



PREVALENCE OF ABUSED SOCIAL DRUGS AMONG GUTE AREA PEOPLES, EAST WOLLEGA ZONE, OROMIA REGIONAL STATE, ETHIOPIA

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ABSTRACT

Background: In every culture in history, people have found drinking. Some of the social drugs are inhaled, some are chewed etc. and also some plants in the form of different decoctions, beverages or inhaling them in the form of smoking as common practice. However, it is found that some of these preparations are among classes of abused substances which could result in different types of common health problems. **Objective:** To determine the prevalence, pattern, and attitude towards stopping or reducing alcoholism, cigarette smoking and chat chewing and to determine their devastating consequences among residents in Gute Town adults, Eastern Wollega. **Method:-** A cross sectional study was conducted in May 2018 on a sample of 384 peoples that were selected by conventional sampling procedure using a well developed questionnaire format. **Results:-** 384 subjects were included in the study. 246 (64.04%) of them were male and the rest 138 (35.9%) were female. The social drugs used included in the study even once in life time where 250 (65.1%) from those 202 (52.6%) were males and the rest 48 (12.5%) were females. This means from 384 samples 250 (65.1%) of them were use abuse social drugs at least ever tried one of the drug. The current prevalence of social drugs among the study population was found to be 206 (53.64%). That is out of total drug users 82.4% of them were users. **Discussion:-** Like other Ethiopian journal studies indicated that chat, alcohol and cigarette were the most commonly reported drugs that were abused in Ethiopia, the result of this study showed that chat was the most commonly used social drug by both sexes, followed by alcohol and tobacco. **Conclusion and Recommendations:** In general the prevalence of use of social drug in Gute town peoples seems to be comparable with prevalence of the drugs in other Ethiopian town. Alcohol and chat that were the most commonly abused substances among especially in adults. Therefore, Governments and all society should give advice for adults about impact of social drug use, should establish recreational centers in Gute town and support scientific researches on social substances. In addition to this, the concerned other bodies like health bureau of the area, Youth and sport office should give attention to the problem studied.

KEYWORDS: Social Drug, Prevalence, Gute, Attitude.

INTRODUCTION

1.1 Background information

The definition of drug as stated in the international convention of 1961 for narcotic drugs and of 1971 for psychotropic substances includes all substances and chemicals that should not be used for any purpose other than for medical and scientific research. To date there are 131 internationally controlled drugs which are to be used under strict medical prescription and/or for scientific research if used for purposes otherwise, they are called illicit drugs. In the past two decades, the drug abuse has spread widely at an unprecedented rate and has reached every part of the globe.^[1]

Drug abuse and associated problems are of current global concern. It has become an epidemic in some parts of the African region with adolescents being the main victims of the ill health and social effects of substance use. The common substances abused in most African countries are alcohol, tobacco, cannabis or marijuana and chat (fresh leaves and shoots of *Catha edulis*). In Ethiopia, alcohol, chat and tobacco are the most widely abused drugs. Reports show that these substances are widely used among students (both college and high school) in Ethiopia.^[2]

Chat can be described as a herbal product consisting of the leaves and shoots of the shrub *Catha edulis* Forst (Celastraceae) chat contains the monoamine alkaloid

called cathinone, an amphetamine like stimulant, which is said to cause excitement, loss of appetite and euphoria. In 1980, the world health organization (WHO) classified it as drug of abuse that can produce mild to moderate psychological dependence.^[2]

The tobacco plants *nicotina tabacum* and *N. rustica* are processed by drying to give rise to different types of tobacco products such as pipe tobacco, cigars or cigarette. All tobacco products are used for the primary objective of getting the stimulating effects of nicotine, the active ingredient of tobacco. Nicotine is a ganglionic cholinergic receptor agonist, which causes the stimulation of the central nervous system.^[2]

