Governance Based Interventions and Mitigation of Harmful Alcohol Use in Kigali City, Rwanda

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ABSTRACT

This study investigated the contribution of governance-based interventions to mitigate harmful alcohol use in Rwanda using a case of Kigali City. Specifically, the study identified effect of teaching prevention in schools, reaching youth outside schools, reaching high risk groups, and building family bonds on the mitigation of harmful alcohol use in Kigali city, Rwanda. The study used a descriptive correlational research design to measure effect size-r with both qualitative and quantities approach. The study population was 443 persons from which a sample size of 211 respondents was determined using Yamane formula. Descriptive statistics helped to generate frequency, percentage, mean and standard deviation while inferential statistics helped to produce correlation and regression analysis. Qualitative data was analysed using content analysis based on themes and subthemes. Results to the first objective revealed, 57.1% strongly agreed that the district has developed resistance skills to these pressures; the study felt that 45.1%, that local government and school managers are disseminating data dissemination and fact on the effect of drug abuse. Correlation analysis indicated a negative and insignificant correlation between information dissemination on its effect and reduced rate of alcohol use (r=0.976, p-value =-0.002) and a significant association between data dissemination on its effect and awareness on alcohol use management strategies (r=0.216**, p-value=0.001) and developing resistance skills and reduced indiscipline (r=0.150* p=0.022). Results to the second objective indicated that 37.8% agreed with the use of effective collaboration between stakeholders on the reduction of drug abuse, 41.2% accepted that ensuring safe environment for drug users to mitigate harmful effect was suitable for reducing alcohol use, 49.4% agreed with creation of opportunities for success to reduce the use of alcohol was suitable for mitigating alcohol use. Results for the relationship between a safe environment for drug users and reduced rate of alcohol use (r=0.134, p-value= 0.041) was negatively statistically significant. The research establish a negatively and significance association between creation of opportunities for success and awareness on alcohol use management strategies (r=-0.118, p-value=0.071).The third objective indicated 52.8%, the district and its stakeholders have organized home visits in order to reduce harmful effect of drug use, 41.2, the standard deviation strongly accepted that the statement. Finally, 49.8% agreed with the existence of a program design to high risk groups for guidance and counselling about effect of drug abuse and its effect. High risk group identification was not statistically pertinent with awareness on alcohol use management strategies (r=0.076, p-value=0.249), counselling was statistically significant with awareness on alcohol use management strategies (r=0.118, p-value=0.072). The fourth objective revealed the local government and partners decided to reach families of children users of drug; results indicated 41.2% strongly accepted that local government and its partners used direct service. Direct service for protective factors between awareness on alcohol use management strategies was statistically significant with awareness (r=0.118, p-value=0.072). The study recommends that the administrators should come up with parental engagement forums that are geared towards sensitizing the need to support them in addressing drug abuse. **Keywords: Drug Use, Governance Based Drug Abuse Management Strategies , Mitigation of Harmful Alcohol Use**

1.0. Introduction

Drug and alcohol are among the few mood-altering substances utilized by persons (Klingemann, 2015). In Rwanda today, to become an alcohol user, stimulating economic burden comprising lifestyle conditions (International Labour Organization [ILO], 2014). Recent WHO data shows that in Rwanda there is a 7% prevalence of alcohol use disorder and a 2.5% prevalence of alcohol dependence (WHO, 2014). Moreover, 40% of young people that start alcohol use in adolescence develop addictions; alcohol is also the most dangerous of all psychoactive substances. Alcohol harm on youth is observable as almost 60% youth between 15 to 19 years who use alcohol binge on it. In fact, most of issues emanating from poor management approach in using drugs. Poor duties of local governance, low level of understanding of negative impact of alcohol use and inability to control other component that stimulates the young population for using drugs. Overall, the prevalence rate of substance use over the month prior to the survey was 34% for alcohol, 8.5% for tobacco smoking, 2.7% for cannabis, 0.2% for glue and 0.1% for drugs such as diazepam. 7.46% of the youth were alcohol dependent, 4.88% were nicotine dependent, and 2.54% dependent on cannabis. The capital City of Kigali of Rwanda in Gasabo District was seen as a suitable strategy in managing drugs (New Time, 2018). In light with the above information, the study will examine the governance-based alcohol use strategies and mitigation of harmful alcohol use in Kigali city, Rwanda more specifically in Gasabo District. This research investigated effectiveness of governance-based interventions to mitigate harmful alcohol use in Rwanda: A case of Kigali City.

   i) To assess effect of teaching prevention strategies in schools on the mitigation of harmful alcohol use in Kigali City, Rwanda:
   ii) To analyse the effect of reaching youth outside of school strategies on the mitigation of harmful alcohol use in Kigali City, Rwanda.
   iii) To establish effect of reaching high risk groups strategies on the mitigation of harmful alcohol use in Kigali City, Rwanda.
   iv) Effect of building family bonds strategies on the mitigation of harmful alcohol use in Kigali city, Rwanda.

2.0 Review of Related Literature

2.1 Empirical Literature

2.1.1 Teaching Prevention Strategies and Mitigation of Harmful Alcohol Use

Globally, previous studies done on drug use and its effect on young population. A study carried out by Zuski (2014), on the role of school based strategies in mitigating the use of alcohol in schools in Australia used a randomized sample of 1734 teenage students with as cross-section study. Information was gathered through the use of open and closed questions and interview guide. The research indicated that school based-strategies towards the reduction of harmful effect refers were adequate in decreasing and lowering the prevalence rate of those persons using drugs and the negative effects emanating from alcohol abuse. Therefore, unfortunately, the researcher felt a low level of adjustment and established that most of women using cannabis were suffering from negative consequences. In Asian, many research were conducted on similar subjective, A research done by Abidi (2017) in Pakistan, assessed restriction of the threat of alcohol issue in the capital city of Pakistan education system. This research has been descriptive in nature and utilized the sample size of 53% of all children in school age in that city and was abused to different natures of harmful product used. The study demonstrated that many of those drug users fit to the favourable group of people whereby they are affording several problems related to drug abuse. The scholar reiterated that mendicant and even alcohol attained higher level of education in Pakistan using a preventive strategy to overcome depression, stressful and tediousness.

