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Relationship Between Substance Abuse and Sexual Violence among Women in Informal Urban Settlements in Nairobi City County, Kenya

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Sexual assault is against the law in Kenya. Yet many people, particularly women and girls, continue to experience Sexual and Gender-based Violence (SGBV) without receiving much assistance, suggesting that the regulations in place are ineffective. Drug and substance abuse has also become prevalent, especially among persons living within informal urban settings. This with the attendant rise in cases of domestic and SGBV means that there is a growing need for a deeper understanding of the nexus between drug abuse and sexual violence against women, and in particular, within Nairobi's informal urban settlements. Many women in Kenya have experienced sexual or physical assault. The research sought to determine the relationship between substance abuse and sexual violence among women in Nairobi City County's informal urban settlements; The Social Learning Theory guided this research adopting a correlation study design with a target population of 139 women in the groups who have experienced GBV and SGBV. Using stratified selection and proportional sampling approaches, the Yamane formula was utilized to calculate the sample size of 106 respondents. Information was gathered through questionnaires. Descriptive statistics as well as inferential statistics like Pearson moment correlation and chi-square analysis, were used to analyse the data. From the study, it was indicated that both substance abuse and sexual violence have tremendous negative consequences on the health, socioeconomic, emotional, and psychological disposition of a person. The study also demonstrated the rise in drug and substance abuse led to an increase in cases of sexual violence. This shows that efforts to combat drug use and substance abuse have not been successful. Therefore, the study suggests that the government develop more potent methods of combating drug use and substance abuse.

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INTRODUCTION

Substance misuse and sexual violence have a back-and-forth relationship. Sexually abused individuals are more likely to abuse drugs and alcohol. Drug users, on the other hand, are more likely to become sexual assault victims (Zipporah *et al.*, 2015). Substance abuse and sexual assault both carry major societal stigmas, however, the stigma can be much more challenging to overcome when a victim or survivor has experienced both. This may significantly impede the healing process. For instance, the media frequently propagates the notion that drinking and having sex are inextricably linked, which can cause feelings of guilt and self-blame. The victim of a sexual assault is not at fault, even if they drank or used drugs of their own volition (Dawgert, 2009).

Sexual violence may strike anybody at any time, but certain risk factors and vulnerabilities might make it more likely. Adult victims were typically drunk at the time of their attack, making it impossible for them to give consent. People who abuse alcohol or drugs are more prone to violence because they are exposed to potentially harmful situations (Ndungu *et al.*, 2020). Substance abuse according to the World Health Organization (2015), is the harmful or risky use of psychoactive substances like alcohol and illegal drugs. Drug and substance abuse has been a problem in nations all over the world for millennia. According to a 2018 study by the UK's Office for National Statistics, the number of alcohol-related deaths has tripled since the early 1990s, rising from 6.7 per 100,000 people in 1992 to 13.6 per 100,000 people in 2017. The survey also showed that the amount has grown consistently, going from 4,023 in 1992 to 9,031 in 2018.

In Africa, the threat is growing with drugs like methaqualone (Quaaludes), cocaine, marijuana

(referred to as dagga in South Africa), and heroin becoming increasingly prevalent (WHO, 2017). One out of every seven Nigerians aged 15 to 64 uses drugs (other than tobacco and alcohol). According to WHO's 2020 predictions, the prevalence of all drug use will be 14.4% (interquartile range: 14.0–14.8%), which means 14.3 million people aged 15 to 64 used a psychoactive substance in the year prior for non-medical purposes. In Nigeria, a woman uses drugs one out of every four times. In Nigeria, more men than women reported using drugs (annual prevalence of 21.8% or 10.8 million men) (Escandon & Galvez, 2016). According to reports, one out of every five persons who use drugs has a problem, with the highest frequency among those aged 25 to 39 (Escandon *et al.*, 2016).