The most common alcohol is ethanol. Judged on a molar basis, the consumption of ethanol far exceeds that of any other drug. The ethanol content of various drinks ranges from about 2.5% (weak beer) to about 55% (strong spirits). And the size of the normal measure is such that a single drink usually contains about 8-12g ethanol.^[3]

For practical purposes, ethanol intake is often expressed in terms of units one unit is equal to 8g ethanol and is the amount contained in half a pint of normal strength beer, one measure of spirits or one standard glass wine.^[3]

1.2 Epidemiological data

The primary criteria for defining drug addiction are compulsive use, psycho active effects and drug reinforced behavior. Nicotine fulfills this criterion. Smoker regulates their nicotine dose to obtain desired effects these include; both positive such as pleasure and enhanced vigilance and avoidance of withdrawal syndrome characterized by craving for tobacco products, depressed mood, insomnia, anxiety, difficult concentrating and an increase appetite that is reaches peak in 1-2 days and return to base line within 3-4 weeks of quitting. However craving for tobacco products and hunger may persists for extended period.^[8]

Cigarette smoke is a heterogeneous aerosol produced by incomplete combustion of tobacco leaf. More than 400 substances have been identified in tobacco including some pharmacologically active, antigenic catatonic, mutagenic and carcinogenic. A peak a day cigarette smoke puffs more than 70,000 times, a year exposing respiratory airways to the smoke. This also affects the involuntary smokers too (passive smokers).^[8]

In 2009, The University of Minnesota launched the khat research program (KRP) was classified the effects of khat in to three class.

Immediate effects will include increase heart rate, blood pressure, euphoria hyper activity and decreased appetite.^[15]

Long term effects include depression, infrequent hallucinations, delayed response inhibition increase risk

of myocardial infarction, psychosis in extreme case in the genetically predisposed, oral cancer.^[15]

In determinant effects include death and stroke following acute coronary syndrome.^[16] The most common substance of abuse or dependence in patient presenting for treatment is alcohol.^[17]

In the United State, the number of dependent drinker was 2.8 million in 2001. About 12% of America adults have had an alcohol dependence problem at some time in their life.^[18]

Alcohol abuse is associated with many accidents, fighting, driving offences and unprotected sex. Alcohol is responsible in the world for 1.8 million deaths and results in disability in approximately 58.3 million people.^[19]

Tobacco is one of the abused substances that could cause addiction. The nicotine in cigarette smoke is known to have an addictive effect so it makes them to smoke regularly so that they develop dependency and tolerance. Then this dependency exposed them to withdrawal symptoms such as restlessness, tense, irritable behavior, less able to concentrate if they try to stop abruptly. In addition to these addiction problems, smokers will be exposed for the potential hazardous substance of cigarette smoke. The health problems due to cigarette smoking include lung cancer, atherosclerotic cardiovascular disease, intrauterine growth retardation, spontaneous abortion, ante partum hemorrhage, female infertility, peptic ulcer disease, chronic obstructive lung disease, sexual dysfunction in men. On the top of these, smokers get higher risk for developing coronary heart disease and myocardial infarction.^[4]

Cigarette smoking to be a major hazard and it contributes significantly to cardiovascular morbidity and mortality epidemiologic studies, have established world wide that cigarette smoke exposing an important cause of cardiovascular morbidity and mortality. Clinical and experimental studies indicate that either active or passive exposure promotes vasomotor dysfunction, parthenogenesis, and thrombosis in multiple vascular beds.^[7]

Smoking accounts for about 10% of deaths worldwide, mainly through cancer (especially lung cancer, of which about 90% of cases are smoking related, carcinogenic tars are responsible), ischemic heart disease and chronic bronchitis. Smoking in pregnancy reduces birth weight and retards childhood development. It also increases abortion rate and prenatal mortality.^[3] A rapid assessment of drug abuse in Ethiopia carried out in 1995 revealed that tobacco was the third most common drug (15.8%) next to alcohol and chat, claimed to have consumed by the respondents.