In Rwanda, a Research done on the prevalence of psychoactive substance use among youth in Rwanda by Kanyoni, *et al.*,(2022). The goal of the current study was to assess the prevalence and determinants of substance use among youth in Rwanda. A cross-sectional home survey was carried out with 2479 Rwandan youth. Youth ranging, in age from 14–35 years, were randomly selected from 20 out of the 30 districts in the country. The youth were interviewed using a questionnaire that included socio-demographic information and self-reported substance use. Misuse and dependence on alcohol, marijuana and tobacco were respectively assessed by the Alcohol Use Disorders Identification Test (AUDIT), the Cannabis Abuse Screening Test (CAST), and the Hooked on Nicotine Checklist (HONC).

2.1.2 Reaching Youth Outside Schools Strategies and Mitigation of Harmful Alcohol Use

Globally, a study conducted by Bennett and Holloway (2015) in Pakistan by attempting to gaze the pertinence of types of understanding the harmful effect of alcohol. The study was conducted qualitatively and quantitatively to obtain relevant information and to attain the specific objectives. The study distributed research instrument for testing research hypotheses. The 400 participants were selected randomly from Kashmir region. This research demonstrated that 94.2% of participants did not now educational programs towards alcohol management and reduction of harmful effect and only 5.4% aware bout drug use in region. The study evidenced the contribution of drug follow up and enforcement of strategies in reducing the threats from drug abuse in Kashmir. In Africa, the study proposed that local government should establish awareness and sensitization campaign in preventing the use of alcohol and its negative effect, establishing a strong partnership with non-government organizations towards the prevention of drug abuse (Bennett and Holloway (2015) used local community members in assessing the level of understanding of children on the prevention of threat from the use of drug. The researcher used a desk review, semi-structured interview in order to obtain relevant data. The study demonstrated that generally, 25 were significantly given for iatrogenic impact, and 14 were on drug abuse and the results (56%), which contained immediate and mediate improvement in drug use, clearly reduced the use of marijuana and alcohol. In Rwanda, Kanyoni, et al.,(2022), the prevalence rate of substance use over the month prior to the survey was 34% for alcohol, 8.5% for tobacco smoking, 2.7% for cannabis, 0.2% for glue and 0.1% for drugs such as diazepam. 7.46% (one in thirteen) of the youth were alcohol dependent, 4.88% (one in twenty) were nicotine dependent, and 2.54% (one in forty) dependent on cannabis.

2.1.3 Reaching High Risk Groups Strategies and Mitigation of Harmful Alcohol Use

Globally, Klingemann (2015) did a survey on the role of alcohol abuse on learning outcome with the purpose of assessing probable and effective solution towards alcohol use in Tanzania. Therefore, the research adopted a mixed approach on teaching staff members, children and school principals. The research selected respondents randomly in systematic way, and purposive sampling in selecting key informants. Information was gathered using questionnaire survey in order to obtained relevant data. The study found that most of respondents from the high risk identified group have been using marijuana. This was indicated by 149% of them in favour of higher level of enhancement in previous marijuana for learners to conduct pilot research the follow up model. It is very important because the high-risk peer bonding was hanged from a mean of 1.62, SE=0.04 and 1.82, SE=0.06 for following up and experimental group accordingly, p-value=0.01) and prosocial weekend activities. The study recommended the need to establish guidance and counselling services where a capacity development and training must be given to teachers in order to manage and reduce drug use and harmful effect of drug abuse. In Rwanda, Total alcohol consumption per capita (litres of pure alcohol, projected estimates, 15+ years of age) in Rwanda was reported at 8.95 Years in 2018, according to the World Bank collection of development indicators, compiled from officially recognized sources. Rwanda - Total alcohol consumption per capita (litres of pure alcohol, projected estimates, 15+ years of age) - actual values, historical data, forecasts and projections were sourced from the World Bank on March of 2023(Gishoma, 2092).

2.1.4 Effect of Building Family Bonds on the Mitigation of Harmful Alcohol Use

Globally, a research by Better Care Network (2013) necessitated to assess the root, impact and effective strategies to prevent drug use and mitigate harmful effect of drug abuse in Tanzania. The study used qualitative method in the research by observing guide, interview guide and questionnaire survey. The findings and observation received are intercepted using figures and pie charts. The study revealed that 31% of 8 million of students in secondary schools in students in United States of America (18-24 years old) meet the criteria for alcohol abuse and another 6% and 11% meet the criteria for alcohol dependence. In Asia, Chesang (2013) did research on the level of participation in preventing drugs in secondary schools in Kenya. The study conducted a study descriptively using social learning and social control theory. The study targeted 15,222 learners from 45 schools. The sample size was 181 learners chosen from 9 secondary schools using a probability sampling method. Both questionnaire and interview guide were used. The researcher demonstrated that 55.7% were in favour of using drug, while 4.8% are tending to use drugs and illegal alcohol. The research proposed the necessity to adopt effective strategies to fight against harmful effect of drug abuse. In Rwanda, A research done by Ndahundurwa (2021), according to the statistics of this Study conducted through Barame Project, on the Prevalence of Drugs and Substance abuse among adolescents, for the Alcohol use, 56.1% of the surveyed youth had tried Alcohol at least once in their lifetime, 40.5% during the past 12 months and 31.6% during the 30 days preceding the study. It was noted that overall, 13.7% of males and 2.7% of females had at least one alcohol binge drinking episode over the past 30 days.

2.2 Theoretical Framework

Theoretical framework is relied on the previous theories in the domain of surveys that is associated and reflects the hypothesis of the research. It is a blue print that is often borrowed by a study to construct his or her house or study survey. Therefore, in this study, a self-esteem theory, psychological theory of drug use, and psycho dynamic model were used.

