determine the social behavior of youth under muguka use.
- d) To explore the physical behavior of youth using muguka on their peers in Kapomboi ward.

1.4 Justification of the study

The study could be justified by the fact that there was little empirical study on the behaviour associated with chewing khat species ‘muguka’ by the youth in the study area. Drug and substance abuse among the youth is on the increase and this to a large extent interferes with daily health living of youth. Not much research had been done chewing khat species ‘muguka’ on behaviour of youth and therefore little was known about its impact and magnitude on behaviour. This research would therefore be important in generating data on these impacts of drug and substance abuse on the youth.

1.5 Conceptual Framework



1.6 Review of Empirical Studies

Behavior associated with chewing khat 'muguka'

Farmers, watchmen, labourers and students chew khat-species "muguka" in order to prolong periods of physical labor and to suppress appetite. There were reports of similar concerns in one of the areas studied in the (Sykes et al, 2010) report, and in the Netherlands, where there have been complains about Somali chewers 'hanging around, spitting of muguka remains on the street, yelling and fighting (Penning et al., 2008). International studies on the prevalence of dissocial behavior assume that on average 7% of adolescents in industrialized western countries exhibit behavioral problems in this area (Ihle & Esser, 2002). Physically aggressive behavioral pattern seems to occur most frequently. Under influence of khat-species "muguka" use, dissocial behaviors are exhibited significantly and frequently by boys than girls. This can be ascribed to neurophysiologic factors such as a higher level of testosterone in the male sex (Campbell, 2006). According to (Bliesener, 2003) youth declared to using force including bullying especially in school at least every week, while under the influence of muguka. It is believed that khat-species "muguka" offers a sense of euphoria, cheerfulness, relief from fatigue, increased energy level, ability to communicate easily, capacity to associate ideas and to improve self-confidence (GG Mutuma,2015). Chewing of muguka leads to anxiety, mood disturbance, depression and insomnia (Hassan N Gunaid, 2005) (Yemen Times, 2000). However, those psychological problems of muguka chewing are strongly associated with the severity of dependency on khat-species "muguka". The heavier and more frequent the use, the greater the risk is seen to be (Sykes et al, 2010).

It is estimated that in Kenya and Somalia one third of all wages were spent on khat (RM Lamina, 2009). Many men are said to use a portion of the family budget on khat at the expense of vital needs. Family life is harmed as a result of neglect. Factors associated with khat-species use at an early age often re-occur; children at risk of early drug taking are frequently in a complex problematic condition, experiencing family, school and other social and psychological problems (Prinz et al., 2000). This is evident as the youth using muguka come from families with the same problem, or rather started at an early age thus, have been repeatedly on rehabilitation.

Nature of using khat ‘muguka’ by youth

Khat ‘muguka’ chewing among other substances are the most common social practices which have profound influences. In most instances, people who chew khat also indulge in smoking cigarette and drinking alcohol. The research findings have shown that many individuals chew khat ‘muguka’ and drink alcohol concurrently (Beckerleg S, 2009). Khat ‘muguka’ chewing and other substances are used concurrently; this is to enhance the flavour of khat ‘muguka’. Few of muguka chewers are non-smokers. Accompanied by these tools shisha, cigarette, marijuana, chewing gum, groundnuts, the users say it is used with gum or fried peanuts to make it easier when chewing and helpful in the digestion system.

Psychological impact of muguka use on youth in the study area

Khat chewing may induce a moderate but often persistent psychological dependence (Kalix, 1994). Young people who persistently abuse substances like khat-species “muguka” often experience an array of problems, including poor academic performance. (Hawkins, Calatano & Miller, 1992) found out that low level of commitment to education and higher truancy rates appear to be related to substance abuse among youth.

Among the lifelong problems documented are impaired learning capacity and other mental disorders such as depression, anxiety and low self-esteem (Giglio & Kaufman, 1990; Johnson & Leff, 1999, Scher, 1997). School going youth in the study area are either failing to turn up in school or rather post poor performances due to these reasons. This is a worrying aspect since youth are perceived as leaders of tomorrow and every parent’s desire is to ensure their children attain their best in life, this is achieved through education.