Alcoholism is an international problem and had touched every corner of the world, both developed and developing countries. There is no doubt that every country in the world, including Ethiopia incurs substantial cost as a result of the direct and indirect damage caused by alcoholism. Physical effects seen in sexual activity with excessive drinking is degeneration and dysfunction of sex glands though a small amount can lower inhibition and make the person more relaxed and more apt or eager to engage in social and sexual activity.^[5]

Although it is believed that moderate alcohol consumption may provide some health benefit. Small amount of alcohol per day to prevent heart disease. There is direct relationship between heavy alcohol drinking and cardiomyopathy. Alcoholism also causes oral, pharyngeal, and liver cancers.^[5]

Abrupt withdrawal from alcohol results in serious consequences including death unless properly managed.

One who has built tolerance and dependency on alcohol, abrupt withdrawal after 8-4 days, tremors hallucination, mild seizure, loss of appetite after 2-4 days, delirium tremors rapid heartbeat, delusion, convulsion and even death if these cases are not treated with appropriate drugs. If alcohol is abused by pregnant women, it additionally results to the fetus in fetal alcohol syndrome.^[5,6]

Hookah smoking is not safer than cigarette smoking. Also known as narghile, shisha and goza, a hookah is a water pipe with a smoke chamber, specially made tobacco is heated, and the smoke passes through water and is then drawn through rubber hose mouth piece.^[20]

Hookah smoke contains high levels of toxic compounds, including tar, carbonmonoxide, heavy metals and cancer-causing chemicals (carcinogens). In fact, hookah smokers exposed to more carbon monoxide and smoke than are cigarette smokers. As with cigarette smoking, hookah smoking is linked to lung and oral cancers, heart disease, other serious illnesses.^[20]

Hookah smoking delivers about the same amount nicotine as cigarette smoking, possibly leading to tobacco dependence.^[20]

Contrary to the popular belief that chat chewing helps students concentrate while studying and good grades, a study conducted in Addis Ababa University revealed that the CGPAs of chat chewers were significantly lower than those of non chewers. Studies also show that chat cause impairment of memory, anorexia and insomnia.^[2]

Long term ethanol consumption causes liver disease, progressing to cirrhosis and liver failure. It also resulted in neurological degeneration resulting in dementia and peripheral neuropathies. Excessive consumption in

pregnancy causes impaired fetal development, associated with small size, abnormal facial development and other physical abnormalities, and mental retardation.^[3]

Chat ranked second (30.5%) and alcohol stood first (32.9%).^[2] Thus, these and other types of abused substances in addition to the above described health problems, they do cause potential socio-economic problems and these abused substances make addicted individuals to participate in criminal activities, fighting and problem in driving.

A substance abuse is an international problem, especially in developing countries. Drug abuse is a major public health, social and individual problem. It is a serious problem by itself by far it is also an aggravating factor for economic crisis and hence for our poverty. More over as it is also a predisposing factor for HIV/AIDS so strong emphasis should be given to increase these problems. Students and youngsters are mostly on the great risk for this problem.

This investigation is thus initiated to fill the gap of the study in Gute woreda town and give convenient ways for solving it. Researches have been documented on many parts of Ethiopia. But to our knowledge, no or little research has been done on prevalence and determining factors of social drugs in Wollega area.

In addition, it may be used as a recent valuable data for further works.

2. METHODS AND MATERIALES

2.1 Study area

The study will be conducted in Gute area. It is located 318 Km East of Addis Ababa and lies with a latitude and longitude of 9 *5' N and 33*33' E respectively. In addition, It is 12 km away from Nekemte town. Gute is the administrative town of Wayu Tuka Worreda East Wollega Zone in Oromia regional state with an estimated population of 69,493. The town has a mean annual rain fall of 1750mm and a temperature of 14-28*c. it found at an altitude of 2088 meters above sea level.

Gute town has one governmental human and animal health center and two nongovernmental clinics and also Gute has one secondary and four elementary schools all of them are governmental.

2.2 Study period

The study was conducted from December 5, 2012 to June 2018 in Gute town.

