

## Assessment of Attitude towards Substance Abuse among Community in Kebele 08, Harar Town, Eastern Ethiopia

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### Abstract

**Background:** The problem of social drugs utilization is an emerging and serious problem in the world. According to 2017 United Nation world drug report, around 29.5 million drug abusers were exposed to serious illnesses and 11.4 million deaths were related to drug abuse.

**Objective:** To assess attitude toward substance abuse among the community of kebele 08 community, Shenkor Woreda, Harar town, Eastern Ethiopia from December 10, 2020 to February 01, 2021.

**Methodology:** Community based cross-sectional study using a pre-tested structured self-administered questionnaire was conducted from December 10, 2020 to February 01, 2021. Simple random sampling technique was used to select 379 respondents from kebele 08, Shenkor woreda, Harar town, Eastern Ethiopia residents. The data collection was done using a self-administered structured questionnaire and the data was entered and analyzed by using statistical package for social science version 24. The result is presented in tables.

**Result:** Out of the total 403 community members invited to fill the questionnaire, the 379 respondents participated in the study with a response rate of 94.5%. The 55.7% and 44.3% respondents were male and female respectively. The 74.4% of the study participants replied that health education is important regarding prevention of substance abuse. The 43.8% of the study respondents believe that boys who smoke have more friends than those do not smoke. The 77% reported that it is difficult to stop once someone started smoking. The 63.3% of respondents oppose practice of Khat chewing. The 28.8% of the respondents replied that they will try to practice drinking alcohol, khat or cigarette at any time in the future. The respondents reported that they think the one who smokes Cigarette as the one who lacks confidence 25.1% as a loser (23%), stupid (16.9%) and sophisticated (16.6%).

**Conclusion:** Majority of the participants have negative attitude toward those who abuse substance especially toward those who smoke cigarette. In the current study majority of the respondents believes that health education is important for prevention of substances abuse.

**Keywords:** Alcohol; Attitude; Cigarette; Khat; Substance Abuse

### Introduction

The problem of social drugs utilization is an emerging and serious problem in the world. According to 2017 United Nation World drug report, around 29.5 million drug abusers were exposed to serious illnesses and 11.4 million deaths were related to drug abuse. Social drugs utilization has a negative consequence on the economic development of a country as the health, time and money

of the most productive section of human resource (youngsters) are affected by the habit of indulging in drugs [1].

Globally, 9.8% of women consume alcohol while they are pregnant [2]. In 2016, in Eastern Africa WHO region, the estimated prevalence of alcohol consumption during pregnancy among the general population ranged from 3.4% in Seychelles to 20.5%

in Uganda and 7.9% in Ethiopia [3]. Alcohol is one of commonly abused social substance among youth population of Ethiopia [4,5].

The other commonly abused substance is tobacco. The tobacco epidemics continue to shift from high-income countries to low- and middle-income countries, with a recent increase in the prevalence of tobacco smoking among women, which is expected to rise to 20% by 2025 [6,7]. Based on 2011 Ethiopian demographic health survey (EDHS) data analysis, the overall prevalence of tobacco use was 4.1%, 8.1% and 0.8% among adults, adult males and females respectively [8]. Every year, more than 16,800 Ethiopians are killed by tobacco-related diseases such as tuberculosis, lung cancer, cardiovascular and respiratory disorders [9,10].

The other deleterious impacts a substance abuse is associated with abuse one Khat. Khat use has been associated with physical illness, injuries, under nutrition, mental distress, sleep disorders, problem drinking and heavy smoking. In a study done in Butajira, Ethiopia in over 10,000 adults shows a higher prevalence of mental distress and suicide attempt was found in those using alcohol and khat [5,11].

The negative consequences of substance abuse affect not only individuals who abuse substances but also their families, friends, various businesses and government resources. Substance abuse and dependence have grave consequences for existing social systems, affecting crime rates, hospitalizations, child abuse and neglect, and rapidly consuming public funds [12-14]. Substance misuse is associated with psychological distress, suicide attempts functional impairment, physical ill- health and risk-taking behavior [15-17].

Although abuse of substances, alcohol consumption, chat chewing and cigarette smoking have become common practices among community, no study has assessed the attitude towards substance abuse among Shenkor Woreda, kebele 08 community.

## Objective of the Study

The objective of this study is to assess the attitude toward substance abuse among the community of Shenkor woreda, kebele 08 community in Harar town, Eastern Ethiopia.

## Methodology

### Study setting and period

The study was conducted in Kebele 08, Shenkor, Woreda, Harar town from December 10, 2020 to February 01, 2021 among Shenkor Woreda, kebele 08 residents in Harar town, Eastern Ethiopia. Harar is a city located in Eastern Ethiopia, 526 kms from Addis Ababa. The total numbers of kebele of the city are 19, while the

rural part of the State has 17 farmers associations. The State's size is estimated at 340 km<sup>2</sup>. Based on the 2012 census conducted by central statistics agency, the Harari national regional states' (HNRS) total population is 263,657 and 67,604 households. The percentage share of males and females is about 50% each. The urban residents of the State were 154,380 and its rural inhabitants were 109,276.