2.2.1 Self-Esteem Theory

The theory of self-esteem emanates from the writings of David Hume who suggests that it was paramount to value and have a reason to help the encouragement that facilitates persons to examine their full pertinence. According to this model as advanced by Mokdad (2015) demonstrated that using alcohol relies on how alcohol is supplied and sold to users. Thus, persons who have low level of self-esteem are more likely to enhance the level of drug abuse than persons who have high degree of self-esteem. This theory was seen as individual psychological features concerning self-judgement relied on one value about.

2.2.2 Psychological Theory of Drug Use

In this research this model provides explanation on addition in the context of differences between superego and ego where an addicted people can consider drug with no effect of the present research will focus on issue related to motivating factors in term of decision-making model drive model and attitude. Therefore, this theory helped the researcher to know and assess harmful effect of drug abuse.

2.2.3 Pyscho Dynamic Model

The Psychodynamic model was used in the on-going research because it has strengths that explanation for its sustained pertinent in modern psychological thought based on user personality and exploration of innate factors that encourage our behaviour. Therefore, it provided the way in which drug user's unconsciousness rational and intellectual procedure persons were in effect of their thought, attitudes and habits. It helped the researcher to assess how strategies are effective in mitigating harmful effect of drug abuse.

2.3 Conceptual Framework

The researcher conducted in line the association between variables. The framework presents in a schematic way manner, the link between independent and dependent variables and intervening variables of the research study.

Independent Variable   **Dependent Variable**

Governance Based Interventions

Teaching prevention in schools
- Internal pressure recognition
- Develop resistance skills to these pressure
- Information dissemination on its effect

Mitigation of Harmful Alcohol Use
- Reduced Rate of Alcohol Use
- Awareness on Alcohol use management strategies
- Reduced Indiscipline

Reaching youth outside schools
- Collaboration between stakeholders
- A safe environment for drug users
- Creation of opportunities for success

Moderating Variables

Reaching high risk groups
- High risk group identification
- Home Visits
- Counseling
- Parental training
- Enhancing resilience

- Government Policies

Building Family Bonds
- Reaching family of children
- Train parent in behavioral skills
- Direct service for protective factors
- Provide access to counseling for families

Figure 2.1 Conceptual Framework

Source: Researcher (2023)

The above conceptual framework are presented there as model explaining the way in which governance based intervention was the main pillar (independent variable) and the mitigation of harmful effect of alcohol use (Dependent variable) which was facilitated by moderating variables.In this regard, the independent variable was measured using teaching prevention in schools (internal pressure recognition, develop resistance skills to these pressure, information dissemination on its effect, interactive teaching techniques, and teacher training and support); Reaching high risk groups (high risk group identification, home visits, counselling, parental training, and enhancing resilience); building family bonds (reaching family of children, train parent in behavioural skills, direct service for protective factors, and provide access to counselling for families). The dependent variable was assessing through reducing the

prevalence of drug use, attentiveness on drug use strategies, decreasing indiscipline. Both independent and dependent variable was moderated by governmental policies.

3.0 Research Methodology

Alvi (2016) argues that the design refers to a blueprint in a carried out a study. It refers to theoretical plan in which this research was carried. Asika (2010) reiterates it to procedure designed to gather and discuss information in the ways that intends to combine pertinence to the study objective. Blaxter, *et al.* (2010) denoted a research design as a detailed blue print utilized to guide towards its objectives. The researcher used descriptive survey with a mixed approach in order to help as it can assist the researcher to gather relevant data in Gasabo District on effectiveness strategies and harmful. This study used a qualitative approach this was approved as it is significant because regularly data was collected from the respondents concerning to their opinions regarding governance-based interventions and mitigation of harmful alcohol use.

1 Target Population

Blaxter *et al.* (2010) defines populations as all themes in the domain of the research. The population refers to whole group of people, companies, organizations, industries that possess one or more features in a general that are of interest to the research topic. On the other hand, Adman and Creswell (2013) argue that the population is totally of object under investigation. The targeted population for the present research was selected from Sectors of Gasabo District. The population contained young and sport officers, social affairs in selected administrative sectors, chairperson of villages which leads to 225 respondents. The sample size refers to subject or object or persons from whole population (Creswell, 2013). It recommends using wide sample size to be capable to make generalization of findings. The large sample size, the lower sample size led to error in generalizing to the population. In conducting this study, the Slovene's formula is utilized to identify the minimum sample size of the study. This study had 443 respondents. The study calculated a sample size using Yamane formula

$$n = \frac{N}{1 + N(e)2}$$

Where:

n= Sample Size,

N=Population Size

e= Precision Error

n=443/1+443(0.05)^2

n=443/1+443(0.0025)

n=443/1+1.1075

n=443/2.1075

n=210.20166073546

n=211

Sampling techniques of this research were stratified random sampling for grouping the respondents and purposive sampling for choosing Gasabo District. The simple random sampling technique was adopted to get respondents of the study involved in the sampled population owing to its ability to most possible and easiest one in collecting of primary data from group which cannot be easy to organize. The study selected respondents randomly and key informants purposively.

3.2 Data Collection Methods

Information was collected using both quantitative and qualitative methods where in this regards, visual methods, research diaries, observations, interviews and focus group discussion was used.A data collection technique denotes the procedure of gathering information providing or denying some facts (Creswell, 2013). The researcher used questionnaire, interviews and document analysis. Interview implies attempting to know what persons reflect via their numerical expression (Asika, 2010). Creswell (2013) contends that interview refers to a method of gathering primary sources of information includes presentation of oral verbal stimuli and answer in items of oral verb response from the respondent of selected people from Gasabo District, Rwanda by using main gathering instrument known as questionnaire. The study used focus group discussion which refers to rapid assessment, interview guide using in collecting information in which purposive sampling participated in dialogue by providing relevant. To preserve the session on progress while permitting respondents to provide information with highly level of freedom based on themes and subthemes developed in accordance with specific objectives.

