

# Influence of Peer Pressure on Alcohol Use Disorder among Street Youth in Slum Areas of Kariobangi Sub-County, Embakasi Nairobi County, Kenya

Tesema Habtamu Masresha<sup>a\*</sup>, Rev. Dr. Cosmas Kagwe<sup>b</sup>, Dr. Rose Gichuki<sup>c</sup>

<sup>a</sup>*Masters Student at Institute of Youth Studies, Tangaza University College, Catholic University of Eastern Africa, Nairobi Kenya, +254796248489*

<sup>b,c</sup>*Lecturer at Institute of Youth Studies, Tangaza University College, Catholic University of Eastern Africa, Nairobi Kenya*

<sup>a</sup>*Email: tesemamccj17@gmail.com*

<sup>b</sup>*Email: kagweofm@yahoo.com*

<sup>c</sup>*Email: rossygichuki@gmail.com*

## Abstract

The research endeavored to evaluate the influence of noble pressure on alcohol use disorder among street youth in slum areas of Kariobangi Sub-County within Nairobi County in Kenya. The research objectives entailed: to analyze the types of noble pressure, to examine the factors that facilitated to disorder due alcohol use, to discuss the effects of alcohol use disorder, and to suggest measures that would be embraced to minimize cases of alcohol use disorder among the street youth. Phenomenological design and qualitative techniques were used for data collection, analysis and presentation. Stratified chance sampling methods were utilized to obtain 200 study participants. The study findings revealed six types of noble pressures that were embraced among street youth namely positive noble pressure, negative noble pressure, indirect noble pressure, direct noble pressure, verbal and unspoken noble pressure. Moreover, the study findings revealed that noble pressure, stress-free induction, media influence, availability and affordability of alcohol, anxiety and curiosity factors led the street youth to alcohol use disorder. Lastly, the study findings revealed the following effects of alcohol use disorder among the street youth: death, poor health, and loss of memory, poor judgment, poor personal hygiene, and upsurge in crimes, rape cases, unprotected sex, and unwanted pregnancy among street youth. Thus, the researcher suggested for promoting positive noble pressure, seeking counseling services, provision of basic needs, using rehabilitation centers for alcohol addicts, creating awareness and advocacy against alcohol use disorder among the street youth, and the government, NGOs and Faith-Based organizations to reduce the number of street youth.

**Keywords:** The Street Youth; Peer Pressure; Slum Areas; Alcohol Use Disorder; Measures.

---

\* Corresponding author.

## **1. Introduction**

### ***1.1. Background to the Study***

The phenomenon of street youth is considered to be the most crucial issue facing youths currently in both the developing and developed countries. According to the UN definition, a child in the street is any boy or girl in which the street is their dwelling place- the so called “home” [1]. The concept of boulevard youth is not an evidently recognizable or standardized population. The group is informally fabricated one, well understood as a brand utilized to designate young persons for whom the highway plays a dominant role throughout this epoch of their survives - frequently as a home to work or live. Accordingly, the phenomenon of street youth requires to be addressed and solved immediately, or else it continues to endanger societies in the global world. Even though difference exists, international bodies like UN and other organizations estimate that the population of street children globally ranges from one hundred to one hundred and fifty million youth. The phenomenon of street youth is mainly an urban issue. The strong informal system and family ties of rural areas frequently keeps youth off the streets, even though huge street youth in the towns have floated from country side to the towns alone or alongside with their families’ members [2]. Therefore, youth coming to the street is a serious problem for both the youth themselves and their respective families.

Factors that initiate youth onto the streets and how they cope once they are there are an extraordinary kind of incidences that deserve deeper scrutiny. If we are to closely study the circumstances in which youth end up being on the streets, there is need to look at what drives them to the streets. The number of youth in streets increase every day due to poverty, urbanization, abuse, rape, abandonment, torture, or orphaned due to HIV and AIDS, and the recent Covid-19 pandemic. Besides, when there are many progressive hotels, industries, schools, shops, and other major establishments that have many residents, these are attractive to the urban life and lead other youth to flock to cities to make a life for themselves. They do feel that there is much money to be made where several youth are around and they even copy the lifestyles of the youth they see as a consequence of noble pressure [2].

Notably, noble pressure is a complex issue having diverse features. According to authors in [3], the capacity to counterattack noble pressure originates from a mixture of many factors namely respecting one another, age and gender, self-esteem, noble norms and values, and personal experience. Notably, noble pressure is characterized by social acceptance, social belonging, social influence, noble norms and values. In fact, there exist both negative and positive noble pressures. To begin with, positive noble pressure assists the youth in making the correct choices and preferences and comes from acquiring a group of nobles with optimistic values and norms. Besides, negative noble pressure makes it problematic among the youth to establish positive, and make right choices or preferences in life. The progress of vulnerability to noble pressure in youth grows through early puberty, and its climax at the age of fourteen years, and decline subsequently [3].