### Study design

Community based cross-sectional study was conducted among Shenkor Woreda, kebele 08 community to assess attitude towards substance abuse.

### Population

#### Source and study population

- The source population was all residents of Shenkor Woreda kebele 08 of Harar town.

#### Study population

- The study population was individuals aged greater than 15 years and living for at least six months in the town.

### Sample size determination

Sample size was determined using single population proportion formula for cross-sectional study. To obtain maximum sample size at 95% certainty and a maximum discrepancy of ± 5% was used. The following formula was used to calculate the sample size:

$$n_i = \frac{(Z_{\alpha/2})^2 P (1-P)}{d^2}$$

Where;

$n_i$  = The desired sample size

$p$  = Prevalence of substance abuse among community (50%) (since no study was conducted in the study area as far as the investigator knowledge and searching effort)

$Z_{\alpha/2}$  = Critical value at 95% confidence level of certainty (1.96)

$d$  = The margin of error between the sample and the population = 5%

$n = 384$

Using the above formula, sample size ( $n_i$ ) = 384, since our sample population ( $N$ ) is less than 10000 (i.e). The following formula was used to calculate the exact sample size ( $n_f$ ).

$n_f = n_i N / n_i + N$ , which results in sample size of 367. With additional 10% for contingency for non-response, the final sample size became 403.

**Sampling procedures**

First the study kebele was selected by lottery method from 19 kebeles found in the town. Then, the sample was selected by using simple random sampling.

**Data quality control**

In order to assure data quality, high emphasis was given to minimize errors using the following strategies: the questionnaire was pretested and subsequent correction and modification was done, and proper instruction was given before the survey was started. The collected data was reviewed and checked for completeness before data entry.

**Data processing and analysis**

The collected data was coded, entered and analyzed with SPSS version 24 and the result is presented by tables.

**Ethical considerations**

The study was carried out after letter of permission obtained from school of pharmacy, Haramaya University College of Health and Medical Science. Confidentiality was assured and full written informed consent was obtained from all participants before actual data collection.

**Operational definitions**

- **Alcoholic drinks:** Any drink like “tela,” “tej,” “katicala/ areke”, beer, wine or other drinks that can cause intoxication.
- **Attitude:** Ways of thinking or feeling, which will drive a person to do or not to do things.
- **Substances:** Any non-medical drugs used by study subjects such as alcohol, khat, tobacco, cannabis, heroin, cocaine and marijuana to alter their mood or behaviour.
- **Substance abuse:** A condition in which the person uses a drug over and over again, in ways that hurt their health.

**Result and Discussion**

**Socio-demographic characteristics**

Out of the total 403 community members invited to fill the questionnaire, the 379 respondents participated in the study with a response rate of 94.5%. The 211 (55.7%) and 168(44.3%) respondents were male and female respectively. Most of the study participants belong to an age group of 15-24 years (32.5%) and 25-34years (25.6%).

The 10.8% of the participants were illiterate and 26.6% have completed primary education. With regard to occupation

110(29%) of the respondents are unemployed and 89(23.55) of the respondents were government employees. The 172 (45.4%) and 158 (41.7%) respondents were orthodox and Muslims respectively by their religion.

With respect to marital status, the 167(44.1%) and 166(43.8%) were single and married respectively. The monthly household income of the majority (59.9%) of the participants was below 1000 Ethiopian birr (Table 1).

Variable	Frequency	Percentage (%)
<b>Sex</b>		
Male	211	55.7
Female	168	44.3
<b>Age</b>		
15 - 24	123	32.5
25 - 34	97	25.6
35 - 44	61	16.1
45 - 54	56	14.8
> 55	42	11.1
<b>Educational status</b>		
Illiterate	41	10.8
Read and write	82	21.6
Primary school	101	26.
Secondary school	83	21.9
Collage/University	72	19
<b>Occupation</b>		
Government	89	23.5
Private sector	67	17.7
Self employed	81	21.4
Daily labor	32	8.4
I have no work	110	29
<b>Religion</b>		
Orthodox	172	45.4
Muslim	158	41.7
Protestant	40	10.6
Catholic	5	1.3
Other*	4	1.1
<b>Marital status</b>		
Single	167	44.1
Married	166	43.8
Divorced	28	7.4
Widowed	18	4.7
<b>Monthly income</b>		
< 1000	227	59.9
1000 - 5000	117	30.9
5000 - 10000	23	6.1
> 10000	12	3.2
Other*: No religion		

**Table 1:** Socio-demographic characteristics of the study participants kebele 08, Harar town, Eastern Ethiopia, February 2021.

