

Role of Family Functioning in Substance Addiction among Emerging Adults in Ongata Rongai Sub County in Kajiado County, Kenya

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DOI: <https://dx.doi.org/10.47772/IJRISS.2023.71057>

Received: 06 September 2023; Revised: 17 September 2023; Accepted: 21 September 2023;
Published: 21 October 2023

ABSTRACT

Substance addiction among emerging adults poses significant challenges to individuals, families, and communities worldwide. This qualitative research study aimed to explore the role of family functioning in substance addiction among emerging adults in Ongata Rongai Sub County, Kajiado County, Kenya. The study had one research question: How does family functioning contribute to substance addiction among emerging adults in Ongata Rongai Sub County in Kajiado County? The study utilized exploratory research design. Purposive sampling technique was used to select a sample size of 20 participants for the study. Interview Guide was used to collect data from the participants. Thematic analysis was used to analyze data from the participants. The findings showed that lack of modelling from the parents, poor parenting, lack of availability of parents and availability of drugs were contributing factors to substance abuse among the emerging adults. The study recommended that counsellors and psychologists and other stakeholders to sensitize the parents on effective parenting and especially in bringing up the emerging adults.

Keywords: Role of family functioning, substance addiction, emerging adults, Ongata Rongai Sub County

INTRODUCTION

The family plays a crucial role in the development and treatment of substance addiction. The family environment can influence the onset, maintenance, and recovery from addiction. Family function refers to the way in which family members interact with each other and how they meet their individual and collective needs. Dysfunctional family dynamics can contribute to the development and maintenance of addiction, while supportive family dynamics can facilitate the recovery process (Stanton & Shadur, 2016).

Family dynamics can influence the onset of addiction by creating an environment that promotes substance abuse. Dysfunctional family dynamics, such as poor communication, conflict, and lack of parental involvement, can contribute to the development of addiction (Stanton & Shadur, 2016). Children from dysfunctional families may use drugs or alcohol as a way to cope with stress and emotional pain. Children who grow up in families with substance abuse problems are also at a higher risk of developing addiction themselves (Fosu & Akotia, 2014). Family dynamics can also influence the maintenance of addiction. Family members may unknowingly enable addiction by providing financial support, covering up for the addict, or ignoring the problem altogether (Stanton & Shadur, 2016). Enabling behaviour can make it harder for the addict to seek help and can prolong the addiction, since they may see nothing wrong with their addiction, or they may feel that no one cares what they do with their lives.

The study was grounded on Family systems theory. The theory was developed by Murray Bowen and

further expanded by Michael Kerr and it provides valuable insights into understanding the dynamics of substance abuse within the context of the family. This theoretical framework emphasizes the interdependence and interconnectedness of family members and how their relationships and behaviors influence each other. According to family systems theory, substance abuse is viewed as a symptom of dysfunctional patterns within the family system. The theory suggests that individuals do not develop substance abuse problems in isolation but within the context of their family relationships and dynamics. In the 1950s the era of theoretical innovations in psychology, it was claimed that psychopathology does not reside in an individual but is found in a disturbed family system of relations. Most Theoretical schools of thought shared a common assumption that where there is a troubled individual, there is troubled family system. Social constructionists' theorists suggest that a familial experience is shaped by the social environment in their lives and the meaning they make from the interactions within. In the same concept, Family Systems theory alludes that a system is larger than its sub systems. This means, in therapy, one does not work only with the 'parts' of the family or its individual members, but also with the interactions or relationships among family members.

Furthermore, cultural factors can also influence family dynamic family functioning is a common indicator of its member's function. And a family that is challenged may translate such malfunction to its members. According to Glynn (2019) in research carried out to investigate a relationship between parents and the individual indicated that the parents' behavior, family atmosphere, and economic standing are some of the factors that cause substance addiction among the youths. In a study with a sample of 657 adolescents, eluded that if the relationship was good, and the parents were substance users, that children would adopt the modeled behavior, marijuana use if the father used marijuana, or cigarette smoking if the mother was a smoker and their relationship was moderately good. This was in line with the theory of social learning by Bandura with the modeled behavior.

Family functioning plays a crucial role in shaping and developing a member's character and behavior. Shaping a family member's character prepares families and communities at larger to tackle lifestyle problems such as substance use. Despite being natured positively from childhood, some family members end up on the negative side of life depending on the life one chooses to live. For instance, due to interactions between different family functional units, members may meet life scenarios that change one's lifestyle like adopting a new life of substance use due to the environment one has been exposed to.