Noble pressure is frequently raised in debates of youth misbehavior and is associated with numerous accounts of adolescent risk-taking. This is because the utmost risky behavior in which youth indulge in alcohol use takes place in the group of nobles to enhance social belonging [4]. Youth do essentially influence one another and that

the impacts of noble pressure are tougher through youth years compared to adulthood. A current research established that disclosure to nobles in the course of a risk-taking chore increased the quantity of dangerous behavior amongst youth including alcohol abuse, and increased it by 50% among street youth to achieve social acceptance [4].

Humanity has been infected and affected by drug and substance misuse since antiquity times. Drugs give alluring side effects namely elation, euphoria, the sensation of good, power, and serenity [5]. What began as a means of recreation, grew over time into a problem of disorder and dependence. Winemaking started from the wild grape areas of the Middle East. Unfortunately, alcohol use disorder has spread at a shocking rate and has become a universal concern [6]. Nowadays, no single country has been spared on the impacts of alcohol use disorder on the users [5]. Therefore, due to alcohol use disorder, street youth are experiencing unstable lifestyles including no schooling, deteriorating health, and no developments.

In European nations, many young people take alcohol drinks from a young tender age of sixteen years. The latest survey done by authors in [7] found that 40% of Americans between the age of fifteen and sixty-five years consumes alcohol. Approximately, 80% of the youth aged among ten and fourteen years old have tested alcohol. Studies carried out on the general topic of alcohol use disorder illustrate that though extensively used as an entertainment drink and has been legal in many nations, alcohol has overwhelming negative impacts on the society hence hindering holistic developments [7].

There exists a connection between alcohol use disorder and noble pressure. The authors in [8] carried out a research on noble pressure and unlawful drug consumption among youthful undergraduates in Brazil. Alcohol use disorder was the result and was obtained through the query: "Have you ever used any illicit drugs namely alcohol in your life?" An utmost vital group of associates was classified as religious practices, family, school, sporting, games, and other culture practices. The total degree of illegal substance usage was fifteen point two percent. Sex heterogeneity in the groups (OR = 3.14; 95% CI: 1.63-6.06), religious relationships (OR = 0.36; 95% CI: 0.17-0.75) then games, athletic, then social connections (OR = 0.44; 95% CI: 0.22-0.87) stayed meaningfully related to illegal substance consumption. Youth who dwelt in vulnerable zones exhibited an advanced chance of substance misuse compared to those dwelling in more susceptible zones. Besides, religious, culture or sports and games-based relationships appear to reveal a defensive effect alongside lifetime illegal drug misuse. Sex heterogeneity in the groups and existing prone vulnerable locality advanced the probabilities of youths recording illegal drug consumption [8].

In Calcutta, India, the author in [1] found out that there exists close to three hundred thousand youth in streets. Within Sao Paulo, there exist nearby 0.5 million children in the streets. Regarding the research findings, it is projected that 0.8 of the Sao Paulo's population in prison are former youth in streets. The study findings indicated that family breakdown, poverty, and child neglect and abuse, appear to be causing the issue. Numerous economically ignored families have converted extremely dysfunctional, and have positioned their youth in situations that have stemmed in such youth leaving families and attempting to live in the frequently hazardous and unprotected street environment and end up engaging in alcohol use disorder due to noble pressure [1].

A culture of indulging in alcohol use disorder among youth is spreading from developing to developed states. In South Africa, the author in [6] revealed that street youth's experiences of life on the streets seem to be expressed in contradictory feelings of shared group solidarity, yet pierced with feelings of loneliness and continuous fighting with nobles. Most of the day for a typical street youth is spent running: either running to find some food or running away from the police or other bullies on the street. This is a huge struggle that is very tiresome and takes a lot of energy. Besides, in an empty of grumbling stomach, one cannot afford to think about changing but feeding one's mouth. Sometimes, taking some substances helps to ease the pain and hunger pains that the youth on the streets feel, not to mention they assist in the numbing process of the mind so that the day's worries will not overwhelm the mind. Street youth fall into patterns of alcohol use disorder to manage antagonistic circumstances then endure on the thoroughfares [6].

In Africa, more particularly Sub-Saharan, consultations with youth misusing alcohol revealed that they thought that consuming alcohol is important for leisure which have ambitions of getting drunk (Morris, 2019). In the Ethiopian context, there are few studies conducted on the outcomes of noble compression on street youth substance abuse. For instance, the author conducted a study in [9] regarding drug misuse among street youth in Addis Ababa indicated that noble influences coupled with other risk factors have been the main reason for the street youth to start using drugs. The findings of the study also mentioned that friends and relatives at their age initiated them to test alcohol by modeling the drug-usage.

The author in [10] from Zambia, denoted the greatest significant variable in foreseeing the possibility of alcohol use disorder is the point of youth participation in noble actions, the number of nobles consuming alcohol, and nobles' disrespects to alcohol usage. The implication is so long as a youth links with a group of alcohol consumers there occurs a great likelihood of the youth to indulge in drinking alcohol. In reality, youths wish endorsement from their nobles complementary than everything otherwise. While their nobles doing other things, the nobles too want to do so. The youth faces a challenging time of transitioning when search is more mutual and questions based on the identity and self- concept are questioned more habitually.