Social behavior of youth under muguka use on their families and society

The use of khat-species “muguka” may be interpreted as an aspect or manifestation of a much more general social problem. If youth turn to muguka use as a way to make their life brings meaning due to certain issues affecting them, it therefore becomes less of a drug issue than the way life has accorded to them. Widespread use of muguka may occur because many people are subjected to harmful social conditions. It is a way of responding to troubled living conditions that the users are subjected to. With this, there exist unhappy marriages, broken homes and divorce.

Family structures have become more complex. Young parents, who are youth, may attempt to compensate for deficiencies that his/her abusing spouse has developed as consequence of using khat-species “muguka” (Brown & Lewis, 1999). Frequently, children may act as surrogate spouses for the parents who use khat-species (muguka). The effect of using khat-species “muguka”, frequently extend beyond the nuclear family (Y Kebede, 2002). Extended family members may experience feeling of abandonment, anxiety, fear, anger, concern, embarrassment or guilt. Many people who use khat-species “muguka” belong to step families ((Anderson, 1992). Children often live in two households in which different boundaries and ambiguous roles can be confusing. Khat-species “muguka” can intensify problems and become an impediment to a step-family’s integration and stability. Muguka addiction may bring such social issues like parental authority disputes, sexual or physical abuse and self-esteem problems for youth (Y Kebede, 2002). Increased use of khat-species “muguka” occurs more frequently when a youth becomes less attached to the family. The likelihood being this user will form attachments to fellow peers to start using.

Trust is a key child development issue and can be a constant struggle for those from family systems with a member who is into the use of khat-species “muguka” (Brooks & Rice, 1997). Like in the case of Kapomboi ward, children whose parents use khat-species “muguka”, live with the knowledge that their parents’ actions are illegal and that they may have been forced to engage in illegal activity on their parents’ behalf. Families can be a significant influence on the patterns and problems associated with khat-species “muguka” use. Neighbors, friends and co-workers also experience the impact of khat-species “muguka” since the user is always unreliable. Friends may be asked to contribute finances that the user may use in buying muguka. Co-workers may be forced to compensate for decreased productivity or carry a disproportionate share of the workload. As a consequence, they may resent the person using khat-species “muguka”.

Several characteristics pattern of interaction is likely to be present in a family that includes parents or children using muguka: Negativism being any communication that occurs among family members is negative, taking the form of complaints, criticism and other expressions of displeasure. The overall mood of the household is decidedly downbeat, and positive behavior is ignored. In such families the only way to get attention or enliven the situation is to create a crisis. This negativity may serve to reinforce the khat-species “muguka” use (Reilly, 1992).

Social life is a co factor that brings people together in the society. More so it is that which strengthens relationship among various stakeholders in the society, from micro, mezzo to macro level. In Kapomboi ward, there was destabilization of social equilibrium due to youth engaging in using khat-species ‘muguka’ which later led to the user disturbing the peace of the community/society through various ways; including criminal activities and destruction of public property in addition to breaking laws and orders.

Physical behavior of youth using muguka on their peers

Khat-species “muguka” use is limited to a wide range of physiological effects. The chewing of these leaves during pregnancy levels is associated with low birth weight and compromised physical and intellectual developmental conditions for infants and small children including learning disabilities (Backer & Heller, 1996). Physical effects of using khat-species “muguka” may vary but are typically seen in all systems of the body. Some of the primary physical effects of muguka use take place in the brain; others include contraction of HIV, hepatitis and other illness.

Physical behavior includes causing physical harm, injury or trauma to the other person. From simple assault to homicide, including armed robbery, physical violence can take many forms when the aggressor intentionally resorts to violence to intimidate or restrain a victim. Suicide also falls in this category. Physical violence leaves visible traces.