The impact of different family interactions, especially in suburban areas, may trigger the use of drugs and other substances. The use of substances continuously leads to addiction. Addictions imply a member's preference and taste change, including a change in mental wellness and behaviors (Lai & Yeung, 2023). The family unit in most suburban, rural, and even urban areas forms a crucial primary source of education, nurturing, attachment, and socialization in the community. Every family functioning is affected by a particular substance addiction from one individual. Individual substance uses within a family impact problems such as development dragging, legal glitches, emotional distress, and financial destitution (Horák & Verter, 2022). Therefore, some family functioning may also impose a risk of developing substance use and addictions, especially in cases where the family members' interactions were poor, inappropriate childhood growth, and negative family interactions.

According to Puffer et al. (2019) children raised in these dysfunctional families face frustrations and a number of the young people resort to drugs for comfort, consolation and acceptance. Some distressed youths seek relief from substance use which is presumed to relieve stress. Instead of finding their own solutions to the issues they land into more problems such as addiction, violence and other related crimes. Understanding abuse of substances among young people and what it can do to their mental and physical health, as well as the damage it does to their lives and relationships is usually needed, as it helps them see how detrimental it is in their lives. This equally enhances perception with counteraction and recovery rates equivalent to other constant sicknesses essentially decreased the disgrace (Puffer et al., 2019).

Estévez et al. (2021), argued that family is part of developmental journey and does not ever end, even when children are old enough to detach for school, work or marriage. No family is perfect, yet in spite of their defects, families that are functional can display solid ways of behaving and assist their youths with areas of strength for building strong values and mentoring their children to equip them for life challenges. Families that are dysfunctional are less productive in bringing up upright youths in the society. What children learn from childhood affects their future behavior; the patterns of communication, emotional state and kind of relationships from childhood contribute to their adulthood. Different dysfunctional families lead to substance addiction in youths in different ways; Parents in addiction may act as models and may influence or pass this to their children through observation and copying. Assuming at least one relative has a substance addiction disorder, it strains solid communication and comes down on relational connections i.e., the children. Children learn from the adults and always grow knowing what the parents do is always right and should be emulated.

Despite the functional families trying to tell the children what to do, they don't walk the talk and this is a disadvantage. The children fall into substance abuse addiction passed on from their parents or relatives through imitation of what they think is the right thing. Children may normalize substance use, because, they have seen their parents taking, or even on the assumption that their parents are approving of their behavior. Dysfunctional way of behaving from at least one parent or guardian can place the family in myriad complicated outcomes like stress. In broken families, this may translate to abuse, neglect, stressful environment and irresponsibility (Ungar et al., 2019). When children are brought up in fear, they end up succumbing to peer influence, indulging in harmful activities since that cannot ask their parents who are unpredictable for guidance. The children from dysfunctional parents may easily fall into substance abuse since they cannot talk about it at an early stage with their parents due to fear of possible parental retribution.

Brutal control from parents makes the family unit dysfunctional and creates unsuitable environment for children development. Excess control can be applied in numerous ways, for example, when one or the two parents rule the, family through aggression and intimidation, it may force the family towards a particular way of behaving, that forces the family members to be exposed to dangers of genuine brutality (Ungar et al., 2019). The children and family may be denied essential requirements, for example, food, education and shelter, and this is also a type of control. Though it is assumed parents need to be in control over the family, brutality and other types of control can cause many youths to fall into substance abuse trap.

Expectations and assumptions of having perfect children is one of the contributing factors that land the youths into substance abuse. Expecting perfection and best behavior from youngsters can push them to low confidence and profound frailty especially if they feel they have not lived up to the expectations of their parents. This can push them to look for self-esteem from abusing substances. Insecurities come about when clearly a youngster feels can never satisfy ridiculous standards set by perfectionist families. Children feel inadequate and worthless when parents set high expectations for their academic performance, or career and particular behaviors and in effort to cope, may succumb to substance use (Ungar et al., 2019).