In Tanzania, the authors in [11] carried out a study on alcohol use disorder in urban Moshi. The respondents revealed that most street youth start drinking because of noble pressure. Young people increasingly impress the urge to drink to fit with their nobles and consider alcohol as a source of bravery that will brand social connections. Noble-targeted selling and absence of oppositional movements support the fact that the universal weight of alcohol misuse exceeds that of tobacco misuse. The study recommended for rehabilitation programs to minimize cases of alcohol use disorder among street children.

In Uganda, the authors in [12] found out that the street youth who dwell in deprived areas, precisely in the slum areas, are at great danger for a wide-ranging of hostile health impacts which includes difficult alcohol use disorder due to noble pressure, violence oppression and enactment, sexual violence oppression, HIV and AIDS, suicidal thoughts, and homelessness. Whereas the youth who dwell in the streets do all endure suffering and society disadvantage, those who account for partaking wandering for some time do encounter the great forms of difficulty. Informal settlements are usually categorized as areas missing state planning and structure that is demonstrated through congestion, absence of access to communal services, and unfortunate surroundings,

economic, and social conditions. Street youth, demarcated as persons slumbering severely on the roads plus not in a house, encounter many jeopardies connected to social segregation, admittance to alcohol, and absence of getting resources and social fairness. Street adolescents have similarly been detected to account for advanced stages of mental distress and other health damages, encounter great physical and emotional traumas, fight to sustain helpful systems and have advanced rates of alcohol use disorder compared to youth who dwell in shelters with their families.

Kenya has admitted the gravity of the problem of alcohol consumption designating that misuse of alcohol and other substance has gotten a scale that initiates a state tragedy if well-timed procedures are not embraced. Remarkably, the author in [13] noted that in Kenya one hundred and thirty-seven people died in the Nairobi streets after taking alcohol brew mixed with methanol ingredients and twenty people lost eye-sight. Additionally, in August 1998, 85 individuals died after taking unclean alcohol and in 1999 seventeen persons lost their lives in similar episode after taking illegalized alcohol which was extremely toxic [13]. Researches have indicated that the frequently utilized substances and drugs among the Kenyan youth are not illegalized since they are substances sold including alcohol [14]. Many explanations have been articulated as the source of alcohol use disorder among youths in Kenya. The study findings revealed psychological stress, poor role models, parental influence, and accessibility of low-cost alcohol was due to noble pressure [15].

Alcohol is a persuasive and slow killer. It has mutually short and long term negative outcomes among the consumers. It leads to social, economic, and health problems among youth [13]. Some of the health issues comprise stomach ulcers, blurred vision, blindness, and liver damage, and mouth cancer-related cases. Alcohol consumption is prevalent among the youth in Kariobangi [16]. This has become a social concern to the guardians, parents, educators, and society at large.

The area of Kariobangi lies to the North East of Nairobi about eight kilometers form the City Centre. It is one of the many slum areas on the outskirts and covers about ten kilometers square. Many people who live in Kariobangi do not have access to limited resources. A number of them have no access to sewage systems, health centers are few, and electricity and access to clean running water is a problem. Notably, the average family lives on an income of Kshs. 50 per day which is equivalent to one US dollar. Due to noble pressure more especially among the street youth, alcohol drinking has become an option to cope with hardship of life in Kariobangi [16]. The high rate of increase in alcohol taking by the street youth is an evolving problem that requires an urgent appropriate solution more especially in Kariobangi Sub-County, Nairobi County. However, little is identified on the influence of noble pressure in alcoholism among young people. It is clear that little is currently embraced to deal with the issue and that definitely street youth is an overlooked disaster that is fixed to have an overwhelming influence on the Kenyan holistic development.

Street life is a public problem for countless states, poor and rich alike. Some of youth wander in the main streets of small and big municipalities around the world. Such youth is discovering a place that they can prefer to spend their nights and meet their basic needs. Notably, the number of youth in the streets of Kenya were two hundred and fifty thousand, with sixty percent in Nairobi city only. The figures rose rapidly following the 2007 and 2008 period of post-election violence in Kenya. Recently, based on the case study, thousands of residents living in

sewage slum estates in Kariobangi North were left homeless following the demolition of their houses by the state orders. Additionally, youth have the longing to be desired and to gain approval and acceptance by nobles. Youth find themselves doing things they would not typically do due to noble pressure [16]. That is why many youngsters find alcohol to be an enjoyable form of regeneration that is easy, cheap, and exciting to do with their friends.

Consequently, the encouragement of their nobles who use alcohol, the youth in streets are affected in their health, social, and physical growth and developments, which is a concern and problem for the whole society and the state at large. Majority of street youths engage in alcohol use disorder as a result of noble pressure which leads to increased cases of violence, unprotected sex leading to unwanted pregnancy, accidents, unstable lifestyles, no schooling, and deteriorating health. Still, influence of noble pressure among the youth in streets and alcohol use disorder have not been researched extensively as the principal agent of spreading alcohol use in the lives of youth in the streets of Kariobangi Sub-County. Therefore, this research was designed to assess the influence of noble pressure on alcohol use disorder of street youth in slum areas with explicit locus to Kariobangi Sub-County within Nairobi County in Kenya.