3.3 Data Analysis Procedure

Jibril and Nwanmou (2012), reiterates that data analysis implies a process of interpreting evidences and facts gathered. Information was analysed by using layout that is in the forms of table, percentages, graphs, frequency and family with statement. These instruments were helpful in simplifying the interpretation process. Data was analysed into relevant data, facts and numbers, the researcher discussed with quantitative research approach and the researcher interpreted primary data though the use of SPSS. Bivariate statistics were adopted to generate the correlation between governance based strategies and the reduction of harmful effect of drug abuse. For variables in this research, a mean was determined using computer software for each year and then simple average was calculated. The regression equation was used:

$$Y = b_o + b_1 x1 + b_2 x_2 + b_3 x_3 + e$$

Where Y= Mitigation of Harmful Alcohol Use:

B_0 =Constant,

X_1 = Teaching prevention in schools,

X_2 = Reaching youth outside schools,

X_3 = Reaching high risk groups

X_4 = Building Family Bonds

In addition, qualitative data was analysed using content analysis. The researcher had an interview transcript where information was classified by themes and subthemes in order to analyse non numerical information to deepen information from quantitative information.

4.0 Presentation of Findings

4.1 Effect of teaching prevention strategies in schools on the mitigation of harmful alcohol use in Kigali City, Rwanda:

The first objective analyzed effect of teaching prevention strategies in schools on the mitigation of harmful alcohol use in Kigali City, Rwanda. The measured through the use of internal pressure recognition to teach students in schools, developing resistance skills to these pressure in order to reduce harmful effect of drug abuse, disseminating information dissemination and fact on the effect of drug abuse, using interactive teaching techniques to mitigate negative effect of drug abuse, and training of persons have been trained and given support to finding drug and alcohol use in Gasabo District.

Table 4. 1 Teaching prevention strategies in Nyarugenge District

Teaching Prevention Strategies	Strongly Disagree %	Disagree %	Not Sure %	Agree %	Strongly Agree %	Total Mean	Sd
The internal pressure recognition to teach students in schools was adopted	51.9	32.2	1.3	3.0	11.6	1.90	1.30
The district has developed resistance skills to these pressure	3.9	6.0	.0	33.3	57.1		
						.26	0.51
Local government and school managers are disseminating information dissemination and fact on the effect of drug abuse	6.0	10.0	4.3	34.3	45.1	4.02	1.20
Local government and stakeholders are using interactive teaching techniques in high risk areas teachers and	13.3	16.7	3.4	37.8	28.8	3.51	1.40
other key persons were trained and given support to finding drug and alcohol use	13.3	16.3	3.4	41.2	25.8	3.49	1.37

Source: Primary Data (2023)

Results demonstrated that 51.9%, response mean was 1.901 and std was 1.301 strongly disagreed the internal pressure recognition to teach students in schools was adopted , 57.1%, response mean was 4.269, std 0.513 strongly agreed that the district has developed resistance skills to these pressure, the study felt that 45.1%, the mean response was 4.021, std was 1.1.205 that the local government and school managers are disseminating information dissemination and fact on the effect of drug abuse. Moreover, the local government and stakeholders are using interactive teaching techniques, and the finally, in high risk areas teachers and other key persons were trained and given support to finding drug and alcohol use A study carried out by Zuski (2014), on the role of school based strategies in mitigating the use of alcohol in schools in Australia used a randomized sample of 1734 teenage students with cross-section study. The research indicated that school based-strategies towards the reduction of harmful effect refers were adequate in decreasing and lowering the prevalence rate of those persons using drugs and the negative effects emanating from alcohol abuse. This research provides the following concluding remarks: to fortify school based strategies toward the reduction in using alcohol within and outside schools. The study finding out that the percentage of selected participants whom agreed was between 80% and 100 percent agreement rate, two researches have a 60 and 79% and 5 studies gave no information about the agreement rate.

Table 4. 2 Correlation Analysis between Teaching prevention strategies and Mitigation of Harmful Alcohol Use

		Internal pressure recognition	Develop resistance skills to these pressure	Information dissemination on its effect	Reduced Rate of Alcohol Use	Awareness on Alcohol use management strategies	Reduced Indiscipline
Internal pressure recognition	Pearson Correlation	1					
	Sig.(2-tailed)						
	N	207					
Develop resistance skills to these pressure	Pearson Correlation	.005	1				
	Sig.(2-tailed)	.934					
	N	207	207				
Information dissemination on its effect	Pearson Correlation	.062	-.048	1			
	Sig.(2-tailed)	.347	.469				
	N	207	207	207			
Reduced Rate of Alcohol Use	Pearson Correlation	.014	-.002	.011	1		
	Sig.(2-tailed)	.826	.976	.868			
	N	207	207	207	207		
Awareness on Alcohol use management strategies	Pearson Correlation	.067	.216**	.153*	.003	1	
	Sig.(2-tailed)	.307	.001	.020	.965		
	N	207	207	207	207	207	
Reduced Indiscipline	Pearson Correlation	-.082	.150*	.028	-.011	.034	1
	Sig.(2-tailed)	.214	.022	.675	.865	.610	
	N	207	207	207	207	207	207

*. Correlation is significant at the 0.01 level (2-tailed).

. Correlation is significant at the 0.05 level (2-tailed).

Source: Primary Data (2023)

Correlation analysis in Table 4.3 indicated a positive insignificant correlation between internal pressure recognition and reduced rate of alcohol use (r=0.014), level of significance was 0.8 and it not positively associated with the since its level was higher than 0.05 indicating that an increase in internal pressure recognition did not cause a change in reduced rate of alcohol use There was insignificant association between developing resistance skills to these pressure and awareness on alcohol use management strategies (r=0.067, p-value=0.307) and developing resistance skills to these pressure and reduced indiscipline (r=0.082, p-value was 0.214). It demonstrated the lack of association between teaching prevention strategies and the mitigation of alcohol use strategies. In this regards, all the p-value were >0.05 indicating that a developing resistance skills to these pressure did not reflect an increase of reduced rate of alcohol use, awareness on alcohol use management strategies and reduced indiscipline Moreover, results demonstrated a negative and insignificant correlation between information dissemination on its effect and reduced rate of alcohol use (r=0.976, p-value =-0.002). The association was negatively not associated with since the level of significance was high than 0.05 showing that a change in information dissemination on its effect did jot impact project reduced rate of alcohol use and vice versa. On the other side, there was a significant association between information dissemination on its effect and awareness on alcohol use management strategies (r=0.216**, p-value=0.001) and   Developing resistance skills to these pressure and reduced indiscipline (r=0.150* p=0.022).

