

ABSTRACT

Miraa abuse has been found to be causing physical, social and psychological effects to the users, some of the physical effects are oral sores and dental problems, it has also been found to be causing addiction, putting the user to the risk of developing mental illness, it also makes the users unnecessarily occupied and keeping them away from goal directed activity, like going to school

The aim of the study was to assess factors influencing Miraa abuse among Habesha community residing in Lubaga division.

The method used is descriptive cross sectional study was employed to assess the factors influencing Miraa abuse among Habesha community residing in Lubaga division. A total of 144 members of Habesha community living in Lubaga division were included and interviewed in this study using non probability, convenient sampling technique. A structured questionnaire was used to collect data. Data were entered and analyzed using Excel.

From the assessment done majority of the respondents 61.1% had ever use miraa. Majority of the respondents (52.8%) were followers of orthodox religion, sex and miraa abuse had significant relationship ($X^2=17.0569$, $P=0.000$). Other variables that had a significant relationship with miraa abuse among the respondents were religion ($X^2=0.972$, $P=0.015$) and level of education ($X^2=1.220$, $P=0.005$). Most of the respondents (77.2%) who were abusing miraa were male, most of the respondents 48.6% strongly agreed that they usually chew miraa to kill boredom. most of the respondents 57.6% strongly agreed that miraa use if good for making friends.

In conclusion miraa abuse was found to be influenced by gender, religion, education level and chewing miraa to staying awake and staying alert. Peers and family members are the main reason why people chew miraa. Hence, should be trained on entrepreneurship and the skill of time management as this is

key to personal and economic success and relieving boredom the main reason youth get involve in miraa use.