### ***1.2. Objectives of the Study***

- i. To examine the types of noble pressure that are there among street youth in slums areas of Kariobangi Sub-County within Nairobi County in Kenya.
- ii. To identify the factors that lead street youth to the alcohol use disorder in slum areas of Kariobangi Sub-County within Nairobi County in Kenya.
- iii. To evaluate the effects of alcohol use disorder among the street youth in slum areas of Kariobangi Sub-County within Nairobi County in Kenya.
- iv. To identify measures that can be used to minimize cases of alcohol use disorder among the street youth in slum areas of Kariobangi Sub-County within Nairobi County in Kenya.

### ***1.3. Assumptions***

This research was premised on the subsequent assumption which was tested and approved to be true: There exists a link between noble pressure and alcohol use disorder amongst the youth in streets.

## **2. Methodology**

### ***2.1. Research Design***

The plan is the researcher's general approach for answering the study questions [17]. This study adopted phenomenological approach as the qualitative research technique for information gathering and examination. This design was selected by the researcher since its chief interest was in examining and describing human experiences provided by the people involved in the phenomenon. The researcher selected this approach in order to address the scarcity of data on factors contributing to alcohol use disorder among street youth living or working in Kariobangi Sub-County. Accordingly, the phenomenological design purposes at a detailed pursuit

for knowledge where small is recognized on the theme of the target populace [18]. The method was appropriate for obtaining information, perceptions, and opinions from the respondents regarding the influence of noble pressure on alcohol use disorder of street youth in slum areas with specific reference to Kariobangi Sub-County. Lastly, the approach offered ways of uncovering a bottom-line understanding of these involvements from the viewpoint of the distinct respondents.

## ***2.2. Research Instruments***

Data from the research area were collected using three research tools that included a set of Interview Guides, Focused Group Discussions, and a Qualitative Questionnaire that were used to get information from street youth within the selected wards in Kariobangi Sub-County. Therefore, these research tools helped to solicit qualitative data from the respondents. Additionally, validity, pilot testing and reliability of the research instruments were done. Also the researcher carried out the process of trustworthiness of the qualitative instruments.

## ***2.3. Data Collection Procedures***

The scholar attained an introduction dispatch and an ethical approval from the faculty of Counselling Psychology at Tangaza University College. At that time, the researcher applied for a study permit from National Commission for Science, Technology and Innovation (NACOSTI) for authorization to study Kariobangi Sub-County within Nairobi County. Upon receiving the research permit, the researcher scheduled for data collection. It should be noted that the researcher sought for informed consent from the respondents before data collection process that took a duration of two weeks. With the aid of a research assistant who was trained, the researcher met the street youth in social halls through the help of social workers to conduct face to face interviews. The first week was utilized for interview sessions since both the researcher and research assistant would meet an average of twenty to twenty-six street youth per day. All data obtained from the interview guides was either recorded with the consent of the interviewee or noted down. Besides, three days of the second week, the researcher scheduled for focused group discussions with street youth in social halls through the help of social workers and research assistant. Regarding this, all reports from focused group discussions were obtained from the respective chairpersons of each group established. Additionally, four days of the second week was scheduled purposely for administration of qualitative questionnaires. Through the help of both social workers and research assistant, filled in questionnaires were collected as agreed upon by the respondents. Therefore, out of 200 targeted respondents, 180 respondents availed themselves for data collection that paved way for information examination.

## ***2.4. Data Analysis Procedures***

After gathering information using interview guides, qualitative questionnaire, and Focused Group Discussions, the obtained data were analyzed using the qualitative methods. The obtained data were organized and assembled according to the appropriate study questions to create the initial codes. The codes created were reviewed, revised and combined into themes. The qualitative information derived from flexible queries was examined by the Content and Narrative Analysis Techniques. Content Analysis involved grouping topics into meaningful

segments, coding, and analyzing them into categories. Furthermore, qualitative data derived were presented in narratives in form of direct quotes. Regarding testing of assumption, the alternative assumption was tested using Karl Pearson's coefficient of correlation and ascertained to be true.

Based on data analysis and coding, the researcher audio taped all interview sessions conducted and transliterated them for coding and scrutiny. Each respondent received the complete record of their interview session for the aim of member-checking, which was to authenticate that the transcription reflects what they intended to share in the interview sessions. Ten of the one hundred and eighty respondents added about one to two lines of additional data to their transcripts. Seven of them did not retort and the rest did not have anything to add to their recorded data.

The researcher read the recorded data and listened to audio tapes many times, looking for similar categories and establishing them with a code. The organization scheme proceeded until the researcher attained at code saturation. To guarantee validity and reliability, the researcher engaged a research assistant to help in coding the transcripts. Once the research assistant and researcher arrived at an agreement regarding the codes, the codes were then validated by a noble reader. Analogous codes were congregated into categories and these categories formed themes that appear as major findings in the current study. Through this analysis, the co-coders and researcher established on four major themes that responded the primary study questions and the central questions of the research.

