

Experiences of Young Adults Raised by substance-abusing Parents in Roma, Lesotho.

By

Ntemana Ts'epang Molise

201403964

A Master's dissertation submitted to the Department of Sociology and Social Work in partial fulfillment of the requirements for a Master of Social Work degree

National University of Lesotho

Roma

July 2021

# CERTIFICATION

This is to certify that this dissertation has been read and supervised as having met the requirements of the Faculty of Social Sciences in the National University of Lesotho, for the award of the Degree of Master of Social Work.

.....

Principal Supervisor

.....

Co-Supervisor

.....

Head of the department

.....

External Examiner

# DECLARATION

Name: Ntemana Ts'epang Molise

Student ID Number: 201403964

Degree: Master of Clinical Social Work

I declare that the work on the Experiences of Young Adults Raised by Substance Abusing Parents in Roma, Lesotho is my work and has not been previously submitted as a whole, or in part for the award of any degree. Each significant contribution to, and quotation in this dissertation from the work, or works of other people has been attributed and has been cited and referenced.

.....

.....

Signature

Date

## ACKNOWLEDGEMENTS

- I thank God for granting me the gift of life. All this would not have been possible if I was not alive. I also thank the almighty God for his wisdom and for granting me the strength and courage to fulfill this journey. He is indeed a faithful and trustworthy God!
- To my supervisors, Dr. Priya James (supervisor) & Mrs. Mushonga (co-supervisor). Thank you for your guidance and patience throughout this whole journey. Your commitment, knowledge, encouragement, and cooperation are the reasons I was able to complete this dissertation. Your commendable teamwork has also contributed a lot in assisting me to complete this research. It was truly an honor to have been supervised by both of you. I am therefore gratified and humbled!
- To my research participants, there are not enough words to express my gratitude for agreeing to participate in this study. This study would not have been a success without your cooperation and patience. I am indeed thankful for your beautiful participation.
- To my family members, your support, love, and encouragement have been driving me to finish writing this dissertation. I also appreciate the financial sacrifices which my mother, ('Malits'abako Molise) made for me to complete my studies. You are my role model mommy dearest! I also thank my two siblings (Tebello Molise and Libuseng Molise) for being always taking care of my baby whenever I had to attend to my school work. Your support will always be treasured and appreciated. I also wish to thank my baby (Nchafatso Molise) for motivating me to complete my studies, you are the reason I decided to further my studies. Finally, I thank my dearest cousins (Mots'elisi Mats'ela and her daughter Tebatso Mats'ela for allowing me to use their WiFi, I sincerely appreciate your help.

## **ABSTRACT**

Parenting for some people is a wonderful learning experience. However, parental substance abuse may pose a threat to the beautiful endeavor of parenting. This is because of the negative outcomes that come with parental substance abuse and the extremely high prevalence of substance abuse in Lesotho and across the globe. There are currently many studies which deliberate the experiences of minor children raised by substance-abusing parents while ignoring young adults. As a result, the study is exploring the experiences of young adults raised by substance-abusing parents in Roma, Lesotho was conducted.

The purpose of the study was to explore the experiences of young adults raised by substance-abusing parents by finding out how parental substance abuse affect young adult's intimate relationships, exploring the effects of parental substance abuse on young adult's social interactions, and examining the effects of parental substance abuse on young adult's emotions. Also, the study aimed to explore how parental substance abuse affects young adult's emotions and finally exploring discovering the coping mechanisms of young adults raised by substance-abusing parents. The study also seeks to impart knowledge about parental substance abuse and how it affects young adults in Lesotho. Data were collected from thirteen young adults who were raised by substance-abusing parents during the first three weeks of May 2021. The researcher collected data through in-depth interviews. One interview was conducted for each participant which lasted for forty-five minutes to one hour. Of the thirteen participants, nine young adults were single, while four of them were married. All these young adults were between the age groups of 17-30. Research participants were selected using both purposive and snowball sampling techniques. Semi-structured interviews were used to collect data while thematic analysis was employed to analyze data (Brown and Clarke, 2012).

The Study further revealed that young adults raised by substance-abusing parents have suffered tremendous consequences because of parental substance abuse. Such consequences included mistrust and bad communication between their intimate partners. This also included Intimate partner violence (physical and emotional abuse) in young

adults' intimate relationships. Further, young adults raised by substance-abusing parents also experienced bad family relations and bad treatment from family members. This also leads to them having dysfunctional families, low self-esteem, and high rates of self-isolation, stigmatization and discrimination. A small fraction of the findings also indicated that young adults had less experience the above-mentioned consequences of parental substance abuse.

Young adults raised by substance-abusing parents in this study further experienced child abuse and neglect while growing up. This was attributed to parental substance abuse. As a result, while growing up, young adults were bullied (by other children) and they also bullied other children. Consequently, young adults also experienced loneliness and had suicidal thoughts while growing up. This, therefore, resulted in a majority of young adults raised by substance-abusing parents resorting to substances as a means of coping with parental substance abuse. A small fraction of the findings also revealed that young adults less experience the above stipulated negative effects of parental substance abuse.

Subsequently, the following recommendations were made to significantly reduce or eliminate challenges or problems that are a result of parental substance abuse. These included counseling or therapeutic interventions, advocating for more foster care homes, substance abuse treatments, the building of rehabilitation centers across the country, suggestions to community volunteers and educators (about parental substance abuse), and finally mentorship programmes for young adults raised by substance-abusing parents.

### ***Key terms***

***Young adults, substance-abusing parents, family members of young adults, negative effects, positive effects, and coping mechanisms.***

## TABLE OF CONTENTS

<b>CERTIFICATION.....</b>	<b>ii</b>
<b>DECLARATION .....</b>	<b>iii</b>
<b>ACKNOWLEDGEMENTS.....</b>	<b>iv</b>
<b>ABSTRACT .....</b>	<b>v</b>
<b>LIST OF TABLES .....</b>	<b>xiv</b>
<b>LIST OF FIGURES.....</b>	<b>xvi</b>
<b>LIST OF ACRONYMS.....</b>	<b>xvii</b>
<b>CHAPTER ONE .....</b>	<b>1</b>
<b>INTRODUCTION.....</b>	<b>1</b>
<b>1.0. Introduction .....</b>	<b>1</b>
1.1. Background Information .....	3
1.2. Statement of the Problem.....	8
<b>1.3. Purpose of the Study .....</b>	<b>9</b>
<b>1.4. Objectives of the Study .....</b>	<b>10</b>
1.4.1. General Objective.....	10
1.4.2. Specific objectives.....	10
1.5. Scope and Significance of the Study.....	10
1.6. Research Questions.....	11
1.7. Definition and Measurement of Terms .....	11

1.7.1. Experiences.....	11
1.7.2. Behavioral Experiences.....	12
1.7.3. Intimate relationships .....	12
1.7.4. Social Interactions .....	12
1.7.5. Emotions .....	12
1.7.6. Perceptions .....	13
1.7.7. Substance Abuse .....	13
1.7.8. Alcohol Abuse .....	13
1.7.9. Young adults .....	13
1.7.10. Parents.....	14
1.8. Limitation(s) of the Study.....	14
1.9. Overview of chapters.....	15
1.10. Chapter summary.....	16
<b>CHAPTER TWO.....</b>	<b>16</b>
<b>REVIEW OF LITERATURE .....</b>	<b>17</b>
2.0. Introduction .....	17
2.1. Empirical Literature .....	17
2.1.1. A brief description of substance abuse in Lesotho .....	17
2.1.2. Causes of Parental Substance Abuse.....	18
2. 1.3. Experiences of young adults raised by substance-abusing parents .....	20
2.2. Effects of parental substance abuse .....	20
2.2.1. Parental substance abuse vs. Young adult's intimate relationships .....	21
2.2. 2. Parental substance abuse Vs. Young adult children's social interactions .....	26
2.2. 3.Parental substance abuse Vs. Young adult's emotions.....	32
2. 2.4. Parental substance abuse vs. Young Adult's Perceptions.....	33



2.2. 5. Parental substance abuse Vs. Young adult's coping mechanisms.....	35
2. 2. 6. Attitudes of young adults towards their substance-abusing parents.....	38
2.3. Application of Social Cognitive Theory to the Study .....	39
2. 3.1. Gaps in the Literature .....	42
2. 4. Chapter summary.....	42
<b>CHAPTER THREE.....</b>	<b>43</b>
<b>RESEARCH METHODOLOGY.....</b>	<b>43</b>
3.0. Introduction .....	43
3.1. The philosophical underpinnings of the study .....	43
3.1.1. The constructivist ontology.....	44
3.1.2. The interpretivist epistemology.....	45
3.2. Research approach .....	45
3.2.1. Research design .....	47
3.3. Study site .....	48
3.4. Population .....	48
3.5. Sample and Selection Procedures .....	49
3.5.1. Inclusion Criteria.....	50
3.5.2. Exclusion Criteria .....	51
3.6. Methods of Data Collection .....	51
3.7. Data Analysis .....	54
3.8. Ethical considerations .....	55
3.8.1. Informed Consent.....	56
3.8.2. Harm to Participants.....	57
3.8.3. Confidentiality and Anonymity .....	58
3.8.4. Invasion of Privacy .....	58

3.8.5. Deception .....	59
3.9. Ensuring trustworthiness .....	59
3.10. Chapter Summary .....	62
<b>CHAPTER FOUR.....</b>	<b>63</b>
<b>PRESENTATION OF FINDINGS .....</b>	<b>63</b>
4.0. Introduction .....	63
4.1. Demographic profiles of participants .....	64
4.1.1. Demographic profile of young adults raised by substance-abusing parents.....	65
4.1.2. Age of young adults raised by substance-abusing parents .....	66
4.1.3 Gender of young adults raised by substance-abusing parents.....	66
4.1.4 Summary of the order of seniority of young adults raised by substance-abusing parents.....	68
4.1.5 Percentage comparison of young adults who have children vs. who do not have children.....	68
4.1.6 Employment status of young adults raised by substance-abusing parents .....	69
4.1.7 Young adult's level of education.....	70
4.1.8 Young adult's place of residence.....	70
4.1.9 Marital Status of young adults raised by substance-abusing parents.....	70
4.1.10 Demographic Characteristics of Substance Abusing Parents.....	72
4.2. Findings.....	73
4.2.1. Parental substance abuse vs. Young adults intimate relationships .....	73
4.2.1.1. Trust and communication in young adults' intimate relationships.....	74
4.2.1.1. a. Negative effects on trust and communication with intimate partner.....	74
4.2.1.1. b. Positive effects on trust and communication with intimate partner.....	76
4.2.1.1. c. Emotional support and care from their intimate partner.....	77
4.2.1.1. d. Challenges encountered in their intimate relationships.....	79

4.2.1.2. Intimate partner violence.....	80
4.2.2. Parental substance abuse vs. Young adult's social interactions .....	80
4.2.2.1. Family relations of young adults raised by substance-abusing parents.....	82
4.2.2.1. a. Bad family relations and bad treatment experienced by young adults raised by substance-abusing parents.....	82
4.2.2.1. b. Disrespect amongst siblings of young adults raised by substance-abusing parents.....	83
4.2.2.1. c. Good family relations experienced by young adults raised by substance-abusing parents.....	85
4.2.2.1.d. Feelings of resentment amongst siblings of young adults raised by substance-abusing parents.....	86
4.2.2.2. Self-esteem and self-isolation experienced by young adults raised by substance abusing parents.....	86
4.2.2.2. a. Being, made fun off and suicidal thoughts.....	87
4.2.2.2. b. Stigmatization and discrimination experienced by young adults raised by substance-abusing parents.....	88
4.2.2.2. c. Negative effects experienced by young adults raised by substance abusing parents.....	88
4.2.2.2. d. Positive effects experienced by substance abusing parents.....	90
4.2.2.3. Child abuse experienced by young adults raised by substance abusing parents.....	91
4.2.3. Parental substance abuse vs. Young adult's emotions .....	92
4.2.3.1. Bullying, feelings of loneliness, and problematic children.....	94
4.2.4. Parental substance abuse vs. Young adult's perceptions .....	94
4.2.4. 1. Perceptions about themselves, their substance-abusing parents, and the entire world.....	94
4.2.5. Parental substance abuse vs. Young adults' coping mechanisms .....	96
4.2.5. 1. Therapeutic coping mechanism.....	96