2.3 study design

Across- sectional study was conducted by a semi-structured self administered questionnaire

2.4 Variables

2.4.1 Dependent variables

Drug prevalence (abuse).

2.4.2 Independent variables

Age, Peer Pressure, frequency of exposure to drudge, Sex, Religion, ethnicity, Year of study, income, Stress, frequency of exposure to drudge.

2.5.1 Population

2.5.2 Source population: Residents of Gute town.

2.5.3 Study population: The study was some conducted on peoples of Gute.

2.6 Sample size: The sample size was estimated by the formula.

$$n = \frac{z^2 p(1-p)}{d^2} \text{ ----- [14]}$$

n- The minimum sample size required

p- The estimate of prevalence rate the population (%)

d- The margin sampling error tolerated (%)

z- The standard normal variable at(1- ∞) % confidence level

p- Value since there is no any prevalence related to this study, it is taken to be 0.5 to maximize the sample size

$$\text{Hence the sample size is } n = \frac{(1.96)^2(0.5)(1-0.5)}{(0.05)^2}$$

2.7 Sampling Technique: a systematic random sampling technique was used

2.8 Data collection method: data collection by administering a structured Questionnaire among the sample

2.9 Data Analysis

Data was compile, analyzed, summarized and then interpreted accordingly using tables, graphs and charts by computer and manually.

2.10 Pretest or pilot study

Before the actual data collection, testing of the questionnaire was conducted and necessary modification was done before being applied on the study population as a whole.

2.11 Ethical consideration

For all activities carried out in the Gute town for Doing the research permission was requested using personal contact.

2.12 Limitation of the study

Lack of sufficient literature review on Ethiopian woredas.

2.13 Definition of Terms

Alcohol abuse: Acute intoxication in alcohol that result in problems with family, job Or law, usually seen with ages from 15-24 years old. It is associated with crime, fight and drive.

Alcoholism: Loss of control of drinking often seen in older age. Ti is also characterized with structural or functional damage, continue the negative thinking behavior.

Fetal alcohol syndrome: Syndrome which occurred during gestation .The effects seen to the baby include craniofacial dysmorphism, growth retardation, retarded psychomotor and intellectual development to the fetus.

Hangovers: Feeling observed in the morning after excessive drinking of alcohol in the night, which is characterized by upset stomach, fatigue, thrust headache and sometimes trembling.

Non smoker: One who never smokes cigarette at all.

Passive Smoker: Individual who not smoke cigarettes, but live in environment Contaminated with cigarette smoking

Smoker: One who at least smoke one cigarette within a day.

Social drugs: Drugs that cause addiction to the users.

With drawl effect: Effect seen in individuals who has developed tolerance and dependency on alcohol. If they try abruptly stop, effects include delusion, hallucinations every death.

Zurba: The amounts of chat in one hand fingers

Hookah: shisha and goza, which is a water pipe with a smoke chamber, specially made tobacco is heated and the smoke passes through water and is then drawn through rubber hose mouth piece.

3. RESULTS

In this study 384 subjects were included. 246(64.04%) of them were male and 138(35.9%) were females. The study subjects belong to Different ethnic group. The major of which are Oromo which constitute 53.9% of the peoples included in the study, followed by Amhara which constitute the (22.6). The rest were Tigrean (17.4%), Gurge (4.86%) and other ethnic group (1.3%). Religious wise majority of them were followers of Orthodox Christianity (48.0%), followed by Muslims (20.0%). The protestants and Catholics constitute 16.4% and 9.6%, respectively. The rest 6.0% is constituted by others.

The overall prevalence of abuse of the social drug among the study population was found to be 65.1%. The number includes the abuse of any of the drugs included in the study even once in life time. Out of the 250 peoples, who were using the drug, 202 (52.6%) were males and the rest 48(12.5%) were females. This means that 52.6% of the males and 12.5% of the females included in the study have at ever triad one of the drugs. The current

prevalence of social drugs among the study population was found to be 53.64% .That is out of total drug users 83.4% of them were current drug users. The details of

the result is presented by results by table 1, table 2, table 3, table 4, table 5, table 6, table 7, table 8 and graphs 1.