Consequently, the four major themes were as follows: types of noble pressure among street youth, factors that lead street youth to alcohol use disorder, effects of alcohol use disorder amongst the street youth, and measures to minimize cases of alcohol use disorder amongst the street youth. Under each theme, a table generated by SPSS gives an account of the sub-themes and the sources for the theme. Sub-themes are the codes that tally to each theme as related codes were combined to produce a major theme. Throughout the research, all the necessary ethical considerations were followed to the latter.

### **3. Results**

The drive of the current study was assessing the stimulus of noble pressure on alcohol use disorder among street youth in slum areas with specific reference to Kariobangi Sub-County in Embakasi North Constituency within Nairobi County in Kenya. Research was directed by the subsequent study purposes: The first objective was to analyze the types of noble pressure that are there among street youth in slums areas of Kariobangi Sub-County. Based on this objective, the study found out the following types of noble pressure existed among the street youth namely negative noble force (96%), positive noble force (89%), direct noble stress (1%), indirect noble force (1%), spoken noble force (1%), and unspoken noble force (1%).

The second objective was to identify the factors that lead street youth to the alcohol use disorder in slum areas of Kariobangi Sub-County. Based on this objective, the study established that noble pressure (95%), getting stress-free lives (90%), media influence (76%), availability and affordability of alcohol (75%), anxiety (73%) and curiosity (75%) lead the street youth to indulge in alcohol use disorder. The third research aim was to



scrutinize the effects of alcohol use disorder among the street youth in slum areas of Kariobangi Sub-County. The study findings established that alcohol use disorder among the street youth resulted to death incidents (94%), poor health (95%), and loss of memory (63%), poor judgment (70%), poor personal hygiene (85%), upsurge crimes (83%), rape cases (81%), unprotected sex (82%) and unwanted pregnancy (91%). Regarding this, there is a correlation between peer pressure and alcohol use disorder among street youth based on the correlation analysis done.

#### **4. Discussion**

##### ***4.1. Types of Noble Pressure among Street Youth***

Noble force is the effect of a cluster on persons of that group that inspires him/her to alternate their values, attitudes, or conducts in order to obey the group norms. Noble pressure is not continuously an evil thing since noble groups might really have an optimistic effect on a person's conduct. Some street youth, a noble group might be a foundation of security, a cultural opportunity and a basis of reassurance. Besides, the many types of noble pressure revealed by this study, the change among undesirable and positive noble pressure has a remarkable effect on an individual [19].

The study results showed that there are both negative and positive noble pressures among the street youth in the research zone. The study respondents reported that although there are mostly noble pressures are negative, there are also positive pressures. As the current study result showed most street youth do not indulge in alcohol use disorder before they emerge into streets. Rather the research revealed that they learn from their nobles who are already on the streets. They have to look like their nobles, and since their nobles engage in alcohol use disorder, these new street youth will also become like them. The study revealed that although there are some nobles who try to positively pressurize their nobles to stop using alcohol, there are mostly nobles who encourage their friends to indulge in drinking of alcohol.

The authors in [8] noted that while many organizational influence do not essentially feel satisfied for the individual on engaging in alcohol drinking, the results of the noble pressure are likely to be naturally positive. Positive noble pressure results in an individual doing things that make them feel good, make better choices and generally have greater outcomes than at the start. Negative noble pressure, on the other hand, causes the nobles being influenced to feel guilty, make bad choices and practice harmful behavior. Therefore, the street youth accept noble force since they desire to be accepted and apt in a group.

Nonetheless the risk, noble groups endure a very important portion of a person since they have many benefits to person. Noble group is a harmless dwelling to encounter like-minded persons, permits one to yield positive risks and examine values and views of others, find out what they can do and what they excel at as well as their weaknesses, make them healthy and help them choose to participate in vigorous activities as well as accept one another to help advance their aptitude to create individual choices and preferences.

The current study results also suggested that noble group pressure has also negative features that make street youth be irresponsible and make poor decisions. Street youth at the study area are forced to steal and use

substances which are the result of poor self-decisions the current study results of the negative noble pressure showed congruency with the different studies results of the author in [9] which stated that decision making among street youth is not just left to individual youth rather to some noble groups.

#### ***4.2. Factors Leading Street Youth to Alcohol Use Disorder***

The study findings revealed that noble pressure, stress-free induction, media influence, availability and affordability of alcohol, anxiety and curiosity lead the street youth to indulge in alcohol use disorder. The authors in [20] confirmed that curiosity among the youth indulge them into alcohol use disorder. Similarly, the authors in [21] established that many youth had a modest danger for alcohol use issues. Age, gender, year of a student in the university, and place of dwelling, noble pressure, and parental intake, social media, and availability to alcohol were all issues that influenced alcohol use disorder. The study above concretized that social, and economic factors contributed to alcohol use disorder among the street youth. Additionally, the authors in [22] revealed that noble pressure, noble alcohol values and norms, and interacting with drug-using nobles were connecting with alcohol use disorder. Besides, the authors in [23] noted that stress-free induction inspires alcohol drinking among nobles and, normally in groups. For all the factors, noble pressure emerged as a dominant factor that contributed to alcohol use disorder among street youth.