4.2 Effect of Reaching Youth Outside of School Strategies on the Mitigation of Harmful Alcohol Use in Kigali City, Rwanda

This study analyzed effect of reaching youth outside of school strategies on the mitigation of harmful alcohol use in Kigali city, Rwanda. The analysis procedures were analyzed using effective collaboration between all stakeholders concerning the reduction of drug abuse, ensuring safe environment for drug users in order to mitigate harmful effect, and creation of opportunities for success with the purpose to reduce the use of alcohol.

Table 4. 3 Reaching Youth Outside of School Strategies

	Strongly Disagree %	Disagree %	Not Sure %	Agree %	Strongly Agree %	Mean	Sd
In our district, there is an effective collaboration between all stakeholders concerning the reduction of drug abuse	13.3	16.7	3.4	37.8	28.8	3.51	1.40
The local government and other stakeholder are ensuring safe environment for drug users in order to mitigate harmful effect	13.3	16.3	3.4	41.2	25.8	3.49	1.37
The district administration and stakeholders have created opportunities for success with the purpose to reduce the use of alcohol	6.9	10.3	.0	3.0	49.4	4.05	4.05

Source: Primary Data (2023)

Findings indicated that 37.8 percent, a response mean of 3.519 with standard deviation of 1.402 agreed with the use of effective collaboration between all stakeholders concerning the reduction of drug abuse, 41.2, mean response was 3.497 while the standard deviation was 1.377 accepted that ensuring safe environment for drug users in order to mitigate harmful effect was suitable for reducing alcohol use. Finally, 49.4%, mean=4.051 and standard deviation equal to 0.051 agreed that and creation of opportunities for success with the purpose to reduce the use of alcohol was suitable for mitigating alcohol use. This study is relevant the work of Bennett and Holloway (2015) who did a research in Pakistan by attempting to gaze the pertinence of types of understanding the harmful effect of alcohol. The 400 participants were selected randomly from Kashmir region. This research demonstrated that 94.2% of participants did not now educational programs towards alcohol management and reduction of harmful effect and only 5.4% aware bout drug use in region.

Table 4. 4 Correlation between Reaching Youth Outside of School Strategies and the Mitigation of Harmful Alcohol Use

		Collaboration between stakeholders	A safe environment for drug users	Creation of opportunities for success	Reduced Rate of Alcohol Use	Awareness on Alcohol use management strategies	Reduced Indiscipline
Collaboration between stakeholders	Pearson Correlation	1					
	Sig.(2-tailed)						
	N	207					
A safe environment for drug users	Pearson Correlation	-.025	1				
	Sig.(2-tailed)	.703					
	N	207	207				
Creation of opportunities for success	Pearson Correlation	.061	.065	1			
	Sig	.354	.321				
	N	207	207	207			
Reduced Rate of Alcohol Use	Pearson Correlation	.083	-.134*	.069	1		
	Sig.(2-tailed)	.207	.041	.294			
	N	207	207	207	207		
Awareness on Alcohol use management strategies	Pearson Correlation	-.067	.063	.118	.003	1	
	Sig.(2-tailed)	.308	.339	.071	.965		
	N	207	207	207	207	207	
Reduced Indiscipline	Pearson Correlation	-.078	-.017	-.038	-.011	.034	1
	Sig.(2-tailed)	.235	.796	.568	.865	.610	
	N	207	207	207	207	207	207

Correlation is significant at the 0.5 level 0.05(2-tailed)

Source: Primary Data (2023)

The study indicated analysis employing SPSS version 25.0, the p-value was less between 0.5 and 0.01 standard for * and **. In this regard, collaboration between stakeholders and reduced rate of alcohol use (r=0.083**, p-value=0.207), collaboration between stakeholders and awareness on alcohol use management strategies (r=0.067, p-value=.308), and between collaboration between stakeholders and reduced indiscipline (r=0.078, p-value =0.235) are not associated and since the p-value was >0.05 proposing that a change in collaboration between stakeholders did not impact project reduced rate of alcohol use, awareness on alcohol use management strategies and reduced indiscipline. Results for the relationship between a safe environment for drug users and reduced rate of alcohol use (r=0.134, p-value= 0.041) was negatively statistically significant. However, a safe environment for drug users was not correlated with awareness on alcohol use management strategies (r=0.063, p-value=0.339), and between a safe environment for drug users and reduced indiscipline negatively and statistically not significant (r=-0.017, p-value=0.796). Where the level of significance was >0.05 implying that a safe environment for drug users did not affect reduced rate of alcohol use, awareness on alcohol use management strategies and reduced indiscipline. Results for the correlation between the creation of opportunities for success and reduced rate of alcohol use (r=0.069, p-value=0.294) was not associated the p-value was 0.05, an improving in creation of opportunities for success did not awareness on alcohol use management strategies. Creation of opportunities for success and reduced indiscipline was statistically correlated (r=0.038, p-value =0.568), when p value is 0.05. Contrary, the research establish a negatively and significance association between creation of opportunities for success and awareness on alcohol use management strategies (r=-0.118, p-value=0.071).