East Africa is the world's leading producer of cannabis, often known as marijuana (UNODC, 2017). Anecdotal evidence from these nations continues to suggest that cannabis is the most problematic substance in terms of misuse and seizures (WHO, 2017). Drug addiction has been regarded as an issue in Uganda, particularly among unemployed marginal populations. Cannabis is mostly used by street and school kids, as well as soldiers; heroin is primarily utilized by urban and street adolescents; while cocaine usage is common among high-income groups (Ndungu *et al.*, 2020).

Khat is abused by Somali refugees and youth, however, there has been a rise in the misuse of opioids and cocaine (Weru *et al.*, 2018).

In Kenya, drugs are readily and cheaply available; however, the availability of drugs varies by County, with Cocaine being most readily available in Nairobi, the Coast, and the Northeast (Gathumbi & Cheloti, 2016). The immediate social context, which acts as both a source of peer pressure and a source of money, as well as the

drugs themselves, are all factors that influence misuse. According to 2015 surveys by the National Authority for the Campaign against Alcohol and Drug Abuse (NACADA), more than half of all youngsters had never been exposed to drugs at home. Schools and religious groups are the key sources of knowledge for children.

Drug use is shifting toward new substances and markets, according to the 2017 World Drug Report (UNODC, 2017). It suggests that drug crop cultivation in Afghanistan (for opium) and the Andean nations (for cocaine) is declining and that drug usage in developed countries has levelled off (Hilhorst & Douma, 2018). In Kenya, informal settlements account for about 56% of urban dwellers, with that number expected to grow to two-thirds by 2030.

Various research on the relationship between drug addiction and sexual assault have been conducted. Escandon and Galvez (2016) investigated whether frequent drug use raises the risk of future sexual or physical intimate partner violence (IPV), as well as if IPV raises the risk of future frequent drug use. Women who reported regular violence were more likely to report IPV than women who did not use drugs, according to the study

Statement of the Problem

Kenyan law prohibits sexual and gender-based violence (The Kenya Constitution 2010, Penal Code (2009) Cap 28, Sexual Offenses Act (2006), and The Matrimonial Causes Act (2008) Cap 29). However, it appears that these restrictions are ineffective, since many individuals, mainly women and girls, continue to be victims of SGBV without receiving much help (Izugbara et al., 2020). According to the Gender Abuse Recovery Centre (GVMC, 2013), 45 per cent of Kenyan women aged 15 to 49 had experienced physical or sexual abuse, with women and girls accounting for 90 per cent of GBV incidences. One out of every five Kenyan women (21%) has been sexually assaulted, according to the report. 66.2% of women living in informal urban settlements in Nairobi have experienced abuse (Winter et al. 2020). Although studies on substance abuse and sexual assault have been conducted, they have

tended to focus much on prevalence. It is unclear what impact drug abuse has on sexual assault against women in urban areas. Additionally, there are few studies conducted in Nairobi's informal urban settlements, leaving gaps that this study aimed to fill by examining the connection between substance abuse and sexual violence against women in these informal urban settlements.

Research Objectives

- To determine the relationship between drug addiction and sexual assault among women in Nairobi's informal urban settlements.

Research Hypothesis

H₀₁: There is no statistically significant relationship between substance abuse and sexual violence among women in informal urban settlements in Nairobi City County.

THEORETICAL REVIEW

This study was anchored on the Social Learning Theory developed by Albert Bandura in 1977 and is based on the idea that people pick up anti-social behaviour through the role models in their environment who might be important figures in their lives, such as family, fellow students, and close friends. Bandura believes that watching what others do is a good way to learn. This allows one to mentally reflect on the conduct of others, which they may later adopt (Bandura, 1977). The theory was important to this study because people learn to abuse or not abuse drugs through observation and internalization. If, on the other side, a behaviour is adversely encouraged, such as sexual assault, it may eventually go extinct.

The study predicts three outcomes from people's interactions with drug-using role models: Social reinforcement comes after observation and the introduction of actions specific to the drug in the case of early drug use. Future use will benefit socially and psychologically from this.