Additionally, the author in [24] revealed that following disturbance of family associations and parting from social organizations, street nobles frequently convert into key social provision systems for extra street youth. Street teenagers hold noble groups to achieve various needs comprising of companionship, love, and safety. Such noble associations habitually offer an enlightening function to new street youth concerning street endurance. The associations among street youth might offer a helpful function by shielding the person, particularly newly-street youth, from the hardship of the thoroughfare routine due to anxiety. Regarding this, the author in [25] confirmed that anxiety contributes many youth to indulge in alcohol use disorder. Nonetheless the help of street noble groups, the street youth repeatedly imitate the conduct of their noble group, exclusively regarding alcohol use disorder. Thus, it is vivacious that communal systems are significant for street youth, nonetheless noble groups might negatively affect intensified alcohol use disorder amid these youth. Therefore, the effect of noble force on alcohol utilization syndrome is multifaceted and complex phenomenon practiced among street youth. There is need to understand support measures of decreasing the influence of negative noble pressure and cultivate strategies to deal with apparent alcohol use disorder among the street youth.

On the contrary, the author in [26] embraced multi-nominal logistic reversion examinations that observed the effect of social systems and fiscal influences amongst a group of street youth with different stages of alcohol use disorder. Besides, for persons with alcohol usage syndrome the part of upcoming time expectations was inspected. A selection of 185 street youth aged between eighteen and twenty-three years were engaged from a communal area and interrogated applying self-report tools. Results propose that social systems, financial factors, media influence, and upcoming anticipations are important forecasters of the glassy of alcohol use disorder among youth in the streets. That is why the authors in [27] established that alcohol advertising through media outcomes in persons rising optimistic beliefs on consuming alcoholic substances, expanding and creating circumstances where alcohol usage is informally encouraged and acceptable. Identification of areas that put

street teenagers at jeopardy for alcohol use disorder and addiction had inferences for operative involvement.

Besides, few studies have revealed the relationship between financial resources and alcohol use disorder among street youth. However, the author in [28] established indication that occupation enlarged the danger of alcohol usage for infants who operated extra than fifteen hours per week. Indeed, for street youth, it relics indistinct in what way monetary possessions effect alcohol use disorder. Researches have exposed that street youth face obstacles to occupation, namely lack of skills and education, unbalanced housing, dishonor in the workstation, cerebral health issues, integral evils and imprisonment [29]. Even though the majority of such youth speak their attention in discovering of formal occupation, they frequently need go back to the highway thrift. Panhandling is the greatest mutual source of revenue for youth in the streets. But, they too earn revenue by prostitution, substance delivery, and theft, exchange of sex for cash and from parentages and other domestic associates or nobles [29]. The essential for financial capitals is vibrant, however the glassy of admittance to these possessions might affect the harshness of alcohol use disorder amongst street youth. Therefore, there are other social and economic factors that influence the street youth to indulge in alcohol use disorder.

#### ***4.3. Effects of Alcohol Use Disorder among Street Youth***

The research findings indicated that youth in the streets who are indulging in alcohol use disorder face different problems. The effects of alcohol use disorder identified by the study included death, poor health (physical and mental injuries, diseases, loss of appetite, and weight loss), loss of memory and poor judgment, poor personal hygiene, rape cases, unprotected sex and unwanted pregnancy, and upsurge in crimes. In a nut shell, the problems can be categorized into social and economic effects, as well as causing physical and psychological damage in those who indulge in alcohol use disorder. A huge body of study has also defined the irregular design of mental dysfunction due to alcohol use disorder. Encompassed are issues in general feeling, confidence, behavior, and interactivity. Formerly, some of these mental problems might be apparent before the start of alcohol use disorder, though mental functioning frequently deteriorates over a while in persons with alcohol use disorder [30].

Also, alcohol use disorder may contribute to different hallucinations that have existed related to long-lasting substance usage. Additional effects of alcohol misuse are straight connected to the organic influence of psychoactive ingredients namely anxiety and touchiness resulting from withdrawal and the conducts that upshot from reliance on alcohol namely longing and obsession with gaining anticipated drug ingredients [10]. The discovery was consistent with the outcome of the present research. The study findings with street youth indicated that most street youth who indulge in alcohol use disorder suffer from mental, and physical health problems.

Moreover, the author in [31] revealed that the mainstream of those identified with an alcohol use disorder started drinking at a tender stage. Weighty drinking throughout puberty is related with weighty drinking throughout early adulthood. Juvenile drinking is too connected with an enlarged risk of anxiety, depression, sleep trouble, self-injuries, and suicidal conduct and better participation in additional perilous actions namely high-risk erotic conduct and illegal behavior. Therefore, alcohol use disorder have negative impacts on the lives

of street youth.

Similarly, the author in [28] noted that alcohol can delay youth's ability to create fresh, long-lasting, and clear reminiscences of events and facts. Alcohol has toxic impacts on the myelination procedure. Myelination aids to steady and haste mind processes. Disturbance of the myelination route can lead to mental deficits. The pharmacological impacts of alcohol and additional biochemical ingredients utmost directly interfere with optimum mind functioning. Constant usage of alcohol and other substances over a period of time might retain youth from proceeding to more complex phases of reasoning and social interface. Thus, youth with alcohol use disorders frequently perform inferior on recall tests and have reduced abilities to plan.