Sexual violence for instance is any act (verbal and/or physical) which breaks a person’s trust and/or safety and is sexual in nature (N Deyessa, 2009). It includes rape, incest, child sexual assault, marital rape and sexual harassment. There are many connections between sexual assault and muguka use (D Kebede, 2005). In many sexual assaults the perpetrators and/or victim may be using khat-species “muguka” prior to the assault. The use of muguka makes it much more difficult for the victim to stay away from dangerous situations and to problem-solve a way out of an insult (Wisconsin Coalition against Sexual Assault, 2000). In Kapomboi ward, youth showed different types of physical behavior after using khat-species “muguka”, including bullying

others, assaulting, physical torturing, battering among other forms. It was particularly for this reason that injuries inflicted on victims were so visible.

Attempts put forth to resolve muguka use

The greatest controversy in Kenya and the world at large is how to deal with khat-species (muguka” as a drug despite the economic importance attached to it. The human body is meant to be a beautiful temple of God, but human beings have interfered with its beauty. The formulation of an international drug abuse control strategy in 1981 was to have basic five-year programme (1982-86) which was to deal with every aspect of drug control, abuse, trafficking treatment, rehabilitation and make proposals for action in these areas to member states (WHO/PSA/95).

Early intervention and prevention activities should characterize schools drug abuse program (Mutua, 2011). School administration should determine the extent of the drug problem within their jurisdiction before initiating a new intervention program. According to (Einstein, 2005), long term education program on substance abuse should be designed since short term programs do not yield long term results. All stakeholders should be involved in the program structuring. Some of the attempts include collaboration with parents, schools board, treatment agencies and concerned groups in the community so as to try and bring about an effective attempt to resolve muguka use.

The attempts to tackle the use of muguka use in Kapomboi ward is expected to incorporate all stakeholders in the community. Since change starts with an individual, youth using khat-species “muguka” are to be on the forefront in this consideration. By them changing their attitude and being able to understand the impacts of chewing muguka, it will make it easier for reaching to other stakeholders in trying to tackle the same. More so, attention is expected to concentrate on the sellers who are the initiators of its use in the study area.

1.7 Research Design

The study adopted a descriptive research design combining both qualitative and quantitative research study which portrayed an accurate portrayal of muguka use among the youth. Interviews and questionnaire were administered to a sample of individuals and it is the most frequently used method for collecting data about people’s habits in a variety of issues. The study employed the survey design since the researcher intended to get the precise information and make conclusive results regarding behavior of youth and chewing of khat-species “muguka”.

Quantitative approach involves the generation of data in a quantitative form which can be subjected to rigorous quantitative analysis in a formal and rigid fashion. While qualitative approach is concerned with subjective assessment of attitudes, opinions and behavior. Research in such a situation is a function of researcher’s insights and impressions. Generally, technique of focus group interviews, projective techniques and depth interviews were used.

Methods of data collection

The study employed both qualitative and quantitative method of data collection. Quantitative data was collected through structured interviews, according to (Orodho, 2009); the interview survey method involved the use of oral-verbal presentation and oral-verbal responses. Pre-determined questions and standardized techniques of recording were used in structured interviews. The

researcher also conducted key informant interviews which were qualitative in-depth interviews with people with knowledge on muguka use in the community and therefore, vital information was gathered. This included the area chief, the church leader and muguka users (youth leader). Observation was also used since it is a systematic data collection approach. It was used as it entails making use of all senses to examine people in natural settings in a pro-longed engagement. The researcher also used focused group discussion with volunteers who chew muguka. This was designed to obtain perception on a defined area of interest in a permissive and non threatening environment. (Gall JP, 1996) asserts that group members influence each other by responding to ideas and comments in a discussion.

Data Analysis Procedures

The researcher obtained permission from the office of the dean, faculty of arts and social sciences for research authorization to go and collect data. She later applied for a permit from the national commission for science, technology and innovation (NACOSTI). This was followed by a letter from the ministry of education, state department of basic education and a letter from the ministry of interior and coordination of national government, in order to obtain authorization to carry out her research at Trans-Nzoia County, Kapomboi Ward. Once data was obtained from the field, it was coded and analyzed by computer using a statistical software SPSS (statistical package for social sciences). It was arranged and grouped according to relevant research questions then the data summarized.