4.2.5. 2. Religious coping mechanism.....	97
4.2.5. 3. Music as a coping mechanism .....	97
4.2.5. 4. resorting to substances as a coping mechanism.....	98
4.3. Chapter summary.....	99
<b>CHAPTER FIVE.....</b>	<b>101</b>
<b>DISCUSSION AND CONCLUSION .....</b>	<b>101</b>
5.0. Introduction .....	101
5.1. Discussion and interpretation of findings.....	101
5.1.1. Parental substance abuse vs. Young adults' intimate relationships .....	101
5.1.1.1 Trust and communication in young adults' intimate relationships.....	104
5.1.1.1. a. Negative effects on trust and communication with intimate partner.....	104
5.1.1.1. b. Positive effects on trust and communication with intimate partner.....	105
5.1.1.1. c. Emotional care and support from intimate partner.....	106
5.1.1.1. d. Challenges encountered in their intimate relationships.....	107
5.1.1.2. Intimate partner violence.....	107
5.1.2. Parental substance abuse vs. Young adults' social interactions .....	105
5.1.2.1. Family relations of young adults raised by substance-abusing parents.....	108
5.1.2.1. a. Bad family relations of young adults raised by substance-abusing parents.....	108
5.1.2.1. b. Disrespect amongst siblings of young adults raised by substance-abusing parents.....	109
5.1.2.1. c. Good family relations of young adults raised by substance-abusing parents.....	110
5.1.2.1. d. Feelings of resentment amongst young adults raised by substance-abusing parents.....	110

5.1.2.2. Self-esteem and self-isolation experienced by young adults raised by substance-abusing parents.....	111
5.1.2.2.a. Being made fun off, and suicidal thoughts.....	111
5.1.2.2.b. Stigmatization and discrimination experienced by young adults raised by substance-abusing parents.....	112
5.1.2.2. c. Negative effects experienced by young adults raised by substance-abusing parents.....	112
5.1.2.2. d. Positive effects experienced by young adults raised by substance-abusing parents.....	112
5.1.2.3. Child abuse experienced by young adults raised by substance abusing parents.....	113
5.1.3. Parental substance abuse vs. young adults' emotions.....	111
5.1.3.1. Bullying, feelings of loneliness and problematic children.....	114
5.1.4. Parental substance abuse vs. Young adult's perceptions .....	112
5.1.4.1. Perceptions about themselves, their substance-abusing parents, and the entire world.....	114
5.1.5. Parental substance abuse vs. Young adults' coping mechanisms .....	114
5.1.5.1. Therapeutic coping mechanism.....	115
5.1.5.2. Religious coping mechanism.....	115
5.1.5.3. Music as a coping mechanism.....	115
5.1.5.4. Resorting to substances as a coping mechanism.....	115
5.2. Application of theory to the study .....	113
5.3. Challenges encountered .....	118
5.4. Conclusions.....	118
5.5. Recommendations .....	120
5.5.1. Recommendations for social work practice .....	120
5.5.1.1. Counselling services and therapeutic family interventions.....	120
5.5.1.2. Couple interventions and various therapies.....	121

5.5.2. Mentorship programs for young adults .....	121
5.5.3. Community support group.....	121
5.5.4. Recommendation for the Ministry of Social Development .....	121
5.5.5. Provision for more foster care home services.....	121
5.5.6. Formation of rehabilitation centers.....	122
5.5.7. Recommendations for NGOs .....	122
5.7.8. Recommendation for government and policymakers .....	123
5.5.10. Awareness programs.....	123
5.5.11. Community based drug prevention programs.....	123
5.6. Suggestions for further research .....	124
5.7. Chapter summary .....	124
<b>REFERENCES.....</b>	<b>139</b>
<b>APPENDICES .....</b>	<b>139</b>
<b>APPENDIX 1: Interview guide for young adults raised by substance-abusing parents .....</b>	<b>139</b>
<b>APPENDIX 2: Letter of request to collect data in Hata-Butle village, Ha Mafefooane village, and Mahlanyeng village from the supervisor .....</b>	<b>140</b>
<b>APPENDIX 3: Informed Consent of young adults raised by substance-abusing parents .....</b>	<b>141</b>

## ***LIST OF TABLES***

Table 2.1. Application of Social Cognitive Theory to the Study.....	41
Table 4.1: Demographic details of young adults raised by substance-abusing parents. .....	65
Table 4.2: Young adult's level of education.....	69
Table 4.3: Demographic Characteristics of Substance Abusing Parents.....	71
Table 5.1: Principles, Main themes, and findings of the study.....	114

## LIST OF FIGURES

Figure 4.1: Age of young adults raised by substance-abusing parents.....	66
Figure 4.2: Gender of young adults raised by substance-abusing parents.....	67
Figure 4.3 Summary of the order of seniority of young adults raised by substance-abusing parents.....	67
Figure 4.4 Percentage comparison of young adults who have children vs. those who do not have children.....	68
Figure.4.5. Employment status of young adults raised by substance-abusing parents.	69
Figure 4.6 young adult's place of residence.....	70
Figure 4.7 Marital Status of young adults raised by substance-abusing parents.....	72



## **LIST OF ACRONYMS**

1. LYES.....Lesotho Youth Employment
2. DSM; 5..... Diagnostic and Statistical Manual of Mental Disorders
3. UNDP.....United Nations Development Programme
4. NGOs.....Non-governmental Organizations
5. HIV/AIDS..... Human Immunodeficiency Virus
6. CSO.....Colorado State University

# CHAPTER ONE

## INTRODUCTION

### 1.0. Introduction

Parenting for some people is a great learning experience. However, parental substance abuse may pose a threat to the beautiful endeavor of parenting. This is because of the negative outcomes that come with parental substance abuse. These outcomes also make parenting somewhat complicated to a great extent. Dandona, (2016) enhances the above statement by adding that parenting while still under the influence of substances is a complex journey, particularly if it is to be carried out in a manner that enriches psychosocial outcomes for children (young adults). The substance abuse of a parent, as a result, has a long-lasting effect on all children from all developmental stages (infants, toddlers, school-age, adolescents, and young adults until old age).

Most individuals may consume or abuse various substances which ultimately have terrible consequences on themselves and those who are in their circle of life (children, young adults, or relatives). The 5th ed.; DSM-5; American Psychiatric Association, (2013) concurs with the above statement by adding that people who abuse substances experience pain which can result in cravings, withdrawal, tolerance, impairment in driving to (school or to work), maintaining strong interpersonal relationships, communicating effectively and maintaining good health in general.

These consequences, therefore, create a complicated phenomenon, in which individuals simply cannot short space of time. Substance abuse becomes a lot more complicated especially if an abuser is a parent. Dandona (2016), also further clarifies why substance abuse is complex by arguing that it is a problematic situation for anyone to deal with, however, the issues of parental substance abuse are worsened by the presence of children (young adults) in any family. As a result, Pollard and Mckinney ( 2019) stress that 'parents or caretakers who are substance abusers may knowingly or unknowingly be causing numerous problems for their child who will, later on, become an adult'.

On one hand, parental substance abuse can force children (young adults) to be vulnerable to physical and emotional abuse. Dandona (2016), enlightens individuals by revealing that substance abuse in a parent can lead to abuse and neglect on children (young adults). On the other hand, parental substance abuse can yield positive outcomes for children (young adults). Calhoun (2015) argues that therapeutic interventions can influence constructive change in children (young adults) raised by substance abusers. By so doing, children (young adults) can be able to heal from the physical and mental health problems that come with parental substance abuse.

Young Adults raised by substance-abusing parents experience long and short-term difficulties. Shulamith and Fewell (2011) assert that one of the long-term challenges which children (young adults) raised by substance-abusing parents experience is that they too become addicts to several particular substances as they venture into young adulthood. The short-term effect is that children (children) raised by substance-abusing parents encounter memory loss problems (Shulamith and Fewell, 2011). Besides, Lipari and Van Horn (2017), further state that having a parent with substance abuse problems is at risk of experiencing direct effects, such as parental abuse or neglect, or indirect effects, such as fewer household resources. Children (young adults) raised by substance-abusing parents are also reported to have lower socioeconomic status and increased difficulties in academic and social settings and family functioning (Lipari and Van Horn, 2017).

Parental substance abuse also exists in Lesotho. Children (young adults) raised by substance-abusing parents also experience a lack of parental care which is caused by substance abuse and HIV/AIDS (Tanga et al, 2018). According to Tanga et al, (2018), conditions such as parental substance abuse may hinder parents to fulfil their obligation of providing basic needs such as food, clothing, and shelter to their children (young adults). Pillay (2016) argues that parental substance abuse is also a problem in Lesotho because parents force their older children (young adults) to assume the responsibility of taking care of other siblings while the parent is intoxicated. As a result, such children (young adults) raised by substance-abusing parents experience difficulties such as poor academic performance and sexual exploitation especially in girls (Pillay, 2016).

Therefore, this study is particularly relevant as Lesotho is no exception in parental substance abuse and the experiences of young adults raised by substance-abusing parents. This study aims to explore the experiences of young adults raised by substance-abusing parents in Roma, Lesotho.

### **1.1. Background Information**

The Cambridge Dictionary (2020) defines alcohol as a chemical liquid that is produced in wine, beer, and liquor that can cause changes in behavior in people who consume it. Tobacco is a substance smoked in cigarettes that are prepared from dried leaves of a specific plant (Cambridge Dictionary 2020). Marijuana also called weed is a greenish-grey mixture of the dried flowers of Cannabis. Some people smoke marijuana in hand-rolled cigarettes named joints (National Institute on Drug Abuse, 2020). The main substances which the study intends to explore are alcohol, tobacco, and marijuana as they are the most abused substances in Lesotho, LYES (Lesotho Youth Employment Survey, 2012).

Since parental substance abuse results in various impacts on parents, family members, and children generally. Such impacts have been identified as developmental, psychological, physical, and social impacts respectively (Kepple, 2018). These impacts have also been briefly explained to provide more clarity of what they are.

Parental substance abuse can place family members under massive emotional strain and burden. For example, family members can suffer from stress and anxiety which result from their beloved family member being submersed in alcohol or drugs. Hoeck and Van Hal (2012), validate that substance abuse indeed places a burden on the physical and mental health and well-being of individuals and their families. Hoeck and Van Hal, (2012) have also pointed out the short and long-term effects which parental substance abuse on other family members.

These short-term effects include; increased stress, and feeling lonely, isolated, tired, unsupported, anxious, guilty, worried, and confused. The long-term effects of parental substance abuse on the family also include drastic changes in physical health such as

ulcers or raised blood pressure and psychological health problems, including depression, behavioral disorders, panic attacks, and nervous breakdowns.

There are some life situations or factors that can place parents at greater risk of abusing substances, which in the long run hinder them from being efficient and reliable parents to their children. Bickelhaupt (2019) denotes that, parental substance abuse problems are stimulated by family arguments, criticism, and disappointments. Parents then resort to substance abuse as a coping mechanism. In other words, if an alcoholic parent perceives that he or she is not contributing, this may give rise to more family negativity and hence more family conflict (Conger, 2013).

