

**THE DEVELOPMENT OF A SUBSTANCE ABUSE  
PREVENTION PROGRAMME FOR  
EARLY ADOLESCENTS IN KWAZULU NATAL**

by

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**SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENTS**

**FOR THE DEGREE**

**DOCTOR PHILOSOPHIAE  
IN SOCIAL WORK (D.PHIL.)**

**IN THE  
FACULTY OF HUMANITIES  
DEPARTMENT OF SOCIAL WORK**

**AT THE**

**UNIVERSITY OF PRETORIA**

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**OCTOBER 2002**

**PRETORIA**

*Dedicated to J.M.D. BRANDT*

## ACKNOWLEDGEMENTS

The assistance offered by many people made this venture a reality. I wish to express my sincere gratitude and appreciation to the following persons:

Prof. C.S.L. Delport, my promoter, for the extremely efficient guidance, encouragement, insight, patience and support.

Mr. R.J. Grimbeek and Mrs. E. Mauer from the department of Statistics at the University of Pretoria, for the statistical elaboration of the measuring instrument(s).

Mrs. G. MacDonald for attending to the grammatical content of the report.

The Department of Education and Culture for their approval and support of the research in KwaZulu Natal.

Mrs. Z.O. Ndlovu, principal of Sizani Primary School, for the approval and execution of the research.

All the respondents who volunteered to participate in the study.

The University of Pretoria for allocating the postgraduate bursary.

My family for their continuous support and encouragement to complete the study.

But above all, my sincere thanks and acknowledgement to the Almighty.

## **SUMMARY**

### **THE DEVELOPMENT OF A SUBSTANCE ABUSE PREVENTION PROGRAMME FOR EARLY ADOLESCENTS IN KWAZULU NATAL**

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**PROMOTER: PROF. C.S.L. DELPORT**

**DEPARTMENT: SOCIAL WORK**

**DEGREE: DOCTOR PHILOSOPHIAE (D.PHIL.)**

In this investigation an attempt was firstly made to define, describe and explicate the phenomenon of substance abuse among the youth, providing a basis for understanding the multidimensional nature of adolescent substance abuse, in terms of its etiology and consequences. Secondly, the development, risk and consequences of adolescent substance use and abuse were investigated after which different components of substance abuse prevention among adolescents was studied. Hereafter, the researcher presented a self-developed substance abuse prevention programme for early adolescents in KwaZulu Natal (i.e. Project Skills Development) followed by all the empirical research findings, a general summary, conclusions and recommendations.

Two research questions as well as a hypothesis and three sub-hypotheses were formulated for the study. The research questions included: (a) what is the nature and prevalence of substance abuse among early adolescents in KwaZulu Natal? and (b) what is the state of existing substance abuse prevention programmes for early adolescents in

KwaZulu Natal? Accordingly, the hypothesis of the study read: If early adolescents undergo a school based substance abuse prevention programme then their attitudes, knowledge and skills towards substance abuse will be influenced in a positive way. From this, three sub-hypotheses was worded: (a) If early adolescents undergo a school based substance abuse prevention programme then their attitudes towards substances and substance users, will be influenced in a positive way, (b) If early adolescents undergo a school based substance abuse prevention programme then their substance specific knowledge will increase, and (c) If early adolescents undergo a school based substance abuse prevention programme then their personal and social skills will be enhanced.

The selected research approach for the study was the combined quantitative-qualitative approach and the type of research, identified as Intervention Design and Development. An exploratory and descriptive research design were selected to reach the first three objectives of the study, namely:

- (a) To conduct the investigation within a theoretically founded reference frame by undertaking a relevant literature study of the phenomenon of substance abuse, substance abuse among early adolescents and substance abuse prevention among the youth.
- (b) To identify the nature and prevalence of substance abuse as a problematic human condition among early adolescents in KwaZulu Natal.
- (c) To undertake a critical review of the state of existing substance abuse prevention programmes for early adolescents in KwaZulu Natal.

The researcher also applied the comparison group pretest-posttest design (i.e. a quasi-experimental/associative design) with respondents to reach the last three objectives of the study, namely:

- (a) To develop a substance abuse prevention programme for early adolescents in KwaZulu Natal.
- (b) To implement the substance abuse prevention programme among early adolescents in KwaZulu Natal.
- (c) To evaluate the substance abuse prevention programme among early adolescents in KwaZulu Natal with a view to recommend further utilisation in practice.

