Effects of group therapy on persons with drug abuse related problems in Kibera slums.

Kithuci Charles Mutembei

C01/30655/2011

ABSTRACT

Drug abuse the world over is increasingly becoming a global problem which threatens to tear the social fabric of society. The effects of drug abuse have been felt in many learning institutions, families and organizations. According to a study carried out by NACADA in the year 2004, by the age of 17, more than half of all males in Nairobi slums have begun to take alcohol and even an higher percent (58.0%) have begun using drugs. This has led to various health problems related to drug and substance abuse e.g. Depression, social cultural problems such as increase in crime rates, dysfunctional families, personal problems e.g. low self esteem, suicide and drug related problems. The main aim of this study is to understand the scope and effects of group therapy on persons with drug abuse related problems in Kibera slum.

The major findings of the study were that group therapy assists persons with drug abuse related problems to; Abstain from drug, develop high self esteem, learn social skills which they apply to cope with daily life challenges instead of resulting to drugs, reduces their sense of isolation and helps them to regain a sense of self worth. The study found most of the people with drug related problems in Kibera cannot access group counseling service due to the fact there is only one rehabilitation centre situated near Kibera that offers group therapy to a limited number of clients. From the findings, the following recommendations have been suggested; That the government in collaboration with the Churches, Non Governmental Organizations and the community should set up well equipped and affordable rehabilitation centers within the informal settlements, Every county to allocate funds in the annual budget towards drug addiction preventative and curative programs and further research should be carried out to find out the factors that have led to the prevailing situation and establish the best ways to address the situation.