Under extreme circumstances (such as incarceration), children (young adults) while growing up get separated from their parents. This can happen particularly if the parent or one of the parents are addicted to an extent where they can no longer take responsibility for their children (young adults) and can no longer provide a haven for them. According to Calhoun (2015), parental incarceration can be detrimental to children (young adults), as it creates emotional turmoil for the children (young adults) raised by substance abusers.

In as much as parental substance abuse may be beneficial to the abuser, it is an entirely different scenario for children (young adults) who were raised by substance abusers. Children (young adults) suffered in numerous directions because of parental substance abuse. Finan (2015), is of the view that children (young adults) who grew up in substance-abusive environments experienced great difficulties in differing aspects (physically, psychologically, and sexually). Besides, Bakoyians (2014), further argue that children (young adults) raised by substance abusers ran a high risk of developing mental health problems that negatively influenced their physical, psychological, and social maturation (Bakoyiannis, 2014).

The written literature signifies the gist of this study. It is also relevant as it portrays the most abused substances in Lesotho. Also, parental substance abuse seems to have various impacts on both young adults raised by substance abusers and other family members. The above information is also relevant to this study as it is eyes opening to

young adults, substance-abusing parents, family members, and community members that parental substance abuse is indeed a problem to young adults and it must be dealt with in a practical manner which will help both parents and their children (young adults raised by substance abusers).

Campelo (2018) is of the view that 'development of a child (young adult) is very crucial and parents must try by all means to provide an environment that promotes a safe and proper development of that child...Factors such as alcohol or substance abuse can hinder the proper development of any child'. Developmental impacts in children (young adults) of substance abusers may have serious impairments in their functional performance and mental health, ranging from reduced ability to perform routine daily activities acceptably and appropriately of each stage of development, up to cases of bullying, violence, and prejudice (Campelo, 2018).

Raitasalo and Homila (2016) argue that parental substance abuse can lead to inadequate ability to provide a safe environment to respond adequately to the emotional needs of children raised by substance abusers. Bountress and Chassin, (2015) add that parental substance abuse has also been shown to be related to disorders of psychological and behavioral development in children. Besides, children (young adults) open to maternal alcohol or drug use during pregnancy have more problems related to cognitive and social development than other children (young adults) (Bandstra, Morrow, Mansoor, and Accornero, 2010). Raistalo and Homila (2016) also state that children (young adults) also suffer from stress and anxiety that comes with parental substance abuse.

Parental Substance abuse also has significant physical impacts on young adults during their childhood. For example, a child could accidentally get burned while attempting to cook food while the parent is still intoxicated by drugs or alcohol. As a result, such children develop trust issues and fail to maintain social or intimate relationships during young adulthood. Taylor (2013) contends that children (young adults) who are raised by substance-abusing parents suffer when it comes to maintaining their social relationships, especially when venturing into young adulthood. For example, an individual may be in and out of relationships simply because they have not been taught or socialized to trust

another person in life to build a relationship with them whether it is a friendship or an intimate relationship.

When parents abuse substances, it means that they are already exposing their children (young adults) to the harsh consequences of parental substance abuse. Some scholars and institutions regard parental substance abuse as a platform that leads to maltreatment of children who were raised by substance abusers. The Institute of Medicine and National Research Council (2013), for example, also portrays parental substance abuse as one of the main risk factors which lead to child neglect or maltreatment.

Parental substance abusers also contribute to children (young adults) being homeless. For example, a parent may lose his or her job or fail to pay a mortgage or fail to pay rent due to substance abuse. At the end of the day, such children end up growing in and out of foster care homes and ultimately living in the streets which have significant emotional consequences on them.

According to Bickelhaupt et al, (2019), exposure to parental alcoholism can inhibit a child (a young adult) the ability to become a successfully functioning individual. This will in turn place children (young adults) raised by substance abusers at risk of adopting behaviors such as anxiety or depression and expressing behaviors consisting of aggression or substance abuse (American Academy of Child and Adolescent Psychiatry, 2011). The kind of environment which a parent creates for his or her child (young adult) is important as it plays a large role in grooming a young adult. Alati (2014) also adds that alcoholic homes are a dangerous environment for raising children who will become young adults. This is because alcoholic homes provide a great source of stress and an increased risk of young adults externalizing their parents' behavior through heavy alcohol consumption.

Emotional adversities are consequences which young adults suffer from when it comes to parental substance abuse. Shadur, Burns, and Hussong (2012) compared the emotional problems of children whose parents do not abuse substances to those whose parents abuse substances. The authors demonstrate that children (young adults) with substance abusing parents suffer extreme emotional problems such as increased rates

of anxiety, depression, oppositional behavior, conduct problems, and aggressive behavior as well as lower rates of self-esteem and social competence.

Concerning the stated literature, one can conclude that parental substance abuse has a detrimental effect on young children's general development as they venture into young adulthood. Studies have shown that parental substance abuse can hinder the psychological, emotional, and physical development of young adults which might in the end pose as an obstruction to such young adult's future goals and aspirations to better themselves as their lives progress.

When an individual grows into adulthood, he or she begin to distance themselves from friends because they think that people will judge them on their parent's behavior. As a result, a young adult might be ashamed of his or her family background. Taylor (2013) also denotes that such children (young adults) most often than not will not invite their peers over to their homes, avoid going to events where a parent is invited, they even lie to their peers about a family member being sick or absent.

A child (a young adult) does not talk to anyone about their substance-abusing parents because of fear of people's reactions because their family is a guilty secret for them. The stated literature also reveals that young adults while growing up observe and internalize everything that comes to their attention. Young adults also create an invincible wall between themselves and their peers or other people just because they are ashamed of their alcoholic family status. In summary, the background information presented at this juncture is very much relevant to this study as it covers the objectives of the study. The presented background covers addresses how parental substance abuse affects young adult's intimate partners, exploring the effects of parental substance abuse on adult's social interactions, examining effects of parental substance abuse on young adult's emotions. The background further explored how parental substance abuse affects young adult's perceptions and discovering coping mechanisms of young adults raised by substance-abusing parents respectively. By so doing, the presented background information has painted a brief picture about the experiences of young adults raised by substance-abusing parents which are yet to be further unpacked in the following chapter.



## 1.2. Statement of the Problem

Parental substance abuse is a problem for children (young adults) because it places them at risk of exposure to some psychosocial problems or illnesses. According to Lee and Williams, (2013) parental substance, abuse places their children (young adults) at great risk of post-traumatic stress disorder (PTSD), substance abuse, and multiple emotional problems. Lee and Williams (2013) also point out that children (young adults) who have been raised by alcoholic parents have a hard time resisting temptations or being resilient.

Greene (2013) concurs that parental substance abuse has various effects on their children (young adults). Such effects include not being able to concentrate well at school, having difficulty in trusting other people or making friends, and lastly not having a secure attachment with other children (young adults) which ultimately affects their psychosocial development. This is yet another problem because such children (young adults) will as they become young adults lack qualities that groom them to be effective, functional, and productive members of society, respectively. Greene (2013) also points out that parental substance abuse promotes bad parenting and modeling behavior for their children.

Mofokeng, (2013) pointed out that parental substance abuse is a problem for children (young adults) because they observed their parents' actions during their childhood then they too become dependent on substances in their young adult stages. (Solis et al. (2012), further demonstrate the risk of children (young adults) after observing their parents consume alcohol and indicate that such children are also at risk of becoming substance abusers in the future (young adulthood).

The availability and accessibility of drugs and alcohol (especially alcohol) in recent times have added more fuel to parental substance abuse and the effect it has on young adults. Access to alcohol has now more than ever been very easy, despite the various regulations and laws stipulated by various Nations and Countries. For example, in most villages found in Lesotho, there are many illegal taverns and bars (Mofokeng, 2013). According to Mofokeng, (2013), 'those owners sell children (young adults) alcohol regardless of their age (some are children, or young adults below the age of eighteen). Parents send their children (young adults) to bars and pubs to refill their alcohol. This, therefore, increases

greater chances of children (young adults) having access to alcohol and other substances like tobacco and weed'.

Sahu and Sahu, (2012) posit that the increasing manufacturing, dissemination, marketing, and easy availability of substance or drugs together with the changing values of society have resulted in rising substance abuse-related problems emerging as a major public health concern in India. Professionals like sociologists, social workers, psychiatrists, other mental health experts, educators, and political figures are aware and have identified substance use and abuse as life-threatening. Despite attempts to limit access to psychoactive substances by children young adults), the use of such substances is common among children (young adults) (Sahu and Sahu, 2012).

Lesotho is also one country where alcohol and other substances are easily accessible. As a result, Young adults become affected by the consequences of alcohol abuse. According to the World Health Organization (2004), in a 1988 study conducted in Quthing District Hospital in Lesotho of all young adult patients who had been attacked and traumatized, alcohol was involved in at least 185 (37%) of the incidents. 30% of both males and females admitted that they were drunk at the time of the incident.

Studies on young adults raised by substance-abusing parents have attended mainly to alert individuals about the various risks that come with parental substance abuse and how it affects them either emotionally, physically, psychologically, and socially. Although several studies elsewhere have focused on experiences among minor children generally, the experiences of young adults raised by substance-abusing parents have not been addressed in Lesotho. This study will therefore unfold the experiences of young adults raised by substance-abusing parents in Roma, Lesotho.

### **1.3. Purpose of the Study**

The purpose of this study is to explore the experiences of young adults raised by substance-abusing parents. Such experiences of young adults raised by substance-abusing parents will be investigated with reference the studies objectives, respectively.

The study also aims to impart knowledge and about parental substance abuse and how it affects young adults in Lesotho.

#### **1.4. Objectives of the Study**

Objectives are simply the goals of the study or research. Thomas and Hodges (2010) also deposit that specific research objectives indicate detailed plans of the research topic. This section of the study reveals the main or general objective then followed by the specific objectives, respectively.

##### **1.4.1. General Objective**

The general objective of the study is to:

Explore experiences of young adults raised by substance-abusing parents in Roma, Lesotho.

##### **1.4.2. Specific objectives**

The specific objectives of this study are to;

- Find out how parental substance abuse affects young adult's intimate relationships.
- Explore the effects of parental substance abuse on young adult's social interactions.
- Examine the effects of parental substance abuse on young adult's emotions.
- Explore how parental substance abuse affects young adult's perceptions.
- Explore coping mechanisms of young adults raised by substance-abusing parents.

#### **1.5. Scope and Significance of the Study**

This study is focused on young adults who were raised by substance-abusing parents. Alcohol, tobacco, and marijuana or weed were the target substances for this study as they are the most commonly used substances in Lesotho and Hata-Butle village, Ha Mafefoane village which is found within the Roma (Ha Mafefoane Electoral Division

(A06/09) Community. According to Ntuli (2020), the Mafefoane Electoral division consists of four villages of which are namely; Mafefoane, Hata-Butle, Maphotong, and Ha Tsunyane. Mahlayeng village is also an independent village which is located on the West side of Roma. Since Ha Mafefoane is a large community in Roma, it comprises many young adults and people who consume alcohol, tobacco, and marijuana at an alarming rate.

Alcohol and substance addiction studies on children raised by substance-abusing parents have attended mainly the infants and the impacts of parental substance abuse on infants. Most studies focus their energy during the prenatal, post-natal, and school-aged children since to date no study focuses on the experiences of young adults raised by substance-abusing parents in Lesotho. This study is therefore very important as it will add to the knowledge base of young adults in the country.

#### 1.6. Research Questions

The following research questions were used to conduct the study:

- How does parental substance abuse affect young adult's intimate relationships?
- Does parental substance abuse affect young adult's social interactions?
- Will parental substance abuse, affect young adult's emotions?
- Does parental substance abuse affect young adult's perceptions?
- How do young adults cope with parental substance abuse?

