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AM I SUPPORTING HIS ADDICTION: THE DILEMMA OF HAVING AN ADOLESCENT SON ON DRUGS

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Substance uses in urban and peri-urban areas are serious problems among adolescents with negative individual and social consequences. Plenty of information exists in literature on factors leading to drug abuse and consequences of drug abuse for adolescents; very few studies have been done that focus on family support for adolescents after rehabilitation. The purpose of this study was to explore how parents and guardians of adolescent sons support their sons one year after rehabilitation. Semi-structured interviews were carried out with 10 families who had sons with drug use problems and have been admitted at the rehabilitation centre. Participants were selected by purposive sampling. Thematic analysis based on Burnard (1991; 2004)'s framework of data analysis was used to identify the themes. Two major themes emerged as associative stigma and approach-avoidance conflict. The study concluded that parents are faced with ambivalent feelings in relation to offering support to their sons. Culturally congruent measures are needed to address drug use and misuse among adolescents. Further studies are needed to explore the use of drugs among adolescents, especially in Africa, where there is a paucity of information.

Biography

Gloria Thupayagale-Tshweneagae has been Graduated from Case Western Reserve University as Psychiatric mental health Nurse practitioner. She further obtained her doctoral degree from Tshwane University of Technology with the specialties in HIV and AIDS and adolescent mental health. She has published widely in both international and local journals on adolescent mental health and HIV and AIDS focusing on orphaned adolescent. She is currently a professor at the University of South Africa where she coordinates the department of health Studies graduate program.

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