Poor communication is another factor common in dysfunctional families that drive youths away from their family members and end up in drug addiction. Dysfunctional families have a one-way communication system that is from parents, to children, and whatever is dictated, children cannot challenge nor question. Endeavors to dialogue might be ineffectual or totally non-existent in a family that is not functioning as it should (Dalton et al., 2019). Accusations, prodding, sudden emotional eruptions, times of not talking, ultimatums and verbal aggressions may be the only forms of communication the youth know from their parents. Children from such families may find themselves abusing substances to cope with the distress at home. Abuse and neglect by parents and relatives can be a family environment that many children find it hard to survive in. Misuse and neglect can take many structures such as neglect might be the shortfall of direction or emotional help or the shortfall of monetary help (Dalton et al., 2019). Misuse can be verbal,

emotional, physical or sexual. This large number of attributes of broken families can be the reason for uncertain connection styles in kids. Children misused or neglected by parents sought for other sources of comfort when they grow to youths, one of the comfort sources is substance abuse.

According to Badruddin et al. (2019), Connection style in which children bond with their parents while young greatly determine how confident and balanced they are in the future. Poor attachment styles make a family to be termed as dysfunctional and this makes the family unfriendly to the youths. Attachment style is key in social wellbeing especially youths since they are at a critical stage with their emotional status and needs to have built high self-esteem. Youths who have grown with poor attachment families may seek attachment from wrong friends who may mislead them into substance abuse.

In Kenya, studies have shown that the majority of the emerging youthful drug users began smoking from a tender age. As they become older, they escalate and look for new exciting substances and bit by bit move into hard illicit drug use. A cross country review of an area with majority of youths revealed that 55% indulged in substances for fun with their companions, 30% needed to do trial to see what it was like, approximately 15% utilized it to change their mood-sets, to feel better, to unwind, to ease strain and to defeat weariness and issues in their lives (Juma & Mwenda, 2022). Fifteen Countries alongside Kenya, have experienced rapid rise of drugs and substance use, circulation and utilization of various substance and heavy reliance on drugs. This wide spread consumption of illicit drugs and substances is a major issue of extra ordinary worry to communities and Nations at large.

A study by Juma and Mwenda (2022) additionally found out that the misuse of substances expanded from essential to tertiary organizations. The most commonly used drug was liquor. It was followed by miraa/khat, tobacco and bhang. The Researcher found out that children as young as 6 years, were consuming liquor, miraa, tobacco, inhalants and bhang in that specific order (Okoyo et al., 2022). The report additionally demonstrated that there was a sure pattern in the utilization of medications both by prescription and even those illegally acquired.

According to Gitatui et al. (2019), families that are dysfunctional are strong catalysts for disregard, misuse, rejection, mistreatment, and have reckless attitudes. In these families that are dysfunctional feelings of children go neglected in light of the fact that the guardians' and parents' need and wants come first. One or the two guardians may be experiencing an effect from substance abuse, behavioral condition, or issues with mood swings. At times, the grown-ups in these families have tyrant a "take it or leave it" nurturing styles or have a harmful and oppressive relationship with one another and the children. In different cases, parents are absent from their children lives due to being workaholics, pursuing different matters in life, gambling, spouse abuse among others. No parent is great; however in families that are dysfunctional, the issues in the family are overlooked or denied (Gitatui et al., 2019). Children and youth who try to raise these issues with their parents or guardians might be disgraced or rebuffed, driving them to deny their own impression of the real world and experience the ill effects of low self-esteem. The children always lack the freedom to express their feelings and seek help from some relevant authorities like, mentors, church leaders, teachers or even friends.

Substance abuse is not only increasing in Ongata Rongai Sub Urban town, but also other parts of Kajiado, and Kenya at large. Many emerging adults are affected apart from the Ongata Rongai emerging adults. However, the Ongata Rongai communities are appropriate for this study since they are within the contexts of family functioning role that leads to substance abuse (Omar, 2021). Many of the emerging adults have been addicted, their lives turned to hopelessness, violence and less productive members in the society. According to Omar (2021), lack of employment opportunities of youths in in Ongata Rongai sub urban is on the rise leading to most youths being recruited into the terror attack criminal groups. It is important, therefore to look at the role of family functioning to substance abuse, otherwise the future for emerging

youths in Ongata Rongai and Kenya as a whole would be on the verge of losing a generation of young people and most especially those within the age group of 18 – 27 years, the most productive members of the society. The current study had one research question: How does family functioning contribute to substance addiction among emerging adults in Ongata Rongai Sub County in Kajiado County?

METHODOLOGY

The current study employed exploratory research design. According to Yilmaz (2013) exploratory approach refers to a useful tool to provide assistance in the understanding of the respondent's behaviour and complex attitude and interaction. It involves gathering information and insights to gain a deeper understanding of the subject under investigation, often without a specific hypothesis or research question in mind. Exploratory research design is characterized by flexibility, openness, and a focus on generating new ideas or hypotheses for further research. The design was suitable for this study because it aims at exploring the role of family functioning in substance abuse among the emerging adults in Ongata Rongai, Ngong sub-county, Kajiado County.