#### 1.7. Definition of Terms

This section is composed of definitions and operational understanding or measurements of key terms in the study. These are as follows;

##### 1.7.1. Experiences:

The Oxford Dictionary (2020) defines experiences as the process of acquiring knowledge or skill from doing, seeing, or feeling things. This research study has therefore adopted the above definition. Concerning the current study, experiences are the processes that young adults go through to receive knowledge, gain skills, see or feel anything. For

example, young adults can gain knowledge about parental substance abuse through observing their parent's abuse of alcohol or any substance, and they will eventually establish feelings that will have been a result of what they have observed.

### **1.7.2. Behavioral Experiences:**

Lexico (2020) defines behavioral experiences as how people behave in response to a particular situation or stimulus. This research study has adopted the above definition. Following this research study, behavioral experiences will be defined as how young Adults behave in response to a particular situation. For example, when a parent has consumed a lot of alcohol, he or she may end up stripping themselves naked because of the intoxication of the alcohol in their body.

### **1.7.3. Intimate relationships:**

The oxford dictionary (2021) defines intimate relationships as the associations between people. These may be in the form of romantic relationships. This research study has adopted the above definition. Intimate relationships are the romantic relations that young adults form with their intimate partners.

### **1.7.4. Social Interactions:**

According to Cambridge Dictionary (2020), social interactions are the process or processes of acquiring knowledge or skill from doing, seeing, or feeling things. This research study adopted the above definition. About the current study, social interactions are processes that take place when young adults acquire knowledge or skills and by observing or feeling something.

### **1.7.5. Emotions:**

These are strong feelings that derive from an individual's circumstances, mood, or relationships with others. Emotions may also be defined as an intuitive or distinctive feeling which can be distinguished from reasoning or knowledge (Lexico, 2020). This research study has adopted the above definition. Concerning the current research study,

emotions are feelings that derive from young adults. For example, these feelings can avail themselves due to the circumstances in their family lives.

#### **1.7.6. Perceptions:**

According to the Oxford Dictionary (2021), perceptions are how something is understood, regarded, or interpreted. This research study has adopted the above definition. With regards to the current study, perceptions are ways in which young adults understand, regard, or interpret parental substance abuse.

#### **1.7.7. Substance Abuse:**

Sahu and Sahu (2012) define substance abuse as the harmful or hazardous use of or consumption of psychoactive substances, including alcohol and illicit drugs. The authors further explain that the most common substances abused are alcohol, marijuana (ganja), bhang, hashish (charas), various kinds of cough syrups, sedative tablets, brown sugar, heroin, cocaine, tobacco (cigarette, gutka, pan masala), etc. Substance abuse is also known as drug abuse (Sahu and Sahu, 2012). This research study has adopted the above definitions. Under the current research study, substance abuse is when parents of young adults consume or use substances like alcohol or tobacco in a harmful and addictive manner.

#### **1.7.8. Alcohol Abuse:**

Alcohol abuse is when an individual or a person consumes too many alcoholic beverages or consumes them to deal with feelings of anxiety or depression (National Institute on Alcohol Abuse and Alcoholism, 2014). The current study has adopted the stipulated definition. By this research study, alcohol abuse is when parents of young adults consume too much alcohol to deal with feelings of anxiety or depression.

#### **1.7.9. Young adults:**

Pollard and Kinney (2019) define adults as individuals aged eighteen years old, who are undergoing a unique developmental period that encompasses a myriad of factors related

to physical and emotional health. Young adults are also defined by one's level of maturity, culture, and the society in which he or she lives.

According to Pitti (2017), the definitions of being a young adult are attributed to it by society, which tries to the temporal substratum an array of meanings (different levels of meanings), expectations of behavior, and roles. This research study has adopted the above definitions. In the current research study, young adults are the people who are groomed or raised by parents who abuse alcohol. Young adults are also people who are eighteen to twenty-five years of age, who are undergoing a unique developmental period that is related to physical and emotional health.

#### **1.7.10. Parents:**

A parent, according to the United Nations (2018), is an individual who has given birth to a person and has a responsibility to provide for the child's basic needs such as food, clothing, and shelter. The current research study has adopted the above definition. Concerning the current research study, parents can either be the biological parents or legal guardians of young adults while they were still children, who are charged with the responsibility to provide for their children's basic needs from infancy to young adulthood.

#### **1.8. Limitation(s) of the Study**

Due to the Covid-19 pandemic, financial resources, and time constraints this study was focused more on the experiences of thirteen young adults who were raised by parents who abuse alcohol, tobacco, and marijuana. The study has excluded substances such as cocaine, heroin, and other substances mainly because they would require more time to explore. This study is also limited to a qualitative research method as it allows respondents to elaborate further on their experiences (Matthews and Matthews, 2012). Involving other substances will also require more financial resources which is another limiting factor. As a qualitative study sample of this study was small and thus could not allow for results to represent the experiences of all young adults raised by substance-abusing Parents in Roma, Lesotho.

## **1.9. Overview of chapters**

Chapter one: Chapter one presents an illustration of the study. It entails the introduction, the background of the study, the statement of the problem, and the objectives of the study. The first chapter also entails the justification of the study, research questions, and the scope of the study. Lastly, the first chapter also includes the definition and measurement of terms and limitations of the study respectively.

Chapter two: Chapter two depicts a review of empirical literature that is related to the research problem. The review of the literature chapter, therefore, consists of the introduction and empirical literature. The empirical literature includes a brief description of parental substance abuse in Lesotho, the cause of parental substance abuse, and the experiences of young adults raised by substance-abusing parents. The empirical literature also entails how parental substance abuse affects young adult's intimate relationships, the effects of parental substance abuse on young adult's social interactions. The chapter also included attitudes that young adults possess towards their substance-abusing parents, the emotional functioning of young adults raised by substance-abusing parents and the perceptions of young adults raised by substance-abusing parents, and the coping mechanisms of young adults raised by substance-abusing parents. The chapter also involves the theoretical framework and gaps in the literature.

Chapter three: Chapter three outlines the research method and design which the study has adopted. It also includes the techniques and sampling methods that will be adopted by the study. The chapter also includes the relevant ethics with which the study will align itself.

Chapter four: Chapter four demonstrates the findings and results of this study.

Chapter five: Chapter five includes the discussion and conclusion. An interpretation and discussion of key findings of the study have been stipulated in this chapter. Recommendations of how to curb or prevent parental substance abuse and the various effects it has on adult children are also outlined in this chapter.



### **1.10. Chapter summary**

In summary, the first chapter presented the introduction of the entire study. It indicates the challenges that come with being a parent which may or may not cause parental substance abuse. Parental substance abuse, therefore, has effects on both young adults raised in such families and other family members. Adults face social, physical, and emotional challenges that come with parental substance abuse. This chapter also stipulated that parental substance abuse breeds child neglect and child abuse. Parental substance abuse may cause substance abuse in children also as when they become young adults. Lastly, an overview of chapters was also presented in this chapter. In addition, the first chapter was also made up of the background of the study, the statement of the problem, purpose, and significance of the study. The chapter also entailed the general and specific objectives, research questions, scope of the study, definition, and measurement of terms, and the limitations of the study.

# **CHAPTER TWO**

## **REVIEW OF LITERATURE**

### **2.0. Introduction**

This chapter is divided into two main sections. The first major section (empirical literature) is made up of several sub-sections, which discuss the conceptual underpinnings for the study of parental substance abuse and are built around extensive literature that addresses a brief description of substance abuse in Lesotho and causes of parental substance abuse. The extensive literature also includes the experiences of young adults raised by substance-abusing parents, effects of parental substance abuse on adult's (intimate relationships, social interaction, and emotional effects), perceptions of young adults raised by substance-abusing parents, coping strategies of young adults, and attitudes of young adults towards their substance-abusing parents. The second major section consists of the theoretical framework. The theoretical framework includes an introduction of the Social Cognitive Theory (SCT) and critics of the theory. Besides, there is also an application of the SCT to this study in the theoretical framework section.

### **2.1. Empirical Literature**

#### **2.1.1. A brief description of substance abuse in Lesotho**

The United Nations Development Programme (UNDP) (2015), by the Lesotho Report on National Human Development, has outlined stipulated the common used drugs and substances in Lesotho among adults. According to this report, alcohol, tobacco, narcotic drugs, and other substances like glue and benzene are used or consumed by young adults in Lesotho. According to the LYES (2012), on average, 19.7% of young adults regularly consuming alcohol while 80.3% were not.

The data designates that there is an advanced growth in consumption of alcoholic beverages from a low of 4.8 % (one in every 20 adults) among 15-17-year-olds to 32.5 % among 30-32-year-olds. However, no data exists on the arrays of consumption and the rate of drinking. The collected data also indicated that young adults consume alcohol

mostly for entertainment purposes (58.9 %), while those who drink to release stress are in lesser proportions (19.4%) and adults drinking because friends and peers drink comprise 20.3 %, respectively (LYES, 2012).

The Ministry of Health (2010) estimated that 6,646,600 cigarette sticks were sold from the local tobacco firm from March 2011 to March 2012. There is a steady increase in the rate of tobacco smoking by age, and at least 3 % of young adults will have tried tobacco smoke by age 17. More tobacco users are found among the 30-32-year-olds (Ministry of Health, 2013). The UNDP, (2015) has also stated that the most abundantly obtainable narcotic drug in Lesotho is marijuana. Young adults (largely 15-17) have also been found to inhale glue, petrol, and benzene.

The above literature depicts how and what substances are mostly consumed by young adults in Lesotho. Also, the stipulated statistics indicate that growing numbers of young adults are consuming great masses of alcohol and other substances. One could assume that factors such as unemployment, lack of economic advancement and parental substance abuse may or may not cause young adults in other countries to consume more substances when compared to young adults in Lesotho.

### **2.1.2. Causes of Parental Substance Abuse**

Ngwu (2020) defines parenting as the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Berg et al (2020) contend that 'substance misuse among parents is caused by a variety of physical and social problems (unemployment, divorce, and peer pressure), which is not only harmful to themselves but also other people around them. Parental substance misuse is also linked with lower parental socioeconomic status, unstable family relations, poor parenting, and most severely, with domestic violence, and child neglect and abuse'.

The stipulated literature indicates that parental substance abuse is also caused not only by one factor but multiple factors that result in harsh consequences for them as parents, their children (young adults), family members, and community members respectively. Mangiavacchi and Piccoli (2018) concur that parental substance abuse may also be

aligned with household inequality and gender discrimination within the household. For example, in a household where both parents exist, gender discrimination may prompt him or her to abuse substances.

The stipulated literature is very much relevant to this study as parental substance abuse may be triggered by various factors. The literature is also eye-opening as it reveals that gender discrimination in various ways may propel parents (especially female parents) to resort to substance abuse as a coping mechanism. Domestic violence may also result due to gender discrimination which might also pose as a driver to parental substance abuse.

Furthermore, being exposed to substances may also motivate one to also consume or abuse substances. Parents too have been exposed to substances while they were children, adolescents, or adults. Dube et al. (2001) enhance the above details by adding that parental substance abuse is related to problematic parenting that sometimes rises to the level of abuse. For example, in a study of over eight thousand participants asked to retrospectively report on their parents' alcohol use, respondents who grew up with one or more alcoholic parents were twice as likely to have experienced emotional abuse, physical abuse, sexual abuse, or neglect during childhood as those whose parents were not alcoholics (Dube et al., 2001). Prospective research further supports the link. This study deems the above literature as important because it shows that substance-abusing parents too have drastic past experiences which may have forced them to also abuse substances.

Suchman et al. (2010) elucidate that parental substance abuse can also result in a consequence of losing custody of a child. This then places their children in situations where they have to grow up in foster care homes until they venture into young adulthood.