Table 1: The prevalence of abuse of the social drugs among Gute Town people Gute, 2018.

Use pattern	Number	Percent (%)
Users	250	65.1
Non Users	134	34.89
Total	384	99.99

Table 1. The Overall prevalence of abuse of drudges included in the study was 61.04%. That is 61.04% of the

respondents have ever trade at least one of the Drugs Included in the study.

Table 2: The prevalence of social drudge in association with sex including the combination use among Gute Town Adults, Gute, 2018.

Social drudge type used	Sex of respondents				Total	
	Male		Female		N ^o	%
	N ^o	%	N ^o	%		
Alcohol	19	7.6	8	3.2	27	10.8
Chat	46	18.4	19	7.6	65	26
Tobacco	7	2.8	-	-	7	2.8
Alcohol+ Tobacco + chat	67	26.8	-	-	67	26.8
Alcohol+ chat	45	18	16	6.4	61	24.4
Chat+ Tobacco	19	7.6	5	2	24	9.6
Alcohol+ Tobacco	5	2	-	-	7	2.8
Chat+ Tobacco+hookan	3	1.2	-	-	3	1.2
Alcohol+Chat+Tobacco	19	7.6	-	-	19	7.6
+ hookan						
Chat+hookan	6	2.4	3	1.2	9	3.6

As tabulated most commonly used combination in the study was combination of the three, chat, alcohol and tobacco which account for 26.8%, followed by alcohol and chat combination (24.4%),tobacco and chat

(9.6%),alcohol, chat, tobacco and nicotine (7.6%),chat and nicotine (3.6%), alcohol and tobacco(2.8%)and chat, tobacco and nicotine (1.2%)

Table 3: The pattern of use of the social drudges with ethnicity among Gute Town peoples, Gute, 2018.

Social drudge type used	Sex of respondents				Total	
	Male		Female		N ^o	%
	N ^o	%	N ^o	%		
Oromo	164	42.7	43	11.19	207	53.9
Amhara	57	14.9	30	7.8	87	22.6
Tigrie	37	9.6	30	7.8	67	17.4
Guraghe	14	3.64	4	1.04	18	4.68
Others	4	1.04	1	0.26	5	1.3
Total	276	71.18	108	28.12	384	99.99

The major of which are Oromo which constitute 53.9% of the peoples included in the study, followed by Amhara

which constitute the (22.6). The rest were Tigrean (17.4%), Gurge (4.86%) and other ethnic group (1.3%).

Table 4: Prevalence of social drudge in association with religion including the combination use among Gute Town peoples, Gute, 2018.

Social drug types	Orthodox	Muslim	Catholic	Protestant	Others	Total
Alcohol	12	1	1	4	1	19
Chat	15	20	8	11	-	54
Tobacco	4	2	-	-	1	7
Alcohol + chat	38	7	81	5	2	60
Alcohol + tobacco	4	1	1	2	-	8

Chat+ tobacco	8	3	2	5	1	19
Alcohol + chat + tobacco	24	6	4	11	5	50
Alcohol + chat + tobacco + hookan	11	5	-	1	4	21
Chat + tobacco + hookan	2	1	-	-	-	3
Chat + hookan	2	4	-	2	1	9
Total	120	50	24	41	15	250

Religious wise majority of them were followers of Orthodox Christianity (48.0%), followed by Muslims (20.0%). The protestants and Catholics constitute 16.4%

and 9.6%, respectively. The rest 6.0% is constituted by others.

Table 5: Prevalence of social drug in association with age including the combination use among Gute town peoples Gute, 2018.

