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Consequences of substance abuse on the life of teenagers in rural Vhembe district of Limpopo province, South Africa

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The purpose of the study was to explore the consequences of substance abuse on the life of teenagers in Vhembe District of Limpopo Province in South Africa. A qualitative approach and explorative design were used to conduct the study. The population consisted of mothers raising teenagers from the ages of 13 to 19 years who abused substances such as alcohol, tobacco and other substances. The study used non-probability convenience sampling to select participants. The records at the social worker's office in Tshisaulu showed 11 cases of mothers complaining about their children abusing substances and all the reported cases were included in the study. Semi-structured interviews were used to gather data from participants' and Tesch's model of data analysis was used. Measures to ensure trustworthiness and ethical considerations were ensured. Results revealed that participants were concerned about the late home coming of their teens who had started abusing alcohol, especially during weekends and, sometimes, they do not come back home at all. It was also discovered that teenagers engaged in unprotected sex after abusing substances. The study recommends that parents should discipline their teens and the district should open rehabilitation centres for substance abuse victims. The study also recommends that in-service education for school principals and teachers should be done.

Biography

N J Ramakuella is a Healthcare Professional who specialized in Community Health Care with her PhD Model entitled, "A model to facilitate women's coping with menopause". Her model is being utilised by rural community based women to help cope with menopausal challenges they encounter. She is also a Lecturer in the university providing teaching and learning to undergraduate students, while supervising research to both Master's and PhD students and other Post-graduate students. She is an active Researcher who publishes papers every year in accredited journals. She travels in and around the country to present scientific research papers at national and international conferences. She also empowers rural community women with reproductive health issues.

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