Mootz et al. (2018) conducted a study about the relations between armed conflict, alcohol misuse, decision making, and intimate partner violence among women in Northeastern Uganda. The authors reported that a large percentage of women (56.4%) elucidated that their spouses abused alcohol due to unemployment. This, as a result, made them think that they were stressed, depressed, or angry because of lack of employment opportunities or low income. These are women who had experienced intimate partner violence and 35.1%

of them believed that the abuse occurred because their partner was intoxicated. This story is very much relevant to the study as it unpacks how parents end up consuming or abusing substances. Also, the literature indicates that women are victims of intimate partner violence which is caused by their spouses who at the end of the day are also parents who abuse substances.

### **2. 1.3. Experiences of young adults raised by substance-abusing parents**

Being raised by a parent who abuses substances can give rise to positive or negative experiences or outcomes that young adults endure. Belles et al. (2011) support the mentioned statement by further revealing that children growing up in a substance-abusive family do not only come with a variety of experiences also but the consequences of such experiences are also felt during adolescence and adulthood. Haverfield and Theiss (2014) also highlighted that children raised by substance-abusing parents experience social interaction difficulties like having low self-esteem, being exposed to neglect and abuse, self-isolation, and facing stigmatization and discrimination when they become young adults.

The author further explains that children (young adults) raised by substance-abusing parents also experience emotional consequences such as anxiety and depression. Also, children raised by substance-abusing parents experienced challenges in communicating with their family, community members, and their intimate partners during young adulthood (Haverfield and Theiss, 2014). This summary of the experiences of young adults raised by substance-abusing parents is relevant to this particular study as it addresses the study's objectives which seek to find out how parental substance abuse affects young adult's intimate relationships, social interactions, emotions, perceptions, and their coping mechanisms, respectively.

### **2.2. Effects of parental substance abuse**

Parental substance abuse has presented several effects on young adults from various aspects of their lives. This section will present the empirical; literature which reveals the effects of parental substance abuse using sing the objectives of the study;

### **2.2.1. Parental substance abuse vs. Young adult's intimate relationships**

According to Muniruzzaman (2017), the connotation of intimacy signifies a close intimate relationship that varies between and within intimate relationships of young adults raised by substance-abusing parents. Czyżowska et al. (2019) contend that Intimacy is a multidimensional and ambiguous construct. The authors further reveal intimate relationships among young adults raised by substance-abusing parents can be viewed from different lenses, thus several scholars have differing views on how to define intimate relationships among young adults raised by substance-abusing parents. Hook et al. (2003) further state that there are altered considerations of defining intimate relationships depending on the context in which it appears (adults raised by substance-abusing parents).

According to Van Lankveld (2018), Intimacy is at times, perceived as a sexual bond between adults and their partners or spouses. The authors further elucidate that intimate relationships are defined as a tendency to discover oneself in relationships amongst adults raised by substance-abusing parents. Intimate relationships most times occur in a dyadic relationship (Kosińska and Konstrukcja, 1999). Besides, Plopa (2007) reiterates that the differences in people's ability and motivation that drive the formation of intimate relationships among children (young adults) raised by substance-abusing parents are a result is a contributing characteristic of the nature of intimate relationships. Plopa (2007) further clarifies that the process of forming an intimate relationship is connected with a character to care for each other, to open oneself to the other person, and to enjoy the closeness, as well as with empathy.

The above explanations and characteristics of intimate relationships are relevant to this study as they indicate one can view or comprehend intimate relationships of young adults raised by substance-abusing parents from different aspects. In addition, this will help the researcher during the process of data analyses as it will enlighten the researcher's intellectual capacity and provide more ideas as themes are developed.

Hook et.al (2003) and Timmerman (2009) indicate that four factors constitute intimate relationships of children (young adults) raised by substance-abusing parents. These are

namely; intimacy, trust, communication, and the kind of relationship which children (young adults) have with their parents. 'Intimacy within children (young adults) of substance abuser may vary to certain degrees of intensity... also, the magnitude of the intimacy among such adults depend on the foundations and stage of the intimate relationship', (Timmerman, 2009 and Prager, 1995).

Sternberg (1988) posited that three elements may constitute the magnitude of intimacy among children (young adults) raised by substance-abusing parents. These are love, passion, and engagement. These elements provide a foundation of support and a sense of closeness in an intimate relationship between adults raised by substance-abusing parents. The elements of intimacy, according to the author, include caring for the well-being of a loved one, sharing the possessed goods, choosing to rely on a partner's help, experiencing happiness in contact with him or her, as well as giving and receiving emotional support.

The stipulated factors that constitute intimate relationships of young adults raised by substance abusing parents are relevant to this study as they conclude that intimate relationships also have foundations that are all interdependent. Also, the literature provides a sense of appreciation that young adults raised by substance abusers must enter into intimate relationships for the right reasons and if such relationships lack the mentioned factors, then they should either seek professional help or just walk away from toxic and unhealthy relationships.

According to Givertz et al. (2013), trust signifies the anticipation of positive reward and partner responsiveness and exerts a substantial impact on young adult's intimate relationship quality. Gere and McDonald (2013) further add that trust and commitment are important elements of established romantic relationships among children (young adults) raised by substance-abusing parents. In particular, some children (young adults) raised by substance abusers with higher levels of trust in a partner display resilience to partner criticism a positive memory bias for previous behavior, greater intimacy, and lower partner avoidance behaviors (Murray et al. 2012, Luchies et al. 2013 and Wieselquist et al. 1999).

Orjasniemi et al (2018) argue that children who were raised by substance-abusing parents lack trust and emotional intimacy which breeds feelings of insecurity in relationships during young adulthood. Such children (young adults) are said to have great difficulty in forming relationships characterized by emotional intimacy, difficulty in trusting others, feeling secure to relate with other people whether as a family or as a couple (Orjasniemi et al, 2018).

Kelley et al. (2003) contend that commitment signifies a particular state of dependence on another individual (young adult) which stimulates behavior intended to maintain and strengthen the intimate relationship. Rusbult et al. (2004) further state that commitment is related to a range of positive intimate relationship behavior such as willingness to support a partner's interests and reduced attention to extramarital or alternative partners (Miller, 2009). Intimate relationship benefits linked with commitment include sexual satisfaction and relationship dissolution (Sprecher, 2002 and Le et al.2010).

Lack of trust and commitment in an intimate relationship can also yield negative results which can in the long run affect the quality of young adult relationships. Brewer and Abell (2017) concur that children (young adults) who lack trust and commitment in their relationships end up being deceptive and inhumane. As a result, children (young adults) with high levels of Machiavellianism (deception and untrustworthiness are predicted to report low levels of relationship trust and commitment (Brewer and Abell, 2017).

Brewer et al. (2016) also reiterated that recent research findings indicate that women tend to have great levels of Machiavellianism and are more likely to engage in intimate relationships mainly for sexual purposes other than entering an intimate relationship for commitment and attachment purposes. Research also suggests that women stand greater chances of reporting that their needs could be fulfilled by other partners (Abell and Brewer, 2016). Besides, Brewer and Abell (2017) further reveal that the ultimate consequence which children (young adults) raised by substance abusers experience is that lack of satisfaction takes place in their relationships which dismantles their intimate relationships.



Trust, commitment, and satisfaction factors can make or break young adult's intimate relationships. The above literature has indicated the advantages and disadvantages of having and not having trust, commitment and satisfaction among intimate relationships of young adults raised by substance-abusing parents. These are indeed relevant to this study as they will help the researcher to compare the current study's findings to the written literature to make a well-informed and great analysis and conclusions about the experiences of young adults raised by substance-abusing parents in Roma, Lesotho.

Czyżowska et al. (2019) conducted a quantitative study about the predictors of the sense of intimacy in relationships of Polish children (young adults). The study concluded that the nature of a relationship does not matter to the sense of intimacy among Polish children (young adults) (Czyżowska et al. 2019:10). Besides, Irrespective of whether it is a marriage or a relationship that is not formalized, Polish children raised by substance abusers in young adulthood experience a similar level of intimacy (Czyżowska et al. 2019:10). Lastly, closeness to parents during childhood and adolescence, as well as a developed model of interpersonal relations reflected in the attachment style, and the way of constructing one's own identity (identity style) are predictors of experiencing intimacy in a relationship among Polish children (young adults) (Czyżowska et al. 2019:10).

Haverfield and Theiss (2014) conducted a qualitative study about the reported experiences of children raised by alcoholic parents. This study used the thematic method of analysis to analyze the findings. Amongst the many themes, intimate relationships of adults of alcoholics and the relationship which such adults had with their parents were available. The study revealed that children (young adults) who were raised by alcoholic parents experienced great challenges in communicating and expressing themselves to their intimate partners. Haverfield and Theiss (2014) also found out that children (young adults) of alcoholics communicated similarly to their parents in their intimate relationships. The authors also demonstrated from one of their transcribed interviews the struggles which prohibited them to communicate effectively with their intimate partners, which their research participant denoted during the in-depth interview which was conducted;

*'I still need more practice communicating ... Standing up for myself ... I also need to do it calmly and assertively ... I can easily lose my temper ... It's the way my father was with me ... It passed on to me ... I will change it'.*

Haverfield and Theiss (2014) further argued that one other aspect which prohibited efficient communication between children (young adults) and their intimate partner was that they could not express themselves. Countless children (young adults) of alcoholics noted that while growing up they were told not to converse about what was troubling them and not to discuss the problem of alcoholism at all.

Communication is an important skill for intimate effectiveness among young adults raised by substance abusers. Parents with alcoholism may have difficulty with assertiveness and direct communication. Many subjects are covertly "off-limits" to discuss. Children (young adults) raised in these families also often witness the convergence of poor communication and affect deregulation with their caregivers that frequently results in domestic violence (Bryne et al, 2014).

The above literature depicts a short narration of young adults raised by alcoholics who experience communication challenges in their intimate relationships. It therefore relevant to the current study, as an alcoholic is one of the substances which parents abuse and the study intends to find out how young adults raised by substance-abusing parents living in Roma, Lesotho communicates with their intimate partners as well.

With regards to the kind of relationship which young adults of substance abusers have with their parents, Czyżowska et al. (2019) argued that the closeness which children (young adults) have with their substance-abusing parents builds their self-identity, which in turn demonstrates a huge role or influence in one's intimate relationship. The authors further contend that the relationship between a young adult and his or her substance-abusing parent is related to the type of attachment which the adult has towards their parent. Research has also indicated that young adults raised by substance-abusing parents show a lack of trust towards their intimate partners. This in turn indicates that when growing up, they had an ambivalent or avoidant type of attachment with their parents (Czyżowska et al. 2019).

## **2.2. 2. Parental substance abuse Vs. Young adult children's social interactions**

Adult social interactions as described by Capozzi and Ristic (2018) are the fundamental aspects of social life. These are how individuals selectively choose their partners or friends. The authors further argue that once they have chosen their partners, adults do not participate in all available social opportunities for social encounters (social interactions). Richard et al. (2013) also add that children (young adults) interact with other people from birth which therefore makes social interactions a vital survival method. Richard et al. (2013) further contend that children's (young adults), psychological and physiological well-being is crucially dependent on their interactions with their peers throughout their lives.

Social interactions also equip children (young adults) raised by substance-abusing parents with social skills that allow them to detect quickly, automatically, and efficiently the presence of other human beings in their environment. This then allows them to make inferences about emotions, beliefs, and feelings which in the long run enables them to guide their social interactions (Richard et al. 2013:1-2). This study has adopted the stipulated descriptions of young adult's social interactions. They are therefore deemed as relevant to the study as they will help to unpack the social interactions of young adults raised by substance-abusing parents in Roma, Lesotho. The following empirical literature will also unpack young adult's experiences by analyzing their family relations, self-esteem, stigmatization, discrimination, self-isolation, and adult child abuse and neglect, respectively.