Social drug types	Age (years)			Total
	<18	18-23	>24	
	N ^o	N ^o	N ^o	
Alcohol	-	3	22	25
Chat	5	24	26	55
Tobacco	-	-	4	4
Alcohol+ Chat	4	14	42	60
Chat+ tobacco	-	10	10	20
Alcohol+ tobacco	-	-	5	5
Alcohol + tobacco + chat	1	14	35	50
Alcohol + tobacco + chat + hookan	-	6	14	20
Chat + tobacco + hookan	-	-	3	3
Chat+hookan	1	-	7	8
Total	11	71	168	250

The majority of drug abusers fall in the age range of >24 that was 67.2 % of the total drug users. Like a study conducted on college students of North West Ethiopia the Majority of drug abusers in our study start using the drugs while they were secondary school students.

from stress, considerable number of them also use the drugs because of peer pressure.

Table 6: Time for starting of abuse of the social drugs among Gute Town peoples Gute, 2018.

Time of starting	Number	Percent (%)
Elementary	58	23.2
High school	102	40.8
University	51	20.4
Others	39	15.6
Total	250	99.99

Table 8: Distribution of problems encountered by social drug users in Gute Town people, 2018.

	Number	Percent (%)
Headache	74	29.6
Poor appetite	148	59.2
Weight loss	82	32.8
Sleep disturbance	119	47.6
Frightening dream	31	12.4
Fatigues	33	13.2
Others	106	42.4

Table 7: The effects of social drugs abuse on society as perceived by Gute, Town peoples, Gute 2018.

Reason	Number	Percent (%)
Enjoyment	99	39.6
To stay alert while reading	24	9.6
Relief from stress	39	15.6
To be sociable	48	19.2
Peer pressure	21	8.4
religious pressure	19	7.6
Others	250	100

Peoples with these social drugs were associated health risks as perceived by the users were, headache, poor appetite, weight loss, sleep disturbance, frightening dreams, fatigues and others, This agrees with scientific data documented by researchers.

The people take the social drugs for so many reasons. Most of them use the social drugs for the purpose of enjoyment. Other use to be sociable and to get relief

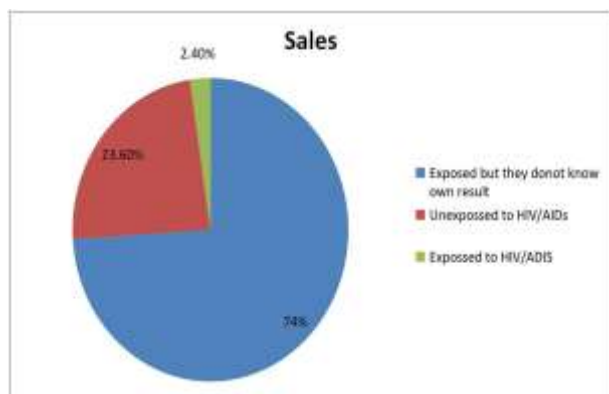


Figure 1: Exposed to HIV/AIDS among Gute area peoples.

4. DISCUSSION

Like other Ethiopian journal studies indicated that chat, alcohol and cigarette were the most commonly reported drugs that were abused in Ethiopia, the result of this study showed that chat was the most commonly used social drug by both sexes, followed by alcohol and tobacco. The life time prevalence of chat, alcohol and tobacco in our study was found to be 26 %, 10 .8% and 2.8 % respectively.^[1]

The use of social drug was associated with sex in this study. That is, 154 males were more drug abusers compared to females.^[10]

Similar to a study conducted in Jimma institute to Health Science, Substances of abuse was also used in combination.^[10]

The Most commonly used combination in the study was combination of the three, chat, alcohol and tobacco which account for 26.8%, followed by alcohol and chat combination (24.4%), tobacco and chat (9.6%), alcohol, chat, tobacco and nicotine (7.6%), chat and hookah (3.6%), alcohol and tobacco (2.8%) and chat, tobacco and hookah (1.2%).

Among the 48 female using the drugs none of them take cigarette alone as well none of them take the combination of alcohol, chat, and tobacco, alcohol and tobacco, chat and tobacco and Hookah, and chat and tobacco and alcohol and Hoohah.