Strong self-esteem and excellent coping mechanisms allow people to drink in socially acceptable amounts while still maintaining friendships with people who are not alcoholics.

Alcohol and drugs may be used by people who struggle to cope with life's challenges to reduce stress, avoid problems, and elevate their mood (NACADA, 2018).

EMPIRICAL REVIEW

Prevalence of Substance-Related Sexual Violence among Women

Decker et al. (2019) carried out a multi-country study on the prevalence and health effects of intimate partner and non-partner sexual violence among female adolescents in vulnerable urban settings. The relationship between GBV, drug abuse, sexual and reproductive health, mental health, and self-reported health were investigated in the study using regression models. In economically depressed urban settings, the prevalence of IPV and non-partner sexual violence among adolescent women varied significantly, with up to 25% of women who had ever been in a relationship reporting IPV in Baltimore, Ibadan, and Johannesburg and more than 10% of adolescent women reporting non-partner sexual violence in Baltimore and Johannesburg, according to the findings. Statistics indicate that GBV negatively affects health, even in urban areas with low incomes and a number of other concurrent health problems. To stop GBV against young women, lessen its health effects, and hold offenders accountable, a multi-sectoral approach is needed. This study however was specific to intimate partner sexual violence and the results could not be generalized therefore leaving a study Gap. This study targets all women to fill this gap.

Melnick et al. (2014) looked into the prevalence of sexual abuse and its effects on drug use among teenagers enrolled in therapeutic community drug treatment in New York. 938 young people were admitted to residential therapeutic communities to receive treatment for their drug addiction and other issues. The results showed that about a third of the sample had experienced sexual abuse. Pregnancy rates among girls were significantly higher than those among boys (64 per cent vs. 24 per cent). When clients first started therapy, they had higher drug use, more severe

psychopathology, drug use in the family, and more abnormal peer interactions. According to Cox regression analysis, a history of sexual abuse is linked to an earlier onset of alcohol and illicit drug use. This study was done in New York and the findings might not be generalized to Kenyan settings. The current study however assessed women being supported by CREW in Kenya.

Tantu et al. (2020) investigated the prevalence of gender-based violence as well as its root causes. The study was carried out in Wolaita Sodo Ethiopia, using a cross-sectional design. The use of multi-stage stratified sample techniques resulted in the recruitment of 604 female high school students. Gender-based violence and other characteristics were assessed using a gender-based violence assessment questionnaire that was approved by the World Health Organization. According to the statistics, the lifetime prevalence of GBV, sexual violence, and physical violence was 63.2 per cent, 37.2 per cent, and 56.3%, respectively. Gender-based violence has thus far been shown to be pervasive. Governmental, non-governmental, and civic organizations must pay close attention to GBV-related factors in this study, as must other accountable entities. To comprehend the factors linked to GBV in Ethiopia, more extensive research involving male students is needed. However this study left gaps as it only sampled high school students, This study targets all women to fill this gap.

Bhattacharjee et al. (2020) explored the frequency and patterns of gender-based violence among young women and teenage girls in Mombasa, Kenya. It used a cross-sectional survey with 1299 participants. The study established that adolescent girls and young women are more susceptible to physical, sexual, and police assault. To develop effective violence reduction programs, it is necessary to take into account the fact that AGYW is not a homogeneous group and that there are differences in the frequency and origins of violence. A study gap was left by this study since examines the frequency and patterns of sexual violence while the current study relates drug abuse and sexual violence.

Baiocchi et al. (2019) looked at the prevalence of sexual assault and risk factors among female students in Nairobi's informal settlements. Stepwise logistic regression was utilized to analyse data. Sexual assault and gender-based violence are severe challenges among this neglected demographic, according to the research. While preventative efforts for older teens are commonly emphasized, prevention approaches for this age group must be special. Attacks perpetrated by perpetrators known to teens, particularly partners, should be the focus of prevention efforts, which may need to take into account the adolescents' past experience with and exposure to violence. This study however focused on risk factors for sexual while the current study relates drug abuse and sexual violence.