4.3 Effect of Reaching High Risk Groups Strategies on the Mitigation of Harmful Alcohol Use in Kigali City, Rwanda

The third objective ascertained impact of effect of reaching high risk groups strategies on the mitigation of harmful alcohol use in Kigali City, Rwanda. Reaching high risk groups strategies were for instance identification of risk in using drugs and other alcohol, organization of home visits in order to reduce harmful effect of drug use, program design to high risk groups for guidance and counseling about effect of drug abuse and its effect organization of training and capacity building for parent and guardians.

Table 4. 5 Reaching High Risk Groups Strategies

Reaching High Risk Groups Strategies Adopted	Strongly Disagree %	Disagree %	Not Sure %	Agree %	Strongly Agree %	Total Mean	d
In this region, local government and the national policy and other security entities have identified risk in using drugs and other alcohol	1.3	8.2	5.2	32.6	52.8	4.27	.97
The district and its stakeholders have organized home visits in order to reduce harmful effect of drug use	.6	2.0	2.6	35.6	41.2	3.88	1.29
There is a program design to high risk groups for guidance and counselling about effect of drug abuse and its effect	.4	.9	3.4	30.5	49.8	4.04	4.04

Source: Primary Data (2023)

Findings on the statement whether local government and the national policy and other security entities have identified risk in using drugs and other alcohol; results indicated 52.8% of respondents, the mean was 4.274, while the standard deviation was 0.774. Results if the district and its stakeholders have organized home visits in order to reduce harmful effect of drug use, 41.2 percent of participants with the mean of 3.888, the standard deviation was 1.298 strongly accepted that the statement. Finally, 49.8% mean of 4.042, standard deviation was 0.042 agreed with the existence of a program design to high risk groups for guidance and counseling about effect of drug abuse and its effect. These results indicate the relevancy with the findings and observations of Klingemann (2015) did a survey on the role of alcohol abuse on learning outcome with the purpose of assessing probable and effective solution towards alcohol use. The research selected respondents randomly in systematic way, and purposive sampling in selecting key informants. Information was gathered using questionnaire survey in order to obtained relevant data. The study found that most of respondents from the high risk identified group have been using marijuana. This was indicated by 149% of them in favour of higher level of enhancement in previous marijuana for learners to conduct pilot research the follow up model.
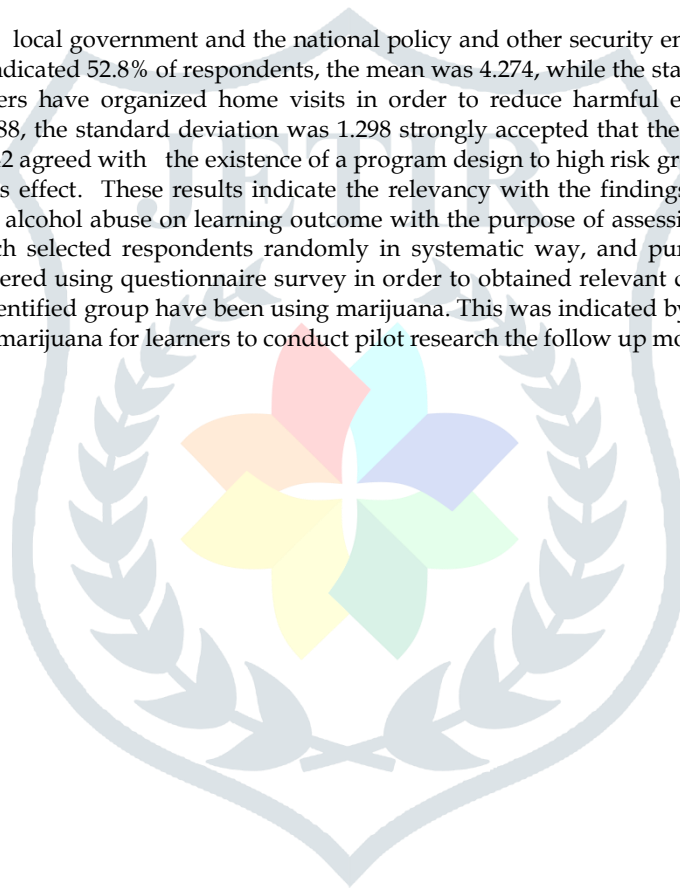
Table 4. 6 Correlation Analysis between Reaching High Risk Groups Strategies and Mitigation of Harmful Alcohol Use

		High risk group identification	Home Visits	Counselling	Reduced Rate of Alcohol Use	Awareness on Alcohol use management strategies	Reduced Indiscipline
High risk group identification	Pearson Correlation	1					
	Sig.(2-tailed)						
	N	207					
Home Visits	Pearson Correlation	.055	1				
	Sign (2-tailed)	.404					
	N	207	207				
Counselling	Pearson Correlation	.042	-.015	1			
	Si.(2-tailed)	.523	.818				
	N	207	207	207			
Reduced Rate of Alcohol Use	Pearson Correlation	-.010	-.020	-.052	1		
	Sig.(2-tailed)	.874	.766	.426			
	N	207	207	207	207		
Awareness on Alcohol use management strategies	Pearson Correlation	-.091	.076	-.118	.003	1	
	Sig.(2-tailed)	.166	.249	.072	.965		
	N	207	207	207	207	207	
Reduced Indiscipline	Pearson n	-.100	.028	.058	-.011	.034	1
	Sig. (2-tailed)	.127	.667	.376	.865	.610	
	N	207	207	207	207	207	207

Source: Primary Data (2023)

Insignificant positive correlations was found between high risk group identification and reduced rate of alcohol use (r=0.010, p-value=0.874) provided that the p-value was > 0.05 proposing that improvement in high risk group identification did not affect reduced rate of alcohol use, and vice versa. Therefore, high risk group identification was not statistically significant with awareness on Alcohol use management strategies, (r=0.020, p-value=0.766), high risk group identification was not statistically pertinent with awareness on alcohol use management strategies (r=0.076, p-value=0.249) and home visits counseling and reduced indiscipline (r=0.028, p-value=0.667).For counseling, there was negative no significant correlation between counseling and reduced rate of alcohol use (r=0.052, p-value=0.426), counseling was statistically significant with awareness on alcohol use management strategies (r=0.118, p-value=0.072). Contrary to counseling and awareness on alcohol use management strategies which was not statistically significant (r=0.058, p-value = 0.376), because the p-value was more than 0.05.