The study utilized purposive sampling technique. It involves deliberately choosing individuals who possess certain characteristics or have firsthand knowledge of the phenomenon under study. This sampling method is commonly used in qualitative research, where researchers aim to gain in-depth insights and understanding of a particular topic. Purposive sampling allows researchers to select participants who can provide rich and meaningful information, based on their expertise, experiences, or unique perspectives. The study utilized a sample size of 20 participants which comprised of 13 emerging adults, 3 parents, 2 religious leaders and 2 government administrators.

The study employed Interview Guide as instrument of data collection. The Interview Guide consisted of open ended questions which aimed at gathering qualitative data from the objective of the study. The Interview Guide had two sections. The first part captured the demographic details of the participants including age, gender, religion and educational level. The second section captured open ended questions on the role of family functioning in substance abuse among the emerging adults. The study employed thematic analysis. It identified analyzed and reported patterns and themes that emerged from the data.

RESULTS

The study was set out to explore the role of family functioning in substance addiction among the emerging adults in Ngong sub-County, Nairobi. Using thematic analysis, the themes from the data collected was identified and supported by verbatim from the participants. Before presenting the findings, the study presented the demographic details of the participants.

Demographic details of the participants

The study presented the demographic of the participants who were interviewed. The demographic details were age, gender, religion and educational level. The study had two categories of participants for interviews which were emerging adults and key informants. The demographic details for emerging adults' participants were presented first followed by the Key Informants.

Demographic Details for Emerging Adult Participants

The study presented the demographic details of the emerging adult participants that were interviewed. The results are presented in table 1.

Table 1 Demographic Details for Adult Emerging Participants

Participant Number	Age	Gender	Religion	Educational Level
1	23	Male	Christian	Vocational Training
2	20	Male	Christian	Vocational Training
3	22	Male	Muslim	Vocational Training
4	20	Male	Christian	Vocational Training
5	23	Male	Christian	Vocational Training
6	21	Male	Traditional	Vocational Training
7	19	Male	Christian	Vocational Training
8	18	Male	Christian	Vocational Training
9	22	Male	Muslim	Vocational Training
10	27	Male	Christian	Vocational Training
11	17	Male	Christian	Vocational Training
12	19	Male	Christian	Vocational Training
13	20	Male	Christian	Vocational Training

Table 1 show that participants were between ages of 17 years to 27 years. The average age of participants was 20 years. All the participants were males. Almost all the participants were Christian except two participants who were Muslims and one participant who belonged to traditional religion. All the participants had vocational training in their level of education.

Demographic Details of the Key Informants

Table 2 Demographic Details for Key Informant Participants

Participant Number	Age	Gender	Religion	Level Of Education
1	30	Male	Christian	Vocational Training
2	26	Male	Christian	Vocational Training
3	27	Male	Christian	Vocational Training
4	51	Male	Christian	Vocational Training
5	39	Female	Christian	Vocational training
6	53	Female	Christian	Vocational Training
7	44	Male	Christian	BA

Table 2 showed that the youngest key informant was 26 years while the oldest was 53 years old. The average age for the Key Informants was 39 years old. Majority of the participants were males compared to their female counterparts. All the participants were Christians and had vocational training except one participant who had a bachelor’s degree.

Contribution of family functioning to substance addiction among emerging adults in Ngong sub-county, Nairobi

Several themes emerged from data as family functioning contributing factors to substance abuse among the emerging adults. The themes were lack of modeling from parents, poor parenting, lack of availability of parents and availability of drugs.