According to Jessica (2017), family relations are the interactions between family members (parents, children, and or cousins). The author further explains that when there is a parent who abuses substances within a particular family, then every individual (including the young adults) in the family is somehow impacted or affected by the parental substance abuse. Besides, research demonstrates that substance abuse is regarded as a disease that distorts family relations. The family systems theory and the ecosystems perspective also reiterates that children (young adults) and other family members portray a significant role in the day-to-day functions of the family. As a result, the interactions between children

(young adults), their substance-abusing parents, and other family members are constantly being influenced by the behavior and presence of every other person within the family system (Haverfield, 2015; Huckabay, 2014; Miller, 2015; Dayton, 2013 and Broderick, 1993). The authors further mention that in as much as parental substance abuse creates a dysfunctional family, and family members more often than not, will subconsciously partake in different roles to maintain the family relations.

According to Chartier et al. (2017), family relations of children (young adults) raised by substance abusers are distorted as a result of parents being associated with acknowledged risk factors for substance use disorders in children (young adults), comprising reduced family communication and parental monitoring, parental separation, and harsh discipline practices. The stipulated literature above is relevant to this study as it demonstrates the many reasons that may distort the family relations of young adults raised by substance-abusing parents. Further, Chartier et al. (2017) further suggest that parental substance abuse is a danger to children's (young adults) family relations as it makes the family vulnerable to environmental effects.

According to Black (1981), Dothi, (2009), Delmonico (1997), and Dayton (2009), children (young adults) raised by substance abusers and other family members portray the following roles when maintaining the relations of the family; the "hero", the "Scapegoat", the "enabler", the "lost child" and the "Mascot". Concerning the above-mentioned authors, the "Hero" is most of the time the focused achiever of the family who is regarded as the trophy of the family. This in turn creates a good image of the family at the expense of the Hero's achievements. It is also believed that if the Hero is "good enough", then the substance-abusing parent will cease abusing substances. Unfortunately, the disadvantage in being the Hero is that one encompasses throbbing feelings of resentment or inadequacy and loneliness simply because they are given attention only because of their achievements (Jessica, 2017).

The Scapegoat represents an "actor" or "the trouble-maker" of the family to lure off attention from the substance-abusing parent. This is achieved through getting into mischief or breaking the rules. By so doing, the Scapegoat drives the rest of the family

into ignoring the substance-abusing family. Unfortunately, the Scapegoat most of the time takes the fall for the family's mischiefs or misfortunes because of being a scapegoat of the family (Jessica, 2017).

According to Jessica (2017:12), 'the Enabler's role is to retain appearances to the outside world and to resolve complications as they arise in the home, to protect the substance-abusing parent from the consequences of their addiction. The Enabler is an exemplary caretaker. Their goal is to diminish conflict and to uphold control over a problematic condition, but they often lose themselves and their identity in these pursuits'.

Further, the lost child's characteristic that of the child who is more often than not left out or is left out. This, therefore, provides a sense of relief to the rest of the family as they are not demanding.

The lost child unfortunately often struggles with interpersonal skills such as communication and he or she feels inadequate intimate relationships. The Mascot is also referred to as the comedian in the family. He or she uses humor to lighten the mood and attempts to distract the family from tense, unpredictable, and frightening situations. However, the humor serves to cover up hidden pain, difficult emotions, and the reality of the family's situation (Jessica, 2017:13).

The above literature is very much crucial to the study about the experiences of young adults raised by substance-abusing parents mainly because it relates to the struggles which young adults and family members go through to maintain good relations in the family. The literature is also eye-opening to the researcher as it demonstrates the various roles played by varying family members hoping to restore the harmonious relations of parental substance abusers and their family members.

Besides, young adults raised by substance-abusing parents while growing up were obligated to behave in a particular manner. For example, Ruben (2001) demonstrated that children (young adults) of alcoholics grew up with specific rules and regulations which also affected their substance-abusing parents and other family members. These rules according to Ruben (2001) are as follows;

- No talking about family problems
- Not to express feelings openly
- There has to be a limited communication
- Adults are expected to thrive even though their circumstances do not allow them to do so
- Children (young adults) cannot be selfish, they must work for the benefit of others
- Children (young adults) are to do as they are told
- Children (young adults) must at all costs avoid conflict

Parental substance abuse can also affect an adult's self-esteem to a great extent. In a comparative study about how children (young adults) of alcoholics and those raised by non-alcoholics, Omkarappa, and Rentala (2019) argued that children (young adults) of substance abusers are reported to have greater chances of having low self-esteem, depression, and anxiety as opposed to children (young adults) of non-substance abusers. As a result, there is a great significance in the self-esteem of children (young adults) of substance abusers as opposed to children (young adults) of non-substance abusers.

Omkarappa and Rentala (2019) further indicated in the discussion of their study that substance-abusing parents also have low self-esteem. Hussong et al. (2008) also posited that children (young adults) raised by substance abusers presented a significant difference in their emotional and behavioral aspects such as low self-esteem, self-isolation, insecurity, and shyness. Omkarappa and Rentala also revealed in their study that in children (young adults) of substance abusers low self-esteem also is a propelling factor for poor academic performance. Haverfield and Theiss (2014:173) also reported that "low self-esteem and feelings of insecurity among children (young adults) of substance abusing parents are a result of having a low emotional IQ which increased their levels of uncertainty and insecurity". They further explained that the inability to cope with uncertainty resulted in stress which was at times associated with feelings of being overwhelmed by life and giving up.

This study, therefore, appreciates the above literature about the self-esteem of young adults raised by substance-abusing parents as it denotes that substance-abusing parents

too also have low self-esteem which also contributes to anxiety, depression, and low self-esteem of their young adults.

Young adults raised by substance-abusing parents also to a great extent experience stigma or are being stigmatized. Stigma following the Chhanchhuahi (2018) refers to problems of knowledge (ignorance), attitudes (prejudice), and behavior (discrimination). The author further elucidates that stigmatization may have a direct influence on children (young adults) raised by substance-abusing parents. The author also continues to clarify that the end product of stigmatization is that children's (young adults) mental and physical health deriving from exposure to chronic stress constitute their dreadful experiences of discrimination.

Also, Haverfield and Theiss (2016) conducted a quantitative study where they assessed the perceived stigma among children (young adults) raised by alcoholics. Research indicated that parental substance abuse is severely related to discrimination and stigma felt by children (young adults) of substance abusers (especially females). The study also revealed that children (young adults) raised by substance abusers were prohibited to communicate or express how they feel about their parental substance abuse, which ultimately suppressed their ability to express concern, understanding what is going on, and coping with having a substance-abusing parent. Besides, the findings of Haverfield and Theiss's study also revealed that allowing children (young adults) to express their feelings and opinions about their parental substance abuse may decrease their stress levels. Also, being open about their parental substance abuse indicate a clear comprehension of their parental substance abuse, which also made them easily cope with the stigma and discrimination that came with parental substance abuse.

The stipulated literature is relevant to the ongoing study of the experiences of young adults raised by substance abuse in Roma, Lesotho as it demonstrates both positive and negative outcomes of discrimination and stigma that comes with young adult's parental substance abuse. The disadvantage is that being prohibited to communicate about parental substance abuse manifests stress and the advantage is that being able to communicate arms one with the needed coping skills of parental substance abuse.

Parental substance abuse also results in unfortunate circumstances of child (young adults) abuse and neglect. Child neglect and abuse placed children (young adults) in foster homes and care facilities. Regarding a study conducted by Borczkowski et al (2013) in Sweden, many children (young adults) were forced as minors are forced to live in foster homes and care facilities because of parental substance abuse. In simple terms, parental abuse forced such children (young adults) to become homeless. As a result, if children (young adults) were not in foster care or other safe places, they would then be compelled to live in the streets. Besides, Radel et al. (2018) strengthen this argument by revealing that many individuals who work in the child welfare field contemplate that parental substance use, including prescription drugs, illicit drugs, and alcohol, but especially opioids have been the primary cause of the increase in foster care placements.

Radel et al. (2018) also depict that in the United States of America, after more than a decade of sustained declines in the national foster care caseload, the number of children entering foster care began to rise in 2012. They further demonstrate that, between 2012 and 2016, the number of children in foster care nationally rose by 10 %, from 397,600 to 437,500. Although the experience of individual states varied, more than two-thirds (36 states) experienced caseload increases.

The hardest hit has been six states whose foster care populations rose by more than 50 % over these four years. Additionally, Hedegaard et al. (2017) contend that the increase in foster care also appears to correlate with the rise in drug overdose death rates, which increased three-fold from 1999 to 2016. Despite the narrations, there is limited evidence of the link between substance use prevalence and child welfare caseloads.

Family breakdown is one other factor that comes with child (young adults) neglect and abuse which affects children (young adults) of substance abusers. According to Kuppens et al (2020), parental substance abuse has been related to family breakdown, which in turn distorts children's (young adult's) mental health as well. Which is a key risk factor for children's (young adults) poor mental health. Parental substance abuse has also been allied with a reduction in the extent that parents monitor their children, which may undermine parents' ability to provide a safe and nurturing home environment (Kuppens



et al, 2020). Parental substance abuse in other words hinders parents from socializing their children (young adults) into becoming acceptable and responsible members of society.

The take-home message from the above literature is that parental substance abuse does not only affect the young adults who grew up in such circumstances, but it also affects other family members. The literature is also relevant to the study as it pinpoints that parental substance abuse affects young adults extensively as they might have to be separated from their families in the form of foster care which means that such young adults will have to adjust to the new world which they have been introduced to.

### **2.2. 3. Parental substance abuse Vs. Young adult's emotions**

Several scholars have noted that common emotions which children (young adults) experience are feelings of anxiety, fear, depression guilt, shame, loneliness, confusion, and anger. Children (young adults) may believe that they caused their parent's alcoholism, or perhaps they are expected to keep the drug use a secret from others in the family or the community (Bryne et al, 2013). The take-home message which Bryne and colleagues are trying to portray is that parental substance abuse is a source of psychological consequences which give rise to feelings of anger, guilt, depression and fear, and poor social interaction skills among young adults of alcoholic parents.

Omkarappa and Rentala (2019) conducted a quantitative study where they examined depression, anxiety, and self-esteem among children of substance abusers and those raised by non-substance abusers. Their research findings reflected higher rates of depression and anxiety among children of substance parents as opposed to children of non-substance abusers. Their study also reported that adverse experiences of being raised by a substance-abusing parent are reported to increase the rate of depression and anxiety among children raised by substance-abusing parents. Roy (2021) conducted a quantitative study cross-sectional study was conducted in. The study was comparing the relationship between children living with substance misuse and children and families who were under social care.

The study also revealed that 10 % (the sample in the study) of adults who lived with their parents during their childhood were forced to drift from there and live under social care. Also, the study indicated that parental substance abuse was an intergenerational phenomenon which is not surprising why children (young adults) were forced to separate from their family members and automatically be under the social or government care system. According to Broadhurst et al. (2017), 54 % of mothers who experienced recurrent proceedings relating to their children had themselves spent time in and out of home care. The findings of this study further indicate that children (young adults) under social care suffered from psychological effects such as depression and anxiety.

The above literature is relevant to the study as it shows that aspects of emotions are very much important as they contribute to one's personality and character. Besides circumstances such as moving from parental care to social care also indicate that adults experience psychological consequences which also impact their emotions negatively. This literature is also going to be helpful as the study continues to unpack the experiences of young adults raised by substance-abusing parents in, Roma, Lesotho.

#### **2. 2.4. Parental substance abuse vs. Young Adult's Perceptions**

Park and Schepp (2018) conducted a qualitative study where their main interest was about the recorded perceptions of the experiences of children (young adults) raised by substance-abusing parents. This qualitative study reported that had positive future-oriented and optimistic thoughts regarding their lives. Park and Schepp (2018) in their findings also demonstrated that despite enduring the tough experiences of being raised by a substance-abusing parent, children (young adults) also mentioned their purposes, goals, and life plans. They also mentioned their dreams and future aspirations.