4.4 Effect of building family bonds strategies on the mitigation of harmful alcohol use in Kigali city, Rwanda.

The third objective ascertained impact of effect of reaching high risk groups strategies on the mitigation of harmful alcohol use in Kigali City, Rwanda. Building family bond strategies were for example reaching families of children users of drug, training parents about behavioral skills concerning the prevention of drug abuse, local government and its partners used direct service for protective elements for mitigating the harmful effect of drug abuse and proving accessibility to counseling for families helped the district to mitigate harmful effect of drug abuse in Gasabo District.

Table 4. 7 Building Family Bond Strategies adopted by Gasabo District

Building Family Bond Strategies adopted	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree	Total	
	%	%	%	%	%	Mean	d
Local government and partners decided to reach families of children users of drug	1.3	8.2	5.2	32.6	52.8	4.27	.97

Parents have been trained about behavioural skills concerning the prevention of drug abuse	.6	2.0	2.6	35.6	41.2	3.88	1.29
Local government and its partners used direct service for protective elements for mitigating the harmful effect of drug abuse	.4	.9	3.4	30.5	49.8	4.042	4.04
Proving accessibility to counselling for families helped the district to mitigate harmful effect of drug abuse in Gasabo District							

Source: Primary Data (2023)

Findings on the statement whether the local government and partners decided to reach families of children users of drug; results indicated 52.8% of respondents, the mean was 4.274, while the standard deviation was 0.774. Results if parents have been trained about behavioral skills concerning the prevention of drug abuse, 41.2 percent of participants with the mean of 3.888, the standard deviation was 1.298 strongly accepted that local government and its partners used direct service for protective elements for mitigating the harmful effect of drug abuse. Finally, 49.8% mean of 4.042, standard deviation was 0.042 agreed with the provision of accessibility to counseling for families helped the district to mitigate harmful effect of drug abuse in Gasabo District.

Table 4. 8 Correlation Analysis between Building Family Bonds Strategies and Mitigation of Harmful Alcohol Use in Kigali City, Rwanda.

		Reaching family of children	Train parent in behavioral skills	Direct service for protective factors	Reduced Rate of Alcohol Use	Awareness on Alcohol use management strategies	Reduced Indiscipline
Reaching family of children	Pearson Correlation	1					
	Sig.(2-tailed)						
	N	207					
Train parent in behavioral skills	Pearson Correlation	.055	1				
	Sign (2-tailed)	.404					
	N	207	207				
Direct service for protective factors	Pearson Correlation	.042	-.015	1			
	Si.(2-tailed)	.523	.818				
	N	207	207	207			
Reduced Rate of Alcohol Use	Pearson Correlation	-.010	-.020	-.052	1		
	Sig.(2-tailed)	.874	.766	.426			
	N	207	207	207	207		
Awareness on Alcohol use management strategies	Pearson Correlation	-.091	.076	-.118	.003	1	
	Sig.(2-tailed)	.166	.249	.072	.965		
	N	207	207	207	207	207	
Reduced Indiscipline	Pearson n	-.100	.028	.058	-.011	.034	1
	Sig. (2-tailed)	.127	.667	.376	.865	.610	
	N	207	207	207	207	207	207

Source: Primary Data (2023)

Insignificant positive correlations was found between reaching family of children and reduced rate of alcohol use (r=0.010, p-value=0.874) provided that the p-value was > 0.05 proposing that improvement in reaching family of children did not affect reduced rate of alcohol use, and vice versa. Therefore, reaching family of children was not statistically significant with awareness on alcohol use management strategies, (r=0.020, p-value=0.766), reaching family of children was not statistically pertinent awareness on alcohol use management strategies (r=0.076, p-value=0.249) and reaching family of children and reduced indiscipline (r=0.028, p-value=0.667). For risk monitoring, there was negative no significant correlation between direct service for protective factors and

reduced rate of alcohol use (r=0.052, p-value=0.426), direct service for protective factors between awareness on alcohol use management strategies was statistically significant with awareness on alcohol use management strategies (r=0.118, p-value=0.072). Contrary to and reduced indiscipline which was not statistically significant (r=0.058, p-value = 0.376), because the p-value was more than 0.05.

5.0 Discussion of Findings

Findings from this study did not contradict evidences and observation on several working groups has lost their employments and duties this way abandoning them without source of revenue therefore not able to finance their day to day activities. Moreover, the behaviour and attitude of person's abusers of alcohol clearly affect the entire household members, peers and friends (Gayford, 2013). Results indicated that 39.5%, the mean of 3.459 with a std of 1.516 strongly accepted with the reduced indiscipline. The present study matches with the findings of changing drug abuse that has been adopted for obtaining issues effective reduction of drug use (World Health Organization, 20112). The report was pertinent to control them and using them in order to generate for harmful practices (Teddie, 2011).

5.1 Effect of teaching prevention strategies in schools on the mitigation of harmful alcohol use in Kigali City, Rwanda:

The first objective analyzed effect of teaching prevention strategies in schools on the mitigation of harmful alcohol use in Kigali City, Rwanda. The measured through the use of internal pressure recognition to teach students in schools, developing resistance skills to these pressure in order to reduce harmful effect of drug abuse, disseminating information dissemination and fact on the effect of drug abuse, using interactive teaching techniques to mitigate negative effect of drug abuse, and training of persons have been trained and given support to finding drug and alcohol use in Gasabo District. A study carried out by Zuski (2014), on the role of school based strategies in mitigating the use of alcohol in schools in Australia used a randomized sample of 1734 teenage students with cross-section study. The research indicated that school based-strategies towards the reduction of harmful effect refers were adequate in decreasing and lowering the prevalence rate of those persons using drugs and the negative effects emanating from alcohol abuse.