1.8 Results and discussion

Sample size distribution

Table 1 interviewed sample

Interviewees	Frequency
Assistant Chief	1
Faith Based Leader	1
Nyumba Kumi Representatives	2
Youth Leader	2
Teacher	1
Clinical officer	1
Parents	2
Youth	31
TOTAL	41

Source: Researcher, 2018

Data was collected through random sampling method with a focused group discussion of 31 youth, 6 key informants who were 1 assistant chief, 1 faith based leader, 2 parents, 2 Nyumba Kumi representatives. There was also 1 teacher and 1 clinical officer.

Table 2 Response rate

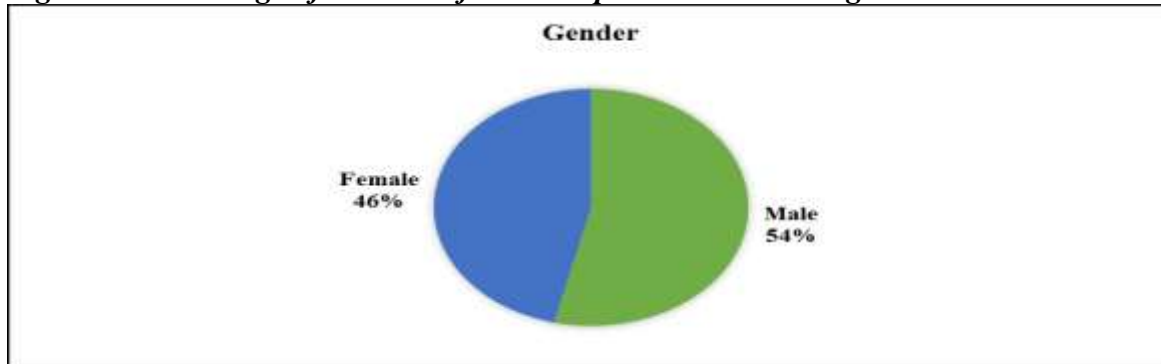
Response	Frequency	Percentage
Responded	200	77
Not Responded	61	23
TOTAL	261	100

Source: Researcher, 2018

Table 2 shows from a sample size of 261 respondents, 77% of the respondents responded to the questionnaires while 23% did not respond. Therefore, a majority of the respondents had an idea of what was being asked or had an experience in the subject of discussion unlike the 23% who did not and had varied reasons for the same.

General information

Figure 2: Percentage of male and female respondents based on gender



Source: Researcher, 2018

Figure 2 shows that 54% of the respondents were male and 46% were female, this implies that the study was gender sensitive.