Empirical research findings based on the nature and prevalence of substance abuse among early adolescents in KwaZulu Natal confirmed that alcohol was still the most popular legal drug among the youth in KwaZulu Natal with cannabis the most popular illegal substance.

Herewith, empirical findings based on the review of the state of existing substance abuse prevention programmes for early adolescents in KwaZulu Natal suggested that two substance abuse prevention programmes, namely Life orientation (Curriculum 2005) and Teenagers Against Drug Abuse (TADA) programme from SANCA seem to be more effective on preventing adolescent substance abuse than the DAP (Drug Abuse Prevention programme) of the Department of Social Welfare and Population Development or Community Education programme by the South African Narcotics Bureau (SANAB). Other Social Welfare Non-Governmental Organisations in KwaZulu Natal (e.g. Durban Children Society, "Natal Christelike Vroue Vereniging" and "Christelik-Maatskaplike

Diens") do not render any substance abuse prevention services to the youth as this is seen as a core function of SANCA.

#### DIE ONTWIKKELING VAN 'N SUBSTANSIE MISBRUIK

The evaluation of the self developed substance abuse prevention programme for early adolescents in KwaZulu Natal, i.e. Project Skills Development was done by means of a self-constructed group-administered questionnaire in the pre-test i.e. before implementation of Project Skills Development, and post-test with both the experimental (25 respondents) and comparison group (25 respondents). The sample thus included a total of 50 early adolescents and the empirical data was collected to include 2 measurements, once before and once after the intervention (Project Skills Development). Empirical findings confirmed that there was a statistical significant difference in the experimental groups (a) attitudes to drugs and drug users, and (b) drug knowledge, with a 95% chance that the results were due to Project Skills Development and not to chance. There is not a statistical significant difference in the experimental groups' personal and social skills after exposure to Project Skills Development even though a positive movement (i.e. in the development of assertiveness skills) did occur among the respondents. The 1<sup>st</sup> two of the three sub-hypotheses is thus confirmed with a positive movement identified in the 3<sup>rd</sup> hypothesis.

#### **Key words**

Substances, substance abuse, substance dependence, adolescents, early adolescents, youth, prevention, prevention services, substance abuse prevention programme, KwaZulu Natal.

## **OPSOMMING**

### **DIE ONTWIKKELING VAN 'N SUBSTANS MISBRUIK VOORKOMINGSPROGRAM VIR VROEË ADOLESSENTE IN KWAZULU NATAL**

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In hierdie ondersoek is daar eerstens gepoog om die verskynsel van substans gebruik onder die jeug te definieer, beskryf en verduidelik ten einde 'n basis vir beter begrip van die multi-dimensionele aard van adolessente substans gebruik in terme van die etiologie en gevolge te voorsien. Tweedens, is die ontwikkeling, risiko en gevolge van adolessente substans gebruik en -misbruik ondersoek, waarna verskillende komponente van substans misbruik voorkoming onder adolessente bestudeer is. Hierna bied die navorser 'n selfontwikkelde substans misbruik voorkomingsprogram vir vroeë adolessente in KwaZulu Natal ("Project Skills Development"), gevolg deur die empiriese navorsingsbevindinge, 'n algemene opsomming, gevolgtrekkings en aanbevelings.

Twee navorsings vrae, insluitende 'n hipotese en 3 sub-hipoteses is geformuleer vir hierdie studie. Die navorsings vrae het ingesluit: (a) wat is die aard en voorkoms van substans misbruik onder vroeë adolessente in KwaZulu Natal? en (b) wat is die toestand van bestaande substans misbruik voorkomingsprogramme vir vroeë adolessente in KwaZulu Natal?



Die hipotese van die studie lees: As vroeë adolessente 'n skool gebaseerde substans misbruik voorkomingsprogram ondergaan dan sal hulle houding, kennis en vaardighede teenoor substans misbruik positief beïnvloed word. Hieruit, is drie sub-hipoteses geformuleer: (a) As vroeë adolessente 'n skool gebaseerde substans misbruik voorkomingsprogram ondergaan dan sal hulle houding teenoor substans en substans misbruikers positief beïnvloed word, (b) As vroeë adolessente 'n skool gebaseerde substans misbruik voorkomingsprogram ondergaan dan sal hulle substans verwante kennis vermeerder word, en (c) As vroeë adolessente 'n skool gebaseerde substans misbruik voorkomingsprogram ondergaan, dan sal hulle persoonlike- en sosiale vaardighede bevorder word.