Relationship between Substance Abuse and Sexual Violence among Women

Researchers have examined the association between drug addiction and Intimate Partner Violence for several decades in an attempt to discover which patterns and situations are most likely to impact it. Researchers used three alternative viewpoints to achieve this goal, in which drug use and intimate partner violence may be related in a one-way relationship or affected reciprocally by one another (Tantu et al., 2020).

The relationship between alcohol and sexual assault is complex, impacting both offenders and victims (Testa & Livingston, 2009). Studies suggest that moderate drinking does not raise the risk of violence when compared to not drinking (Wilsnack et al. 2012; Parks et al., 2008). Although consuming alcohol does not in and of itself induce victimization, it is common for people to consume it in public places, increasing their exposure to sexual assault (Testa & Livingston, 2009). Increased levels of inebriation in either individual have been linked to more severe victim injuries and more serious violence when the perpetrator is inebriated (Testa et al., 2004; Fals-Stewart, 2003). Males who regularly

consume a large amount of alcohol (at least five drinks) are more likely to commit crimes (Testa et al., 2003).

In Nairobi's informal settlements, Winter et al. (2020) explored Intimate Partner Violence as a critical predictor of women's physical and emotional health. 550 women were chosen at random for the questionnaires. The research made use of multivariate logistic regressions. While many social, demographic, and environmental factors have been connected to women's mental and physical health outcomes, this study found that all types of IPV had significant correlations to sexual violence.

RESEARCH METHODOLOGY

Research Design

The research was conducted using a co-relational research design. According to Orodho (2009), correlational research design is primarily concerned with evaluating connections among variables, and it is thus founded on the concept that if two variables have a statistically significant link, one variable may be predicted using data from the other. The study utilized correlational analysis to assess the link between drug abuse and sexual violence among women living in informal urban settlements in Nairobi, Kenya.

Target Population

The study target population was women living in informal urban settlements in Nairobi, who have gone through GBV and SGBV. The choice of the study was informed by the fact that urban settlements were seen to have higher levels of drug abuse and sexual violence as compared to other regions in Kenya. This was seen during the 2019 census. The accessible population was women who were survivors of sexual and gender-based violence in the groups. According to the Centre for Rights Education and Awareness CREAM (2021), 139 women are survivors of sexual and gender-based violence in the groups as indicated in *Table 1*.

Table 1: Target Population

Slum	Existing Support Group	No of Women Survivors Name
Kibera	Olympic	15
Mathare	Thayo	21
Kayole	Spring Valley	15
Dandora	Dandora	13
Kawangware	Gatina	15
Kangemi	Kabiria	15
Makadara	Matopeni	15
Mukuru Kwa Njenga	Njenga	12
Eastleigh	Eastleigh	18
Total		139

Source: Centre for Rights Education and Awareness CREAM 2021

Sampling Techniques and Sample Size

This research applied stratified sampling and proportionate sampling techniques to obtain the individual respondents for the study. The population was divided into several strata using a stratified random sampling approach. Bland (2004) claims that the approach produces more accurate estimates of total population parameters and ensures that a fairly homogenous population is derived from a more representative sample, the goal of stratification is to decrease model error by demonstrating some control over variance (Cooper & Schindler, 2003).

Afterwards, the study used proportionate random sampling to determine the number of respondents to be selected from each of the selected informal settlements in Nairobi. According to Creswell and Clark (2017), proportional sampling is a sampling technique (a method for obtaining participants for research) that is employed when the population is divided into numerous subgroups with dramatically differing numbers. The number of people in each category is determined by their proportion in the overall population.