**Attitude of the community towards substance abuse**

The 74.4% of the participants believed that health education is important regarding prevention of substance abuse. This result is better than study Undertaken in Ethiopia at Jimma University that showed that the 60.5% of substance abusers suggested that health education can help in reducing poly drug use in their campus and their country as a whole [18].

The 43.8% of the study respondents believe that boys who smoke have more friends than those do not smoke while the 33.2% believed boys who smoke has fewer friends and the remaining 23% believed there is no difference from non-smoker. This finding is in contrary the finding of a study done in Jordan University, which showed that 19% respondents believe that smokers have more friends than non-smokers [19].

Regarding attitudes toward khat chewing habit, 63.3% of the respondents oppose practice of Khat chewing. This result is by far better than study result of study done in Lagos, Nigeria in which 44.4% of the respondents feel that someone should use substances to boost performance [20].

The 56.2% of the respondents replied that they will try to practice drinking alcohol, khat or cigarette at any time in the future and the 43.8% of them have not thought to try at all. This finding is better than study report of study done at Cairo Egypt, in which 60% stated that they would even smoke in front of their parents [21]. Since negative attitude towards substance abuse results in practice of substance abuse at some time in life and exposes the population to the negative impacts of substance abuse such as increased economic expense, increased mortality and morbidity, breaking of homes, increased crimes and delete ration of economic growth of the country in general, appropriate action that creates positive attitude on the population about substance abuse should be given [22-25].

The participants reported they that smoke cigar rete lacks confidence 95(25.1%), as a loser (23%), stupid (16.9%) and sophisticated (16.6%). This result is by far better than report of study performed at Eastern Kenya, in which 93% of the study respondents replied that smoking Cigar rete makes the smoker cool [26] (Table 2).

Variable Attitude towards substance abuse		Frequency	Percentage (%)
Health education is important regarding prevention of substance Abuse?	Yes	282	74.4
	No	97	25.6
If one of your best friends offered you a cigarette, would you smoke it?	Definitely not	203	53.6
	Probably not	37	9.8
	Probably yes	57	15
	Definitely yes	82	21.6
Do you think boys who smoke cigarettes have more or less friends	More friends	166	43.8
	Less friends	126	33.2
	No difference from non-smoker	87	23
Do you think you will be smoking cigarettes 5 years from now?	Definitely not	61	16.1
	Probably not	100	26.4
	Probably yes	65	17.2
	Definitely yes	153	40.4
	Strongly agree	149	39.3
Do you agree that it would be difficult to quit once someone has started smoking?	Agree	143	37.7
	Disagree	56	14.8
	Strongly disagree	31	8.2
Do you oppose practice of Khat chewing?	Yes	240	63.3
	No	139	36.7
Do you oppose practice of Khat chewing?	Yes	109	28.8
	No	166	43.8
	Probably	104	27.4
Do you think you will try any of alcohol, khat or cigarette at any time in the future?	He /she lacks confidence	95	25.1
	He/she is stupid	64	16.9
	He/she is a loser	87	23
	He/she is a loser	12	3.2
When you see a man/ woman smoking what do you think of him/ her?	He/she is successful	17	4.5
	He/she is intelligent	41	10.8
	He/she is a real man/ woman	63	16.6
	He/she is sophisticated		

**Table 2:** Attitude towards substance among the respondents kebele 08, shenkor woreda, Harar town, February, 2021.

The 67.3% of study participants replied that the health of non-smoker can be affected by passive smoking. This is slightly lower than report a survey done in South Africa on national representative sample of 2,238 adult (> 18 years), where 71% of the respondents thought that the health of non-smoker is affected by smokers in the household (Reddy, *et al.* 2014). The discrepancy may due to difference in study setting and population.

### Conclusion and Recommendation

Majority of the participants have negative attitude toward those who abuse substance especially toward those who smoke cigarette. In the current study majority of the respondents believes that health education is important for prevention of substances abuse. Since negative attitude towards substance abuse results in high prevalence of practice of substance abuse and hence its deleterious effects of substance abuse on health, appropriate bodies should intervene by giving health education targeted towards creation of positive attitude towards substance abuse and hence prevention of deleterious effects of substance abuse on health.

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### Consent to Publish

Not applicable.

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None.

### Competing Interests

The author declare no competing interest.

### Author's Contribution

Author Selam Bogale involved in the conception and design of the study, participated in the literature searches, analyzed data and wrote the manuscript. Author Teshome Sosengo involved in the conception and design of the study, participated in the literature searches, supervised data collection and analyzed data. Both the authors approved the final manuscript.

### Availability of Data

All the data are available with the primary author, Selam Bogale.

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