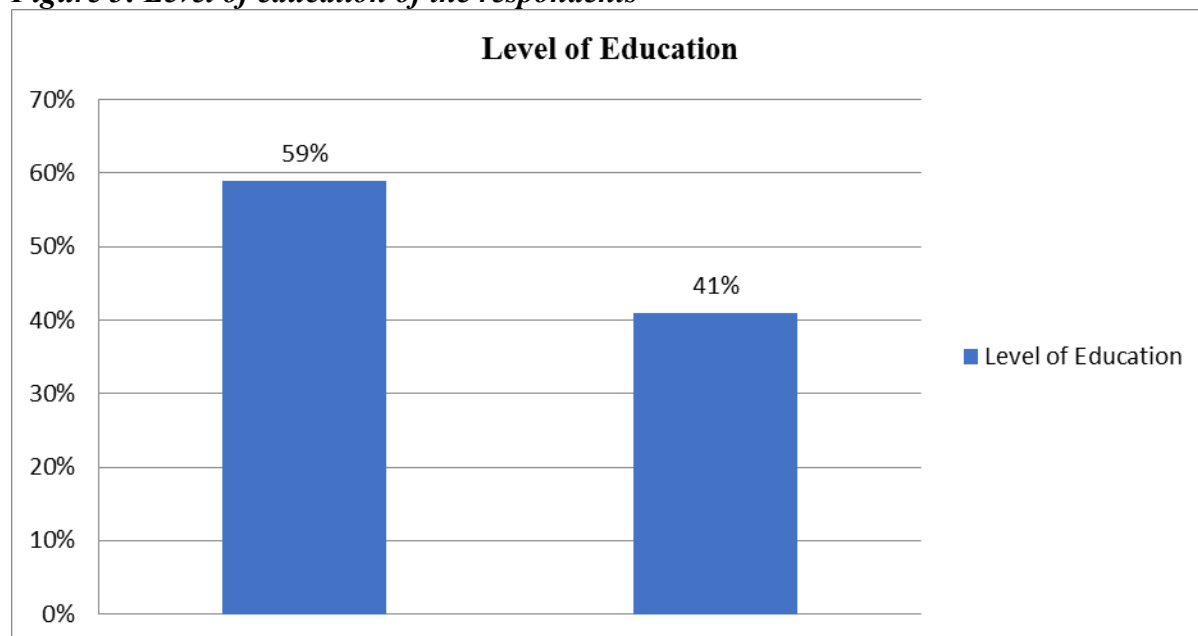
Table 3 Age Group

Age Group	Frequency	Percent
18-23	30	20.9
24-29	130	41.6
30-35	40	37.5
TOTAL	200	100

Source: Researcher, 2018

From the table, 41.6% of the respondents were in the age bracket (24-29).37.5% of the respondents were in the age bracket of (30-35) and 20.9% of the respondents were of age bracket (18-23).this findings show that, the majority of the respondents (41.6%) had enough knowledge and exposure on muguka chewing compared to the other age bracket.

Figure 3: Level of education of the respondents



Source: Researcher, 2018

Figure 3 shows that the majority of the respondents (59%) were at tertiary level of study and (41%) were at secondary level of study. This finding therefore affirms that, all the respondents involved had attained some level of basic education.

Table 4: Marital status of the respondents

Marital Status	Frequency	Percentage
Single	140	33.3
Married	30	25
Divorced	10	20.8
Separated	20	20.9
Total	200	100

Source: Researcher, 2018

Table 4 shows that, a majority of the respondents were single at (33.3%) of the total, the married respondents formed (25%) of the respondents. The divorced and separated respondents were (20.8% and 20.9%) respectively. From the findings therefore, the single respondents were highly involved in chewing muguka compared to others as they had a lot of free time to engage in the activity.

1.9 Conclusion of the study

Based on the findings from the study, the following conclusions were made;

Since the study found out that 90% of those chewing muguka would accompany it with other substances including cigarette, water, alcohol, soda, chewing gum, groundnuts, which according to them was to add flavour, soften khat ‘,we conclude that muguka is most preferred to be chewed with other substances. Chewing khat ‘muguka’ was a learned social behavior, thus we

conclude that it is an individual choice whether to start chewing or not the consequences notwithstanding.

About 50 % of those engaged in using khat ‘muguka’ had started showing a drop in their academic performances as they engaged in manual work to get money to buy the drug. Those who used khat ‘muguka’ would lose their self esteem after being categorized as being in bad company associated with criminal activities in the area. The study established that the users would always be depressed anytime they failed to access money to buy muguka. The study found out that khat ‘muguka’ is not considered as harmful, rather it is well thought out as a drug which is said to induce mild euphoric and excitement, often accompanied by making a person to be better in fluency and sometimes progressing to high excited state, however, this is not the case as prolonged use of ‘muguka’ leads to adverse effects socially, economically, psychologically and even physically. The study established that extended family members may experience feeling of abandonment, anxiety, fear, anger, concern, embarrassment or guilt. Intergenerational effects of khat-species “muguka” can have a negative impact on role modelling, trust and concepts of normative behavior, which can damage the relationships between generations; we conclude that most of these extended families do not want to be associated with those family members who chew muguka if any case they are not supporting them financially.

Chewing khat ‘muguka’ would also affect discipline. Users tend to spit the residue all over the place, on public places for instance in front of peoples shops. The study found out that chewing khat ‘muguka’ could interfere with moods towards the community members, family and other peers. Being moody at some point and directing this to others brings out a negative aspect of chewing khat “muguka”, one would get emotional for no apparent reason thus bringing out all the negative emotional sensations. We therefore deduce that being addicted to chewing muguka could lead to ones attitude changing in a negative way towards others. The study found out that sometimes, spouses may separate .Those married users assume the impact of using khat ‘muguka’ yet it a contributing factor to family breakups and even marriage .This happens when the chewer, who is viewed as the bread winner, fails to take responsibility of the family and that includes providing for the family’s basic needs. The other aspect was, since the chewing session mostly takes place at night, a lot of partners will not get their conjugal rights, which to them is as a basic need. With this, the other partner will walk out of the marriage or they will try to find another option outside their relationship /marriage.