The study sample was computed using the Yamane formula (1967) as shown below.

$$n = N / (1 + Ne^2)$$

Where; n = Sample size, N = Total population, e = Level of Precision at 95% Confidence interval

Using the above formula, the sample size is:

$$n = 139 / (1 + 139 * 0.05^2) = 106$$

Therefore, the sample size consisted of 106 respondents.

Research Instruments

Data pertinent to the study were gathered using self-administered questionnaires. According to Sekaran (2013), questionnaires are a useful method for gathering data because they inform the researcher about what is necessary and how to quantify the variables of interest. Utilizing and evaluating questionnaires is simple.

Data Processing and Analysis

Both descriptive and inferential statistics were used in the analysis of the data. The results of the study were given as means and standard deviations, frequencies, and percentages. Inferential statistics was utilized to assess the connection between variables as well as to test the research hypothesis H0. The link between variables was evaluated using correlation analysis (UmaSekaran & Bougie, 2016). Pearson's correlation coefficient was utilized to describe the strength of the links between the variables of interest in the study (Hair et al. 2010).

RESEARCH FINDINGS AND DISCUSSIONS

This section puts into viewpoint the relationship between the independent variables and the dependent variable.

Relationship between Drug Use and Marital Status

The respondents of various marital statuses were asked for their opinions on whether they had ever used and abused drugs or other substances at least

once in their lifetime. *Table 2* provides this information.

Table 2: Relationship between drugs and substance abuse and marital status

		Marital Status					Total
		Married Monogamous	Single	Separated	Married Polygamous	Divorced	
Have you ever taken any drugs	Yes	23.1%	23.3%	13.8%	3.8%	1.7%	65.7%
	No	24.9%	3.2%	2.9%	2.1%	1.2%	34.3
	Total	48%	26.5%	16.7%	5.9%	2.9%	100%

Table 2 shows that that across the rows and down the columns the observed frequencies decrease, therefore the severity of drug and substance abuse and marital status are related.

Cross Tabulation of the Effect of Drugs and Substance Abuse on the Extent of Sexual Violence

The contingency table and Chi-square below were used to determine whether there is a significant

correlation between the extent of sexual violence and drug and substance abuse. The observed frequencies for each cross-classification category are displayed in the contingency table. Similarly, the results in this study were reinforced by Escandon and Galvez (2016) was in agreement and indicated that women who reported regular violence were more likely to report IPV than women who did not use drugs, according to the study *Table 3* provides this information.

Table 3: Cross-tabulation of the effect of drugs and substance abuse on the Extent of sexual violence

Drug and substance Abuse	Extent of sexual violence				Total
	Very High	High	Low	Very low	
Alcohol	21.9%	10.2%	4.9%	3.2%	40.2%
Bhang	8.2%	4.8%	1.2%	0.0%	14.2%
Cigarettes	10.1%	11.4%	8.2%	3.9%	33.6%
Cocaine	0%	2.3%	1.9%	2.4%	6.6%
Heroin	0%	1.7%	2.4%	1.3%	5.4%
Total	40.2%	30.4%	18.6%	10.8%	100%

According to the findings set out in *Table 3*, total observed frequencies decrease across the row starting at 40.2%, going down to 30.4%, then 18.6%, and finally 10.8%. Similar to how the observed frequencies decrease down the column from 40.2% to 5.4%. As a result, a pattern in the cross-classification suggests a connection between the two variables. According to the National Authority for the Campaign against

Alcohol and Drug Abuse's (NACADA) 2015 survey, for instance, more than half of all children had never experienced drug use at home. Children's primary sources of knowledge are their schools and their religious institutions. The Chi-square test can be used to verify this claim. The above contingency table's Chi-square test results are shown in the table below.