Lack of role modeling from parents

Majority of the participants reported lack of role modeling from the parents as one the major contributing factors to substance abuse among the emerging adults. Most of the parents abuse drugs in the presence of their children which leads them to learn the behavior. Some parents also send their children to buy the drugs for them and end up exposing them to drug abuse. The theme is expressed by an emerging adult who said *“As I mentioned earlier young people associates well with adults or families who sells drugs to them and in some families both father and mother are taking drugs, therefore, most young people learn to use drugs from there”* (Participant 1). The theme is supported by another participant who emphasized that parents have negative role model to their children which lead them to abuse drugs when said *“Coming to the house while drunk, sending young adults to buy drugs, selling drugs and parents using them in front of them”* (Participant 5). The same theme was echoed by another participants who mentioned that when parents are engaged in substance abuse and drug trafficking, their children are likely to learn from the behavior when said *“A family can partially contribute to substance abuse among young adults because if there is a parent or family member who engages in substance abuse and trafficking that may make the young adults tend to engage in substance abuse”* (Participant 7). The theme is echoed by key informant who said *“Families contribute to substance abuse among young adults when they abuse substance in front of the children seeing what they are doing so as they grow wish to do the same as they are doing”* (KI 1). Likewise, another key informant points out the role of cultural practices contribute to substance abuse among young adults when said *“Through cultural practices where these substances are present of the young adults thus loosing moral figure to correct the young adult and be the role model expected”* (KI 5).

Poor parenting

Another theme that emerged as a contributing factor to substance abuse among emerging adults was poor parenting. Some parents have no good relationship with their children which lead the children to feel rejected. Also, some parents have high expectations in their children which has contributed to them leaving homes to streets and abusing drugs. The theme was supported by a young adult who said *“Some families are causes of stress to the young adult as they feel rejected. The only way they cope with it is using drugs and alcohol. They feel unwanted and the language parents uses make them leave home and end in the streets where drugs are available”* (Participant 4). Another young adult echoed the theme of poor parenting when said *“Some families have higher expectations of their young adults giving many responsibilities at young age. Other families discriminate their children making them feel unwanted and poverty in the family might contribute to substance abuse among young adults”* (Participant 10). Furthermore, the same theme was expressed by another Emerging adult who said *“Lack of jobs to keep them busy, family neglecting young adults, stress from the family, some families giving a lot of money to the young people, conflicts in the family, lack of roles or principles that govern the family and lack of moral support from the family”* (Participant 12).

Lack of availability of parents

Some of the participants pointed out lack of availability of parents as a factor contributing to substance abuse among emerging adults in sub urban families. Some parents happen to be busy and not available to their children which lead them to substance abuse as a way of coping. The absence of parents in their parenting roles leaves the children without guidance and monitoring leading them to drugs and substance abuse. The theme was expressed by a Key Informant who said *“Most parents are busy and have very little time with their children which mean the parents do not monitor or guide their children”* (KI 3). Also, the theme is supported by another Key Informant who said *“Parental negligence of what is happening to children makes drugs come into play and parents who indulge in drugs lead to children getting involved in drug addiction”* (KI 7).

Availability of drugs

Availability of drugs emerged as a theme from the majority of the participants as a contributing factor to substance abuse among the emerging adults. When there is a culture of substance abuse in the society, there is likelihood of young adults engaging in substance abuse. The selling and trafficking of drugs in the society creates an avenue for young adults to abuse drugs. When there is lack of coordination between the parents and local administration that is likely to predispose young adults to drugs and substance abuse. The theme was echoed by an emerging adult participant who said *“The society is a major contributor to the use of drugs among young adults because its where the youths spend most of their time and if there is a tendency of substance abuse in the society it directly affects the young adults”* (Participant 7). Also, the theme was emphasized by a young adult participant who pointed out that the availability of the drugs in the society leads substance abuse among emerging adults when said *“The society is the selling drugs and substance to underage, advertising drugs and substance through media, lack of cooperation between parents and the local administration and pressure from those who abuse them to those who do not abuse them”* (Participant 12). The same theme was echoed by a Key Informant participant who said *“Generation layouts- when every other person around uses these substances a child will definitely adopt. Also with the availability or easy access that is when drugs are sold in our community/society access isn’t restricted to them”* (KI 2). In addition, the theme was supported by another Key Informant participant who said *“The society has allowed opening of clubs/bars everywhere even in residential areas and the adults will use the drugs that are cigarettes, alcohol in the view of the young adults which will motivate them to taking drugs”* (KI 3).

DISCUSSION

The study was set out to explore the role of family functioning in substance addiction among the emerging adults in Ngong sub-County, Nairobi, Kenya. Majority of the participants reported lack of role modeling from the parents as one the major contributing factors to substance abuse among the emerging adults. Most of the parents abuse drugs in the presence of their children which leads them to learn the behavior. Some parents also send their children to buy the drugs for them and end up exposing them to drug abuse. The findings were in agreement with findings of Stanton and Shadur (2016) who found that the members of the families lacking role modeling can lead other members of the family to get into addiction by providing financial support, covering up for the addict, or ignoring the problem altogether. Enabling behavior can make it harder for the addict to seek help and can prolong the addiction, since they may see nothing wrong with their addiction, or they may feel that no one cares what they do with their lives. The findings were supported by the findings of Glynn (2019) who conducted a study with a sample of 657 adolescents, alluded that if the relationship was good, and the parents were substance users, that children would adopt the modeled behavior, marijuana use if the father used marijuana, or cigarette smoking if the mother was a smoker and their relationship was moderately good.