In this study the ethnic classification of the drug abusers, the Oromo where high drug abusers, which accounted for 40.88%.

The use of social drugs was associated with religion in our study. When come to the proportion of drug users the orthodox Christians were the most drug abuser (48 %) followed by the Muslims (20 %). As can be seen from table only one Muslim student use alcohol alone. Most alcohol users were Orthodox Christians. But chat was mostly abused by Muslims.

The majority of drug abusers fall in the age range of >24 that was 67.2 % of the total drug users. Like a study conducted on college students of North West Ethiopia the Majority of drug abusers in our study start using the drugs while they were secondary school students.^[11]

The health risks of using of these social drugs. Peoples with these social drugs were associated health risks as perceived by the users were, headache, poor appetite, weight loss, sleep disturbance, frightening dreams, fatigues and others, This agrees with scientific data documented by researchers.^[3,4,5]

In this study the perceived social effects, of using of these drugs all of the respondents perceived that using these drugs affects that community in one way or another. The most common social impact as perceived by the respondents was the economic problem that it brings to the community. The perception seems true because a huge amount of money is being invested on alcoholic beverages and other psychoactive substances. Another associated social effect is decreased productivity this is because most of the people who use the psycho active drugs are in the productive age group and chronic use of these drugs exposed to different health impairments. These factors will likely contribute to decreased productivity. Increase in number of crimes is another societal problem due to use of drugs. This agrees with the study conducted in North West Ethiopian. College students.^[11]

The people take the social drugs for so many reasons. Most of them use the social drugs for the purpose of enjoyment. Other use to be sociable and to get relief from stress, considerable number of them also use the drugs because of peer pressure which is comparable with the study conducted in Gonder Medical College, Gonder College of teacher education, Bahirdar University Engineering and Education faculty.^[11]

In this study the knowledge of the peoples on the exposure to HIV/ADS due to the use of the social drugs, 76.4 % of them believed or perceived that using one or more of the drugs can expose to HIV/AIDS in one way or another. The respondents believed that using the drugs (especially alcohol) can expose to HIV/AIDS in many possible ways. Most of them believed that after abusing alcohol increases the sexual desire still some other respondents believe that alcohol changes ones perception towards HIV/AIDS. These things are to because alcohol stimulates the rewards center of our brain. This result agrees with the study done in VCT centers in Addis Ababa in 2005.^[9] In addition to this majority of chat chewers believed that, immediately after chat chewing their sexual desire had increased and consequently their chance of being exposed to a community based cross-sectional survey involving 4000 individuals in 2006, Accordingly a significant shift towards casual sex practice was observed in response to the effects induced by khat, and a strong association was observed between

khat- chewing. Indulgence in alcohol and recourse to risky sexual behaviors.^[14]

5. CONCLUSION AND RECOMMEDATION

5.1. Conclusions

In general the prevalence of use of social drugs in Gute town adults seems to be on spreading with prevalence of these drugs in other Ethiopian town adults. Alcohol and chat were the most commonly abused substances among the Gute adults. Of the combination types, the combinations of alcohol, khat and cigarette was most common.

5.2. Recommendations

Based on the finding of the study the following recommendations were made.

- Parents and society should follow their adults about the health and socio-economic problems associated with the abuse of social drugs.
- Governments should help scientific researches on social substances in different institution and high school are recommended to explore the different scientific impacts of drug use.
- Integrating education about drug abuse, HIV/AIDS and gender issue.
- Governments should follow the shop of chat to reduce nicotine users.
- Since the use of nicotine is on the expansion in Gute town, police and society should have to work together to reduce or to stop this drug.
- Father of religion should have to teach the bad site of abused social drugs.

ACRONYMS AND ABBREVIATION

AIDS - Acquired immune deficiency syndrome

CGPA- Cumulative Grade Point Average

CNS - Central Nervous System

VCT- Voluntary Counseling and Testing

WHO- World Health Organization.

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