Table 4: Chi-square test of effects of drugs and substance abuse and the extent of sexual violence

	Value	Df	Asymp. Sig.(2-sided)
Pearson Chi-Square	36.129 ^a	10	.000
Likelihood Ratio	38.843	10	.000
Linear-by-Linear Association	25.561	1	.000
No Valid Cases	102		

The results of the Chi-square test indicate that the value of 2 is 36.129 with 10 degrees of freedom

and 0.000 as the significance level. We draw the conclusion that as a person's use of drugs and

other substances increases, the extent of sexual violence also increases because the significance value is less than 0.05. These findings are in line with those of Winter, Obara, and McMahon (2020) who found that all types of IPV had significant correlations to sexual violence. However, whereas the previous study focused on intimate partner violence, the current study

examines sexual violence as a result of drug usage.

Relationship of Drugs And Substance Abuse on Sexual Violence

The chi-square test was employed in the study, as shown in *Table 5*, to ascertain the impact of drug and alcohol abuse on sexual violence.

Table 5: Chi-square test results on the relationship of drugs and substance abuse and sexual violence

	Value	Df	Asymp. Sig.(2-sided)
Pearson Chi-Square	41.979 ^a	8	0.000
Likelihood Ratio	52.836	8	0.000
Linear-by-Linear Association	0.028	1	0.867
No Valid Cases	102		

The results of the Chi-square test indicate that the 2 value is 41.979 at 8 degrees of freedom and 0.000 for significance. We reject the null hypothesis that there is no significant association between the effects of drug and substance abuse and sexual violence because the significance value is less than 0.05. Therefore, the research concludes that an increase in an individual's severity of the effect of drug and substance abuse inversely influences the rate of women's sexual violence in informal urban settlements in Nairobi City County, Kenya. These findings are in line with those of Fals-Stewart (2003) mirrored that males who regularly consume a large amount of alcohol (at least five drinks) are more likely to commit crimes. Further, Anderson, Flynn, and Pilgrim (2017) persons who repress negative emotions such as rage or frustration are more prone to drink excessively and participate in aggressive conduct. According to the researchers, people who have bottled up their fury may act violently since drinking alcohol may trigger a loss of self-control, making them more likely to act on their rage.

CONCLUSIONS

Based on the study findings, it was concluded that there is a direct correlation between drug abuse and violence against women in informal urban settings. Particularly, there was a significant link between drug abuse and sexual assault. This suggests that those who misused drugs or alcohol

were more likely to become violent victims. Positive relationships in both cases suggested that an increase in substance use would probably result in an increase in violence. This backs up earlier studies like Gilchrist et al. (2019). This suggests that addressing the issue of substance use would also result in a decrease in violence.

Recommendations

In order to curb the growing trend in cases of substance abuse and subsequent violence against women, the government must improve the counselling programs already in place. The scale of initiatives like workshops, seminars, and forums for mentorship and capacity building should be increased in informal urban settlements. These might present a useful setting for members to interact with one another, regardless of gender, and to promote unity.

Through electronic and social media, there is a need to raise awareness of the different types of sexual violence and their harmful effects so that law enforcement officials will help to ensure that those who commit these crimes do not go unpunished. The government should enact strict legislation to address matters arising due to substance abuse and the resultant violence against women. More vigorous legal enforcement in particular would guarantee complete compliance. The community should be involved in carrying out public awareness activities in order to build a

sense of ownership of such initiatives hence infusing sustainability.

For the purpose of assisting drug addicts, more rehabilitation facilities must be established. It was noted that informal urban settlements generally lack rehabilitation facilities. Most such facilities are located at the heart of the city, making them inaccessible to the majority of people who need them the most. As a result, the communities in informal urban settlements have no choice but to use whatever community-level resources are available, including elders and religious leaders, whose effectiveness in fully addressing such issues may be limited. The County Government of Nairobi needs to develop legislation and policies geared towards addressing challenges around violence against women. Such initiatives should be able to inform women of their rights and ensure the necessary support services in case of a violation are accessible.

Suggestions for Further Research

A comparative study could be carried out between women in the rural setup and those living in the urban set-up to establish whether there are differences in the determinants of violence caused by drug abuse. Relationship between marital status and sexual violence.

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