Moreover, the findings on lack of role modeling from parents as a contributing factor to substance abuse among the emerging adults were consistent with findings of Ungar et al. (2019) who argued that despite the functional families trying to tell the children what to do, they don’t walk the talk and this is a disadvantage. The children fall into substance abuse addiction passed on from their parents or relatives through imitation of what they think is the right thing. Children may normalize substance use, because, they have seen their parents taking, or even on the assumption that their parents are approving of their behaviour. Dysfunctional way of behaving from at least one parent or guardian can place the family in myriad complicated outcomes like stress. In broken families, this may translate to abuse, neglect, stressful environment and irresponsibility.

Another theme that emerged as a contributing factor to substance abuse among emerging adults was poor

parenting. Some parents have no good relationship with their children which lead the children to feel rejected. Also, some parents have high expectations in their children who have contributed to them leaving homes to streets and abusing drugs. The findings were in agreement with the findings of Ungar et al. (2019) who found that brutal control from parents makes the family unit dysfunctional and creates unsuitable environment for children development. Excess control can be applied in numerous ways, for example, when one or the two parents rule the, family through aggression and intimidation, it may force the family towards a particular way of behaving, that forces the family members to be exposed to dangers of genuine brutality. The findings were also consistent with findings of Dalton et al. (2019) that poor parenting as a result of poor communication is another factor common in dysfunctional families that drive youths away from their family members and end up in drug addiction. Dysfunctional families have a one-way communication system that is from parents, to children, and whatever is dictated, children cannot challenge nor question. Endeavors to dialogue might be ineffectual or totally non-existent in a family that is not functioning as it should. Accusations, prodding, sudden emotional eruptions, times of not talking, ultimatums and verbal aggressions may be the only forms of communication the youth know from their parents. Children from such families may find themselves abusing substances to cope with the distress at home.

Some of the participants pointed out lack of availability of parents as a factor contributing to substance abuse among emerging adults in sub urban families. Some parents happen to be busy and not available to their children which lead them to substance abuse as a way of coping. The absence of parents in their parenting roles leaves the children without guidance and monitoring leading them to drugs and substance abuse. The findings resonated with the findings of Dalton et al. (2019) who found that when parents are not available for their children, they are likely experience different types of abuses and in turn lead them to drug and substance abuse. Abuse and neglect by parents and relatives can be a family environment that many children find it hard to survive in. Misuse and neglect can take many structures such as verbal, emotional, physical or sexual. This large number of attributes of broken families can be the reason for uncertain connection styles in kids. Children misused or neglected by parents sought for other sources of comfort when they grow to youths, one of the comfort sources is substance abuse. Moreover, the findings were in agreement with the findings of Gitatui et al. (2019) who found that parents who are absent from their children lives due to being workaholics, pursuing different matters in life, gambling, spouse abuse among others might be disgraced or rebuffed, driving them to deny their own impression of the real world and experience the ill effects of low self-esteem. The children always lack the freedom to express their feelings and seek help from some relevant authorities like, mentors, church leaders, teachers or even friends.

CONCLUSION

Lack of role modeling from the parents was one the major contributing factors to substance abuse among the emerging adults. Most of the parents abuse drugs in the presence of their children which leads them to learn the behavior. Some parents also send their children to by the drugs for them and end up exposing them to drug abuse. Poor parenting has also major contribution to emerging adults in substance abuse. Some parents have no good relationship with their children which lead the children to feel rejected. Also, some parents have high expectations in their children who have contributed to them leaving homes to streets and abusing drugs. Parents happen to be busy and not available to their children which lead them to substance abuse as a way of coping. The absence of parents in their parenting roles leaves the children without guidance and monitoring leading them to drugs and substance abuse. Also availability of drugs in the society When there is a culture of substance abuse in the society, there is likelihood of young adults engaging in substance abuse. The selling and trafficking of drugs in the society creates an avenue for young adults to abuse drugs. When there is lack of coordination between the parents and local administration that is likely to predispose young adults to drugs and substance abuse.

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