5.2 Effect of Reaching Youth Outside of School Strategies on the Mitigation of Harmful Alcohol Use in Kigali City, Rwanda

This study analyzed effect of reaching youth outside of school strategies on the mitigation of harmful alcohol use in Kigali city, Rwanda. The analysis procedures were analyzed using effective collaboration between all stakeholders concerning the reduction of drug abuse, ensuring safe environment for drug users in order to mitigate harmful effect, and creation of opportunities for success with the purpose to reduce the use of alcohol. According to Kinoti (2015), undertook research to assess the area of using drug in countryside in South Africa using a mixed approach. Information was gathered using 338 respondents selected from 10 secondary schools. In Rwanda, Kanyoni, *et al.*,(2022), the prevalence rate of substance use over the month prior to the survey was 34% for alcohol, 8.5% for tobacco smoking, 2.7% for cannabis, 0.2% for glue and 0.1% for drugs such as diazepam. 7.46% (one in thirteen) of the youth were alcohol dependent, 4.88% (one in twenty) were nicotine dependent, and 2.54% (one in forty) dependent on cannabis/ This study did not contradict with Kanyoni, *et al.*,(2022), the prevalence rate of substance use over the month prior to the survey was 34% for alcohol, 8.5% for tobacco smoking, 2.7% for cannabis, 0.2% for glue and 0.1% for drugs such as diazepam. 7.46% (one in thirteen) of the youth were alcohol dependent, 4.88% (one in twenty) were nicotine dependent, and 2.54% (one in forty) dependent on cannabis.

5.3 Effect of Reaching High Risk Groups Strategies on the Mitigation of Harmful Alcohol Use in Kigali City, Rwanda

The third objective ascertained impact of effect of reaching high risk groups strategies on the mitigation of harmful alcohol use in Kigali City, Rwanda. Reaching high risk groups strategies were for instance identification of risk in using drugs and other alcohol, organization of home visits in order to reduce harmful effect of drug use, program design to high risk groups   for guidance and counseling about effect of drug abuse and its effect organization of training and capacity building for parent and guardians. The research selected respondents randomly in systematic way, and purposive sampling in selecting key informants. Information was gathered using questionnaire survey in order to obtained relevant data. Results are similar with the World Bank collection of development indicators, compiled from officially recognized sources. Rwanda - Total alcohol consumption per capita (litters of pure alcohol, projected estimates, 15+ years of age) - actual values, historical data, forecasts and projections were sourced from the World Bank on March of 2023(Gishoma, 2012).

5.4 Effect of building family bonds strategies on the mitigation of harmful alcohol use in Kigali city, Rwanda.

The third objective ascertained impact of effect of reaching high risk groups strategies on the mitigation of harmful alcohol use in Kigali City, Rwanda. Building family bond strategies were for example reaching families of children users of drug, training parents about behavioral skills concerning the prevention of drug abuse, local government and its partners used direct service for protective elements for mitigating the harmful effect of drug abuse and proving accessibility to counseling for families helped the district to mitigate harmful effect of drug abuse in Gasabo District.

These results indicate the relevancy with the findings and observations of Better Care Network (2013) who necessitated assessing the root, impact and effective strategies to prevent drug use and mitigate harmful effect of drug abuse in Tanzania. The findings revealed that 31% of 8 million of students in secondary schools in students in United States of America (18-24 years old) meet the criteria for alcohol abuse and another 6% and 11% meet the criteria for alcohol dependence. It concur with the work of Chireshe (2014) assessed factors influencing the drug abuse among adolescent in Nairobi, Kenya.

6.0 Conclusions and Recommendations

The first objective concludes that Gasabo District has used internal pressure recognition to teach students in schools, developing resistance skills to these pressure in order to reduce harmful effect of drug abuse, disseminating information dissemination and fact on the effect of drug abuse, using interactive teaching techniques to mitigate negative effect of drug abuse, and training of persons have been trained and given support to finding drug and alcohol use in Gasabo District.To the second objective, the researcher concluded that Gasabo District for reaching youth outside it used effective collaboration between all stakeholders concerning the reduction of drug abuse, ensuring safe environment for drug users in order to mitigate harmful effect, and creation of opportunities for success with the purpose to reduce the use of alcohol. The third objective concluded that for reaching high risk groups, the district had identified risk in using drugs and other alcohol, organization of home visits in order to reduce harmful effect of drug use, program design to high risk groups for guidance and counseling about effect of drug abuse and its effect organization of training and capacity building for parent and guardians. The fourth objective ascertained impact of effect of reaching high risk groups strategies on the mitigation of harmful alcohol use in Kigali City, Rwanda. In this reached the most commonly applied strategies were reaching families of children users of drug, training parents about behavioral skills concerning the prevention of drug abuse, local government and its partners used direct service for protective elements for mitigating the harmful effect of drug abuse and proving accessibility to counseling for families helped the district to mitigate harmful effect of drug abuse in Gasabo District.

There is need for the administrators to match the young people suggestions and best practices used in other district. It was clear that the effectiveness of interventions geared towards addressing drug abuse is dependent on the level of engagement and communication between the students and the administration, the students and the parents and the administration and the parents. The researcher therefore makes recommendations as follows: Administrators should come up with parental engagement forums that are geared towards sensitizing the need to support them in addressing drug abuse. The forums should be held on a termly basis for the parents to not only gain knowledge on drug abuse and prevention measures but also be involved continuously in monitoring their children closely. The study recommends that policies be comprehensive enough to reflect the schools norms and expectations about drug abuse use. Drug abuse rules should also have provisions for rewarding those who comply while persuading those who would not otherwise observe the rules to do so. The current study recommends taking upon them to engage in activities that would help them overcome temptations of indulging in drug abuse. Community based, governmental and non-governmental organizations should be encouraged and supported by both the national and county government to create forums where all educational stakeholders are sensitized on drug abuse interventions in order to save the students from the menace.The current study should as well be replicated in other counties since the efforts put in curbing drug abuse may differ from one county to another.

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