Additionally, the authors in [32] denoted that alcohol is broadly available and aggressively permitted throughout humanity. Alcohol usage is recognized, as a usual part of rising up a person. However, juvenile drinking is unsafe, not solitary for the teenager however likewise for the culture at large, as apparent by the quantity of alcohol-involved motorized automobile crashes, killings, perversities, health issues like brain injuries, and additional injuries. Persons who commenced drinking timely in life run the risk of mounting severe alcohol issues, counting alcoholism, advanced in life.

They too are at better danger for a diversity of hostile concerns, counting risky erotic action. The authors in [20] denoted that impacts of substance misuse among the youth included loos of memory, poor judgment and poor personal hygiene and death. The authors in [30] confirmed that youth who misused alcohol are more probable to grieve from negative effects. The negative effects included mental and physical damages, loss of appetite, weight loss, due to severe headaches, sleep disorder and vomiting. The World Health Organization in [33] confirmed that 320000 youth between the ages of fifteen and twenty-nine die from alcohol-linked reasons every year. Hence, harmful alcohol use outcomes in two point five million deaths yearly that arise due to unintentional and intentional injuries. Identifying the youth at utmost risk might aid to discontinue issues earlier before they progress. Thus, dropping research with alcohol and issues that escort alcohol usage would diminish cases of alcohol use disorder among street youth.

## **5. Conclusions and Recommendations**

### **5.1. Conclusions**

Founded on the above major results, the subsequent deductions are arrived by the researcher. The phenomena of street youth has become a major concern on the cities of countries, more especially in Kenya. The youths that are found on the streets do a lot of things in order to cope with the life on the streets. One of the things that these youths do is to indulge in alcohol use disorder that are harmful to their health.

Close associates play a chief role in alcohol use disorder among the street youth. Notably, the youth that had not used alcohol before and started being friends with those who use alcohol. Nobles play the role of guiding their nobles and offering protection, re-assurance and reinforcement of behavior that is similar to the members of the group as well as take the part of leadership. Hence, the above-mentioned roles lead nobles into the habit of adopting new behavior, offering and encouraging them by giving alcohol to drink.

Another conclusion that can be drawn is that there exists dual main types of noble force namely negative and positive noble force that face street youth while they are staying on the streets. The negative noble pressure that the youth face can be described as being pressured by their nobles into using alcohol that are harmful to their health. Street youth are pressured to look for money to buy alcohol that they use, since alcohol is not for free and these street youth do not have means of income to afford these substances. While some of the ways these street youth look for money to buy alcohol they use are not harmful to others, such as begging, other ways the street youth resort to are harmful to themselves and others, such as stealing from and mugging the people.

The positive aspects noble pressure faced by the street youth mentioned in this study include the effort made by the members of the noble group to avoid, reduce or quit using alcohol supporting one another through the process of discontinuing alcohol use disorder, offering protection to one another as well as looking for money for food and sharing meals together.

Regarding the factors that lead street youth to alcohol use disorder, this study concludes that these factors are listed as noble pressure, stress-free induction, media influence, availability and affordability of alcohol, anxiety and curiosity. Based on the study findings, noble pressure is the dominant contributing factor which influences the street youth to indulge in alcohol use disorder to seek social acceptance, fitting in a group and the demands based on the group norms and values.

## **5.2. Recommendations**

Therefore, the researcher suggests for the commendations: the street youth ought to be encouraged to promote positive noble pressure by rewarding those who behave and act well. All forms of negative noble pressure ought to be discouraged among the street youth. The street youth should be encouraged to seek counselling services whenever they are faced by challenges of street life. The community within the slum areas and the well-wishers should provide basic needs for the street youth. Additionally, state, NGOs or faith-based establishments ought to work collectively to lessen the amount of street youth by responding to their basic needs and issues at three stages. Besides, the government of Kenya through Nairobi County should come up with rehabilitation and vocational training centers for the street youth. Lastly, there is need to create awareness and advocacy against alcohol use disorder among the street youth. The street youth need to be informed on the deteriorating health issues associated with alcohol use disorder so that they can avoid using such substance.

## **References**

- [1]. L. Aptekar. Street children in developing world: A review of their condition. *Cross Cultural Research*, 2014, pp. 1-14.
- [2]. UNICEF. *The street children*. New York: Oxford University Press, 2010.
- [3]. M. Steinberg and A. Monahan. *Alcohol and drug use in European university students*. London: Lancet Press, 2017.
- [4]. A. Simons-Morton, M. Lerner and N. Singer. Factors associated with alcohol consumption, problem drinking and related consequences among youths. *Journal of Psychiatry and Clinical Neurosciences*,

Vol. 60, 2015, pp. 40-54.