Adults raised by alcoholics further revealed that some children (young adults) of alcoholics demonstrated high self-esteem, which resulted in them portraying future-oriented and optimistic perceptions towards themselves. These future-oriented and optimistic perceptions of children (young adults) encouraged them to enthusiastically engage in combating their psychological hardships and minimizing how parental substance abuse influenced their lives. As a result, children (young adults) of alcoholics,

according to Park and Schepp (2018) equipped them with a clear comprehension that they could not surrender but they needed to actively work to comfort themselves and strive to live their own lives. The take-home message of the above-stipulated literature is that young adults of alcoholics did not let their parental substance abuse dictate their fate. By having positive thoughts, children (young adults), according to the above-sited study were able to combat the psychological hardships that come with parental substance abuse. It is however not always the case that young adults raised by substance-abusing parents will have positive thoughts about their experiences. Tinnfält et al. (2018) pointed out that

In their qualitative that children (young adults) generally had sad thoughts. These thoughts manifested while parents were fighting while growing up because of substance abuse. Also, Tinnfält et al. (2018) in their qualitative study about the consequences of children (young adults) growing up in alcoholic families, reported that children (young adults) also wished for their parents' situation to change. Children (young adults) also thought that it is their responsibility to help their substance-abusing parents to change and expressed feelings of anger and hopelessness when their parents could not stop abusing alcohol and other substances.

According to Tinnfält et al. (2018) study, children (young adults) raised by substance-abusing parents also pointed out that they had a fear of other people or community members knowing about their parent's alcohol abuse. For example, some children (young adults) expressed that they were afraid of bringing their friends over to their homes. This, therefore, resulted in children (young adults) having feelings of disappointment towards their alcoholic parents. Despite having bad experiences with parental substance abuse, the authors reported that some children (young adults) thought their parents were good people. This is because their parents at times still made efforts to play with their children (young adults) or go out as a family.

The above literature is relevant to the current study of the experiences of young adults raised by substance-abusing parents in Roma, Lesotho as it specifically stipulates that young adults of substance abusers also have positive and negative thoughts towards

themselves and their substance-abusing parents. It is therefore important as it will guide the researcher during the stage of analysis.

### **2.2. 5. Parental substance abuse Vs. Young adult's coping mechanisms**

As it has been well stipulated in the first chapter, parental substance abuse affects children (young adults) physically, psychologically or emotionally, and socially. Merrick et al, (2017) argue that parental substance abuse promotes stress and negative mood states in children (young adults). As a result, young adults cope with parental substance abuse by engaging in hazardous behavior like smoking and uncontrollable consumption of alcohol and other substances. Klostermann et al. (2011) contend that to reduce the threat or symptoms that come with parental substance abuse, children (young adults) adopt coping behaviors and strategies which assist in managing the challenges that come with parental substance abuse.

Environmental factors such as parental substance abuse can therefore place young adults in stressful circumstances which can lead to depression and other psychosocial illnesses. As a result, young adults will have different coping strategies or mechanisms which will help them deal with parental substance abuse. Davis (2020) defines coping strategies as efforts that adults take consciously which will assist or them to overcome, minimize and tolerate stress or conflict that comes with parental substance abuse. Smith et al (2016) argue that coping strategies refer to cognitive and behavioral efforts or actions that regulate internal and external demands considered as exceeding personal resources. Also, some coping strategies alleviate stress which might be caused by parental substance abuse, while others exacerbate the stress.

According to Smith et al (2016), there are three types of coping strategies. These are namely; task-oriented, emotion and task-oriented coping are the types of coping strategies that adults use to cope with parental substance abuse. Golpewar (2014) also concurs with the stipulated types of strategies and adds that there are so many types of coping strategies but research has narrowed them down to the three mentioned types, respectively.

Smith et al (2016) have attempted to explain these coping strategies simply and practically children (young adults) can easily relate to when coping with parental substance abuse. Task-oriented coping is therefore characterized by strategies in which adults attempt to conceptualize or find solutions to the problem (parental substance abuse) causing distress. Examples of such strategies may include an action plan, solving a problem, and positive reappraisal. Emotion-oriented coping is characterized by strategies in which children (young adults) attempting to regulate the negative emotions associated with a perceived stressor by engaging in conscious activities related to affect regulation. Examples may include seeking emotional support and disclosing information just vent and feel good or better. Emotion-oriented coping can take the form of increased preoccupation with negative emotions. Finally, avoidance-oriented coping is characterized by activities or cognitive strategies used in a deliberate attempt to disengage from stressful situations.

Being resilient is one way in which children (young adults) can cope with parental substance abuse. Children or young adults whose parents abuse alcohol may grow up striving to adapt, survive and succeed under these stressful conditions (Johnson, Gryczynski, and Moe, 2011). Resilience may be categorized under emotional coping strategies. One of the important aspects associated with resilience is that it has been reported to push adults to have a sense of belonging, which also protects them against depressive symptoms (Chassin et al., 2004).

According to Kim and Lee (2011), there are some distinctive cultural or sociological factors (like peer pressure) that increase alcoholism among Korean children (young adults), including a very common, yet unhealthy choice of drinking as a coping mechanism at times of stress, and the irresistible, oftentimes authoritative, social pressure to make adults drink even against their own will. Such a society, where these factors are rife, may prevent children (young adults) from seeking any outside help for the problems related to growing up in alcoholic families (Kim and Lee, 2011). As a result, the researchers concluded that growing up with alcoholic parents increases young adults' risk for developing negative consequences, including alcohol or other substance abuse, or conduct disorders, as well as emotional problems like depression. The literature suggests

that Korean children (young adults) also consume alcohol as a way to cope with parental substance abuse.

Resilient children (young adults) who have been raised in alcoholic families are more likely to overcome adverse life consequences and achieve successful adjustment, even after having been exposed to cumulative stressful situations in their families (Chassin et al., 2004). This also suggests that for young adults to achieve or fulfill their ambitions, they seriously need to have a resilient character. An examination of a sense of belonging and resilience together in children (young adults) who have been raised by substance-abusing parents can provide useful insights into how these protective factors may work against depressive symptoms (Lee and Williams, 2013).

Human beings have in them the power to overcome any kind of stress or adversity. Young adults raised by substance abusing parents are no exception. With the help of therapeutic interventions, children (young adults raised by substance-abusing parents when growing up or during their adult stage can use such interventions to boost their morale, self-esteem, and confidence. Konaszewski, Niesiobędzka, and Kolemba (2019) refer to such coping mechanisms as personal resources. According to Konaszewski et al. (2019), Personal resources are specific character traits that a person might which an individual user to cope or break free from a difficult situation or challenge. Personal resources constitute relatively fixed dispositional features, affect both the confident character of cognitive assessment processes as well as the coping process (Kossakowska, 2010).

Klostermann et al. (2011) conducted a quantitative study where they researched the coping behavior and depressive symptoms among children of alcoholics. Their results stipulated that children of alcoholics reported less effective coping strategies when compared with children of non-alcoholics. In addition, children of alcoholics were also engaged in avoidant coping behaviors such as smoking and consuming alcohol. The findings further reported that children's of alcoholics experienced great difficulty in having the courage to seek mediating factors to respond to their life events (parental substance abuse).

Klostermann et al. (2019) also revealed that venting of emotions, denial, behavioral disengagement, and substance abuse among children (young adults) of substance abusers were associated with higher depressive mood. The above literature is most relevant to this study as it informs the researcher about the different types of coping mechanisms which young adults adapt to cope with parental substance abuse. Also, the literature reveals that it is not always the case that young adults will follow suit to their parent's substance abuse. Some if not all young adults have the inner strength to cope or combat the challenges that come with parental substance abuse. In this regard, the literature is relevant as it will provide more clarity and knowledge on the experiences of young adults raised by substance-abusing parents.

#### **2. 2. 6. Attitudes of young adults towards their substance-abusing parents**

According to Melgosa (2012), the kind of attitude expressed by children (young adults) towards their parents will be influenced by the type of response that parents provide when the child needs their attention, affection, and love, for example. About the authoritative style of parenting, children express good attitudes towards their parents, as they are involved in family decisions and their parents communicate very well with them. This provides a good sense of dialogue between the child (young adult) and the rest of his or her family. According to Melgosa (2012), although children (young adults) can provide an impression of having enough autonomy and capable to face life's challenges, they are aware of their limitations and often feel confused and insecure.

It is therefore important to note that the above literature is relevant to the current study as it depicts the causes and justifications behind the attitudes which young adults raised by substance-abusing parents portray. Also, the stipulated literature suggests that parental substance abuse is a great influence on how parents respond to their child's (young adults) needs and how they parent.

Different from the majority believe they are deep down and often open to help from parents and other children (young adults). The implication was that parents must provide to their children (young adults) the best possible start in life to include basic skills with which to function in society (socialization). They need to acquire education, experience,

attitudes, and behaviors from their parents or other caregivers for able to adapt to society. For example, children (young adults) whose general behavior is controlled by their parents show levels of alcohol, tobacco, and cannabis use (Choquet, et al., 2007; Moore, Rothwell, and Segrott, 2010). This literature is included in the study of experiences of young adults raised by substance-abusing parents simply because the attitude which young adults have towards their parents may signify or relate to the kind of relationship they have. As a result, the literature will provide empirical background to this study while the research participants relate their lived experiences to the researcher.

### **2.3. Application of Social Cognitive Theory to the Study**

This study will align itself with the Social Cognitive Theory. This theory will therefore be used to explain the entire study as it is an emphasis that adults observe, think about what they have seen then they will either imitate that behavior or decide otherwise. The theory is also applicable to this study because it emphasizes that external influence or the environment can influence the personality or behavior of young adults raised by substance-abusing parents. The Social Cognitive Theory also captures the main and general objectives of this study, which will help to answer the research questions and will eventually lead to the experiences of adults raised by substance-abusing parents. The theory achieves this through its five main principles derived by Feist et al (2018) are summarized below;

- The first principle of the SCT is that behavior can only be explained through conditions that have created that behavior. Being raised in a substance abusive environment can trigger adults to become violent and aggressive towards their peers or in their intimate relationships (Feist et al, 2018). This study will align itself with this principle by matching it with the objective one which aims to explore how parental substance abuse affects adult's intimate relationships. The research question that follows this objective is framed (how does parental substance abuse affect adult's intimate relationships?).
- Also, the second principle of the SCT states that learning occurs through succeeding or failing and observing other individuals thrive or flop at tasks (Feist



et al, 2018). This study will adopt this principle by merging it with another objective of the study which wishes to explore the effects of parental substance abuse on adult's social interactions. This objective will also be merged with the research question which is how parental substance abuse affects adult's social interactions. Adults learn through observing their parents. They observe whether their parents prosper or fail on their tasks (providing for basic needs such as food, clothing, and shelter).

- Moreover, the third principle of the SCT is that personality develops as an interaction between internal and external characteristics of an individual. This study will adopt this principle by merging it with the objective that attempts to examine the effect of parental substance abuse on adult's emotions. The research question that follows this objective framed is how does parental substance abuse affect adult's emotions? For example, the internal and external characteristics of parental substance abuse may very influential to the development of adult's emotions which will then contribute to their personality development.
- The fourth principle of the SCT is that the cognitive constructs that individuals develop to perceive the world molds their personality. This means that adult's cognitive constructs about their parent's substance abuse mold their perceptions and personalities. Family influences and parental behavior are critical in shaping how young people think about and portray their personalities This study adopts this principle by merging it with the objective that attempts to explore how parental substance abuse affects adult's perceptions. The research question that follows this objective framed is how does parental substance abuse affect adult perceptions?
- The last principle of the SCT states that consequences of one's behavior facilitate learning to take place (Feist et al, 2018). Based on the principle, some adults raised by substance-abusing parents learn to become independent as they cannot rely on their substance-abusing parents to provide for their basic needs. Raitasalo et al (2019) concur that 'Adults in families where alcohol use dominates family life are particularly vulnerable. This study will align itself with this principle by merging it with the research objective that wishes to discover coping mechanisms of adults

of substance abusers. The research question that follows this framed objective is how do adults cope with parental substance abuse?