Die geselekteerde navorsings benadering vir die studie was die gekombineerde kwantitatiewe-kwalitatiewe benadering en die tipe navorsing: Intervensie Ontwerp en Ontwikkeling. 'n Verkennende- en beskrywende navorsings ontwerp is gekies om die eerste drie doelwitte van die studie te bereik, naamlik:

- (a) Om die ondersoek binne 'n teoreties gefundeerde verwysings raamwerk uit te voer deur 'n literatuur studie van die verskynsel van substans misbruik, substans misbruik onder vroeë adolessente en substans misbruik voorkoming onder die jeug te onderneem.
- (b) Om die aard en voorkoms van substans misbruik as 'n problematiese menslike toestand onder vroeë adolessente in KwaZulu Natal te identifiseer.
- (c) Om 'n kritiese oorsig van die toestand van bestaande substans misbruik voorkomingsprogramme vir vroeë adolessente in KwaZulu Natal te onderneem.

Die navorser het ook die vergelykende groep voortoets natoets ontwerp (i.e. 'n kwasi-eksperimentele/assosiatiewe ontwerp) toegepas om die laaste drie doelwitte van die studie te bereik, naamlik:

- (a) Om 'n substans misbruik voorkomingsprogram vir vroeë adolessente in KwaZulu Natal te ontwikkel.
- (b) Om die substans misbruik voorkomingsprogram vir vroeë adolessente in KwaZulu Natal te implementeer.
- (c) Om die substans misbruik voorkomingsprogram vir vroeë adolessente in KwaZulu Natal te evalueer met die doel om verdere benutting in die praktyk aan te beveel.

Empiriese navorsingsbevindinge gebaseer op die aard en voorkoms van substans misbruik onder vroeë adolessente in KwaZulu Natal bevestig dat alkohol steeds die mees populêre wettige dwelm onder die jeug in KwaZulu Natal is met cannabis die mees populêre onwettige dwelm.

Hiernaas suggereer empiriese bevindinge gebaseer op die oorsig van die toestand van bestaande substans misbruik voorkomingsprogramme vir vroeë adolessente in KwaZulu Natal dat twee substans voorkomingsprogramme, naamlik: Lewens Oriëntering (Kurrikulum 2005) en die Tieners Teen Dwelm Misbruik (TTDM) program van SANRA meer effektief is vir die voorkoming van adolessente substans misbruik as die Dwelm Misbruik Voorkomings program van die Departement van Maatskaplike Welsyn en Bevolkings Ontwikkeling of die Gemeenskap Opvoedings program van die Suid-Afrikaanse Narkotiese Buro. Ander Maatskaplike Welsyn (nie-regerings) Organisasies in KwaZulu Natal (byvoorbeeld Durban Kinder Vereniging, Natal Christelike Vroue

Vereniging en Christelik-Maatskaplike Diens) bied geen substans misbruik voorkomings dienste aan die jeug nie aangesien dit gesien word as 'n kern funksie van SANRA.

Evaluasie van die selfontwikkelde substans misbruik voorkomingsprogram vir vroeë adolessente in KwaZulu Natal, i.e. "Project Skills Development", is gedoen deur middel van 'n self-gekonstrueerde, groep toegepaste vraelys in die voor toetsing, i.e. voor implementering van "Project Skills Development", en na toetsing met beide die eksperimentele (25 respondente) en vergelykende groep (25 respondente). Die steekproef sluit dus 'n totaal van 50 vroeë adolessente in en die empiriese data was ingesamel om twee metings in te sluit, een voor en een na die intervensie ("Project Skills Development"). Empiriese bevindinge bevestig dat daar 'n statisties betekenisvolle verskil in die eksperimentele groep se (a) houding teenoor dwelms en dwelm gebruikers, en (b) dwelm kennis is, met 'n 95% kans dat die resultate toegeskryf kan word aan "Project Skills Development" en nie aan toeval nie. Daar is nie 'n statisties betekenisvolle verskil in die eksperimentele groep se persoonlike en sosiale vaardighede na blootstelling aan "Project Skills Development" nie, al het daar 'n positiewe beweging (i.e. in die ontwikkeling van selfgeldende gedrag) voorgekom onder die respondente. Die eerste twee van die drie sub-hipoteses is dus bevestig, met 'n positiewe beweging geïdentifiseer in die derde hipotese.

### **Sleutelwoorde**

Substanse, substans misbruik, substans afhanklikheid, adolessente, vroeë adolessente, jeug, voorkoming, voorkomings dienste, substans misbruik voorkomingsprogram, KwaZulu Natal.

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