The study found out that many times during chewing khat ‘muguka sessions, fights would erupt leading to destruction of properties. This fight would erupt after a long period of chewing that tends to interfere with once psychological status. Lack of money would also lead to violent activities being a ticket to getting access to khat ‘muguka’. Fighting as a leading physical behavior could be very severe or severe. All this may lead to self-harm or harm to others. We therefore conclude that physical behavior is one aspect that is shown with muguka users.

There is no training on the care givers, parents, teachers and local administration on how to handle behavior change. It was evident that change in behavior may affect other activities in someone’s life, including in leadership and even in parenting. The church has not taken any initiative to talk about chewing khat ‘muguka’ in the society, thus the users feel it’s a positive thing to do.

1.9 Recommendations of the study

The study recommends that before any youth is involved in chewing muguka; they should always seek advice from religious leaders, teachers or their mentors on the positive and negative consequences associated with chewing muguka. Youth should be sensitized on issues of peer pressure as it stands to be one of the most common reasons why the youth engage in chewing khat 'muguka'. This will help them be able to make wise individual decisions which are not regrettable. The study concluded that engaging in muguka chewing can be a major destruction in terms of academic work. The study recommends that every student upon arrival in school each morning should be checked at the entrance to see if they had carried any illegal substance to school. Teachers as well as parents should be keen to observing change in behavior of the youth. If performing students start performing poorly, then it means something will have triggered the change thus it would be worth paying more attention.

The study concluded that parents played a role in contributing to children chewing muguka; we recommend that legal action should be taken to all parents who act as role models to their children in this menace of chewing khat 'muguka'. For example, if a parent chewed khat 'muguka' in the presence of their children, then it means they will influence them to start chewing too. Parents should also not give money to their children to buy khat 'muguka'. The society at large should ensure that they report cases of youth failing to go to school and hiding around the area to chew khat 'muguka'. By doing so, they will be helping give a second chance to them to access education. Through the youth awareness can be created on the negative impacts of chewing muguka; thus they can be used as tool to sensitize others.

Those who chewed khat 'muguka' would lose their self-esteem after being categorized as being in bad company due to chewing muguka; this included being associated with criminal activities in the area. For instance breaking into houses and shops to steal money, the study recommends that, any youth found engaging in criminal activities should face the law.

Sometimes the users would always be depressed anytime they failed to access money to buy khat 'muguka'. Therefore, the study recommends that an alternative way to keep these youth busy could be established. This would include creating employment for them. Since the study concluded that chewing khat 'muguka' would also affect discipline, any time they chew they would use abusive language towards others, they would spit the residue in front of shops, and they would start a fight without any apparent reason. Therefore, creating empowerment among the youth and giving them education will pave way for good behavior among them. At some point, spouses too may separate as a result of muguka use. Those married users tend to assume the impact of using khat 'muguka' yet it is a contributing factor to family breakups and even marriage.

The study recommends that before a partner starts using muguka, they should seek an approval from their partners; this will help bring a mutual understanding between the two parties. If the other party is not in support then it means they have to reconsider the initiative. The action plan to be put in place is to set campaigns with youth all over the country that will fight against khat 'muguka' consumption. By doing so, the voices of the minority could be used to chance the opinions of the larger group. These campaigns should start at the grassroots level where it all starts from. It's a matter of individual responsibility that will bring about change to others. Further areas of study should focus on other substances that are being ignored like shisha. Apart

from that, the study should also base on older group since, even older people chew khat 'muguka'. Guidance and counseling should be done to both users and non-users of khat 'muguka'. Church leaders should be at the fore front to fight against the use of khat 'muguka'. Awareness and trainings should be conducted especially to teachers and parents on how to be observant of behavior change among the youth.

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