- [5]. World Health Organization. *Youths and drugs: Report of WHO study group France*. Paris: WHO Press, 2013.
- [6]. M. Ali. *Rapid situation assessment of street children*. Soweto: Sage Press, 2012.
- [7]. R.P. Swinson and D. Eaves. *Alcoholism & addiction*. London: Oxford University Press, 2018.
- [8]. K.O. Jorge et al. Noble group influence and illicit drug use among adolescent students in Brazil: A cross-sectional study. *Educational Journal*, Vol. 34(3), 2018, pp. 1-14.
- [9]. A. Eshetu. *Drug abuse among street youth in Addis Ababa*. Addis Ababa: Addis Ababa University Press, 2011.
- [10]. H. Monica. Alcohol marketing, drunkenness, and problem drinking among Zambian youth. *A Research Journal of Human Sciences*, Vol. 30(1), 2011, pp. 1-11.
- [11]. V. Castens, F. Luinga, B. Shayo and C. Tolia. *Alcohol abuse in urban Moshi, Tanzania*. New York: Cornell University Press, 2012.
- [12]. N.M. Tumwesigye and R. Kasirye. Problem drinking, alcohol-related violence, and homeless among youth living in the slums of Kampala, Uganda. *International Journal of Environmental Research and Public Health*, 2018, pp. 1-13.
- [13]. B. Sorre. *Patterns of migrations among street children in Kenya*. Nairobi: Lambert Academic, 2010.
- [14]. G.G. Ochieng'. *Drug abuse in schools and its effects on students*. Nairobi: University of Nairobi, 2010.
- [15]. H. Swisher. *Ding education: Pushing or parenting*. London: Sage, 2011.
- [16]. E.G. Gongera, W.J. Mugai, N.W. Mugai, W.F. Mugai and S. Nyakwara. Socio-economic factors on alcohol abuse among the youth in Kikuyu District, Kenya. *Research on Humanities and Social Sciences*, Vol. 3(1), 2013, pp. 96-110.
- [17]. D.F. Polit and C.T. Beck. Generalization in quantitative and qualitative research: Myths and strategies. *International Journal of Nursing Studies*, Vol. 47(11), 2010, pp. 1451-1458.
- [18]. D. K. Kombo and D. L.A. Tromp. *Proposal and thesis writing: An introduction*. Nairobi: Paulines Publications Africa, 2010.
- [19]. F. Morris. (2019, Jun). *What are the six types of noble pressure?* Retrieved from: <https://www.talkitoutnc.org/noble-pressure/types-of-noble-pressure/> (Dec. 1, 2020).
- [20]. M. M. Mutiso, B. Kasundu, P. S. Chebet and P. W. Mwirgi. Factors contributing to drug abuse among the youth in Kenya: A case of Bamburi Location. *Elixir International Journal*, Vol. 46, 2012, pp. 8259-8267.
- [21]. S. A. NdegwaMunene and R. Oladipo. Factors influencing alcohol use among University students in a Kenyan university. *African Journal of Clinical Psychology*, Vol. 1, 2017, pp. 102-117.
- [22]. J. Studer, S. Baggio, S. Deline, A.A. N'Goran, Y. Henchoz, M. Mohler-Kuo, J.B. Daeppen and G. Gmel. Noble pressure and alcohol use in young men: A mediation analysis of drinking motives. *Introduction Journal on Drug Policy*, Vol. 25(4), 2014, pp. 700-708.
- [23]. K.C. Neves, M.L.O. Teixeira and M.A. Ferreira. Factors and motivation for the consumption of alcoholic beverages in adolescence. *Alcohol Consumption in Adolescence*, Vol. 19(2), 2015, pp. 286-291.
- [24]. J.B. Unger. Early adolescent street youth: An overlooked population with unique problems and service

needs. *Journal of Early Adolescence*, Vol. 18(4), 2018, pp. 325–348

- [25]. C. Wacuka. *Alcohol and drug abuse among vulnerable in Kenya: The case of families in Mukuru Kwa Njenga Slums in Nairobi*. Nairobi: Jomo Kenyatta University, 2017.
- [26]. S. Abus. *Factors associated with substance use among homeless young adults*. London: Sage Publications, 2011.
- [27]. S.E. Tanski, A.C. McClure, Z. Li, K. Jackson, M. Morgenstern, Z. Li and J.D. Sargent. Cued recall of alcohol advertising on television and underage drinking behavior. *Jama Pediatric*, Vol. 169(3), 2015, pp. 264-271.
- [28]. H. Valois. Personal strengths of homeless adolescents living in a high-risk environment. *Advances in Nursing Science*, Vol. 26(2), 2017, pp. 90–101.
- [29]. S.W. Baron. Street youths and substance use: The role of background, street lifestyle, and economic factors. *Youth & Society*, 2019, pp. 3–26.
- [30]. D. N. Birch, F. Beyer, L. Avery and N. Brown. *Impact of alcohol consumption on young people: A systematic review of published reviews*. Newcastle: Newcastle University, 2014.
- [31]. J. Quigley. *Alcohol use by youth*. Oxford: Oxford University Press, 2019.
- [32]. R.J. Bonnie and M.E. O’Connell. *Reducing underage drinking: A collective responsibility*. Washington, DC: National Academies, 2016.
- [33]. World Health Organization. (2011, Oct). *Alcohol: Fact sheet*. Retrieved from <http://www.who.int/mediacentre/factsheets/fs349/en/index.html> (Dec, 2, 2020).