

Shisha Use and Its Associated Factors among Somali Youth Living in Eastleigh, Nairobi, Kenya

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Abstract:

This study aimed at determining shisha use and its associated factors among Somali Community youth living in Eastleigh in Nairobi. A researcher-developed questionnaire was presented to the participants asking demographic and socioeconomic characteristics with their use of shisha to collect data in selected households. Both descriptive and inferential statistics using SPSS version 23 was used in analyzing data. Findings indicated a high prevalence of shisha use, comorbid use with other psychoactive substances that include khat, other tobacco products, alcoholic beverages and prescription medications.

Reasons for use included peer pressure, social acceptability, parental use and affordability. We recommend psych education on the effects of shisha to target both parents and the youth in prevention of shisha use among Somali community.

Keywords:

Shisha, Psychoactive Substances, Youth, Households, Psych education

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