**Table 2.1. Application of Social Cognitive Theory to the Study**

Principle one: Behavior can only be explained through conditions that created the behavior.	Objective One: To find out how parental substance abuse affects young adults intimate relationships.	Research Question One: How does parental substance abuse affect young adult's intimate relationships?
Principle two: Learning occurs through succeeding or failing and observing other individuals thrive or flop at tasks.	Objective two: to explore effects of parental substance abuse on young adult's social interactions.	Research question two: how does parental substance abuse affect young adult's social interactions?
Principle three: personality develops as an interaction between internal and external characteristics of an individual.	Objective three: to examine the effects of parental substance abuse on young adult's emotions.	Research question three: how does parental substance abuse affect young adult's emotions?
Principle four: the cognitive constructs that individuals develop to perceive the world molds their personality.	Objective four: to explore how parental substance abuse affect young adult's perceptions.	Research question four: how does parental substance abuse affect young adult's perceptions?
Principle five: Consequences of one's behavior facilitate learning to take place.	Objective five: to discover coping mechanisms of young adults raised by substance abusing parents.	Research question five: how do young adults cope with parental substance abuse?

Table 2.1 is a summary of how the principles of the SCT merge with the study's research objectives and questions, all of which sum up to the experiences of adults raised by substance-abusing parents.

### **2. 3.1. Gaps in the Literature**

The above literature has certain limitations. The first limitation is that it fails to address all of the research objectives. Also, the literature fails to provide a clear picture of how parental substance abuse affects young adult's cognitive abilities. The literature also fails to provide how parental abuse affects young adults' economic opportunities. For example, education challenges may provide a direction of how economic opportunities are affected by parental substance abuse. Besides, the literature also fails to address the health problems or consequences that come with parental substance abuse.

### **2. 4. Chapter summary**

This chapter presented empirical data about the experiences of young adults raised by substance-abusing parents in Lesotho and some parts of the world. The chapter also presented the theoretical framework that was used to explain the research topic and the entire study. Criticisms to the theory (social cognitive theory) and the gaps in the literature were also presented in this chapter.

# **CHAPTER THREE**

## **RESEARCH METHODOLOGY**

### **3.0. Introduction**

A research methodology may be described as the plans or procedures that are guided by various steps to detailed methods of data collection, analysis, and interpretation (Creswell and Creswell, 2018). According to the Business Dictionary (2020), a social research methodology is a systematic process used to collect information and data. The social research methodology may include interviews, surveys, ethnographies, and other research techniques and could include both recent and historical information. Goundar (2012) also defines research methodology as the actual data collection and data analysis. This study will have adopted the above definitions of a research methodology. This study aimed to systematically collect, analyze and interpret data about the experiences of young adults raised by substance-abusing parents in Roma, Lesotho.

Besides, the chapter is organized as follows. It commences with a discussion on the research approach and design, and the philosophical underpinnings adopted for this study. It then moves to describe the study site, population, and sampling strategies. The sampling and selecting procedures are also present. The methods of data collection and data analysis and interpretation are further expounded on. Lastly, ethical issues are also incorporated in this chapter.

### **3.1. The philosophical underpinnings of the study**

Philosophy is a set of beliefs that represent a worldview (Guba and Lincoln, 1994). Singh (2019:2) contend that philosophy can also be defined as, a mental model or a framework of thought or belief through which one interprets reality. The author also elucidates that this set of beliefs are also called paradigms. According to Singh (2019:2), a paradigm expresses the researcher's philosophical orientation which decides ontology and epistemology methods used in this current study. The author further illuminates that it reflects the researcher's abstract beliefs that direct his or her interpretation of reality. It

also helps the researcher to clench the clear picture of the world. This study appreciates the above definitions which assisted the researcher to reflect the intellectual beliefs that steered the researcher to the interpretation and reality of the experiences of young adults raised by substance-abusing parents in Roma, Lesotho.

### **3.1.1. The constructivist ontology**

Crotty (1998:10) describes ontology as a science of study or study of being. In social research, ontology refers to the way the social world is viewed or seen to be what can be assumed about the nature and reality of the social phenomena that make up the social world (Matthews and Ross, 2010). Scotland (2012) adds that Ontological assumptions are concerned with what constitutes reality. This study adopted the above explanations of ontology. The authors also emphasize that reality is created through the comprehensions and actions of people in their social worlds. The ontology of the study about experiences of young adults raised by substance-abusing parents is that young adults have different realities or experiences about their upbringing with parents who abused substances. The researcher then appreciated their experiences in depth through interacting with them.

Creswell and Creswell (2018:48) elucidate that, 'social constructivists believe that individuals seek understanding of the world in which they live and work. Individuals develop subjective meanings of their experiences or meanings directed toward certain objects or things. These meanings are varied and multiple, leading the researcher to look for the complexity of views rather than narrowing meanings into a few categories or ideas. The research will also align itself with the constructivist paradigm which affirms that the social phenomena making up the social world are constructed ideals that are continually being viewed and reworked by social actors (human beings) through social interaction and reflection. This asserts that there is no social reality besides or apart from the interpretation of social phenomenon from the research participants. The meanings are however attributed to the comprehensions of social phenomena (like the family, a community, social care, and health), which are derived by the social actors can study

(Matthews and Ross, 2010). This simply means that there is no single reality or truth. Reality is created by social actors (ontology).

### **3.1.2. The interpretivist epistemology**

Cohen et al. (2007) posit that epistemology is related to nature and how knowledge is formed. The author further explains that epistemological assumptions are concerned with the means of creating knowledge, how it is acquired and communicated, in other words, what it means to know. Guba and Lincoln (1994) contend that epistemology asks the question, what is the nature of the relationship between what can be known and what is known? Also, epistemology means the theory of knowledge and how individuals know things (Matthews and Ross, 2010). In essence, theoretical knowledge is the basis or premise of one's knowledge. This study adopted the stipulated definitions of epistemology. The theoretical knowledge employed in this study then assisted to create meaning of the experiences of young adults raised by substance-abusing parents in Roma, Lesotho.

The interpretivist epistemology is of the impression that reality needs to be interpreted so that it can be used to discover the underlying meaning of events and activities. With regards to the current study, the researcher was then able to unpack or unfold the various experiences of young adults raised by substance-abusing parents from their views or how they understand and interpret their experiences. The theoretical knowledge or empirical literature also assisted the researcher to have a clear comprehension of the experiences of the research participants (young adults raised by substance-abusing parents).

### **3.2. Research approach**

The qualitative research approach was used as a method for the entire research. Qualitative research is concerned with qualitative phenomena involving quality. It is non-numerical, descriptive, applies to reason, and uses words. It aims to get the meaning, feeling and describe the situation (Goundar, 2012). Qualitative research was also used because it is inductive. This means that it allows the observer to become immersed in a group (Colorado State University, 2020). Also, qualitative research is holistic. This means

that almost every action or communication must be taken as a part of the whole phenomenon of a certain community or culture (Colorado State University, 2020).

Besides, according to the Colorado State University, (2020), one other characteristic of qualitative research is that it is adaptive or makes use of the insider perspective. This means that the researcher is responsible for becoming a part of a group to get a more in-depth study. There are other important characteristics of qualitative research which include it being naturalistic (studies social phenomenon in its natural setting or environment), the researcher has personal contact and insight of his or her participants and their world, it is flexible and dynamic, and there is context-sensitivity (the researcher must realize the different variables, such as values and beliefs, that influence cultural behaviors of the participants) (Colorado State University, 2020).

Qualitative research differs from other research approaches (Quantitative research and mixed methods) in that it explores and understands the meaning individuals or groups of people ascribe to a social or human problem (Creswell and Creswell,2018). It is also unique because the process of research in this method involves emerging questions and procedures, data typically collected in the participants' natural setting, data analysis inductively building from particulars to general themes, the researcher making interpretations and meaning of the data, and having a report which has a flexible structure (Creswell and Creswell, 2018).

This research approach is appropriate for this study as it allowed the researcher to connect and build a sense of trust between her and the participants. Qualitative research also allowed the researcher to use descriptive questions which allowed the participants to provide detailed information about their experiences when they were raised by substance-abusing parents. Besides, because the approach allows researchers to conduct interviews in the participant's natural settings or their homes, the qualitative research approach is best for this study as it allowed the participants to be free to share their most sensitive experiences about being raised by substance-abusing parents.

### **3.2.1. Research design**

On one hand, Merriam and Tisdell (2016) define a research design as a strategy used to solve a problem and to implement a change during a research process in qualitative research. On the other hand, Creswell and Creswell (2018) defines a research design as types of inquiry within qualitative, quantitative, and mixed methods research approaches that provide specific direction for procedures in a research study. There are six commonly known research designs. These are namely; phenomenology, grounded theory, ethnography, narrative analysis, and qualitative case study (Merriam and Tisdell, 2016). These research designs have different focus points which means that they result in variations in how research questions are presented, sample selection, data collection, analysis, and final report (Merriam and Tisdell, 2016).

The current study adopted a phenomenological study. Gallagher (2012) defines phenomenology as the study of human experience and of the ways things present themselves to individuals in and through such experience. According to Creswell and Creswell (2018), 'phenomenological research design is one in which the researcher describes the lived experiences of individuals about a phenomenon described by the research participants. This description culminates in the essence of the experiences for several individuals who have all experienced the phenomenon. Merriam and Tisdell (2016) further explain that 'phenomenology is a study of individual's conscious experience of their life-world; that is their "everyday social action".

A phenomenological study perfectly suited this current study as it allowed the researcher to describe the lived experiences of young adults raised by substance-abusing parents. The research participants in this study have consciously experienced being raised by substance-abusing parents and were, therefore, able to tell more in-depth stories about their everyday social actions while they were growing up in substance-abusive environments.



### **3.3. Study site**

A study site is a place or facility where research is conducted (The Titi Tudorecea Bulletin, 2020). The Hata-Butle, Ha Mafefoane, and Mahlanyeng villages are situated in Roma and are located approximately forty or thirty-five kilometers away from the Maseru District in Lesotho. The National University of Lesotho is also situated in Roma Community. As stated in the first chapter, the Roma Community has four villages. These villages are namely; ha Mafefoane, Hata-Butle, Maphotong, and Ha Tsunyane (Ntuli, 2020). This study will therefore be conducted only at Hata-Butle village, Ha Mafefoane village, and Mahlanyeng (which is another independent village found on the West side of Roma) villages were chosen because the villages are composed of different people who lead different lifestyles and have different life principles. The three villages are also composed of young adults who were raised by substance-abusing parents. The three villages have also been pinpointed by this study as they are located in very close proximity to the National University of Lesotho.

There are therefore great numbers of young adults who are located Hata-Butle, Ha Mafefoane, and Mahlanyeng villages, situated in Roma, Lesotho who have a history of parents who abused or abuses substances. The three stipulated villages are also characterized by high masses of substance abuse, particularly among young adults and also other elderly people. This is therefore an indication that there could be a high rate of substance abuse among young adults such villages, situated in Roma which is caused by parental substance abuse or other factors.

### **3.4. Population**

According to Majid (2018), a population of interest is the study's target population that it proposes to study or investigate. The population of this study included all young adults in Roma (Hata-Butle, Ha Mafefoane, and Mahlanyeng villages) who are or have been raised by parents who abuse substances (alcohol can serve as an example of a substance). These young adults ranged from the age of seventeen to thirty. Gadd and Jefferson (2007) reiterate that there is a crucial need to comprehend that research participants are the end product of their psychological and social world.

Based on the stated literature, this research study, therefore, assumes that young adults raised by substance-abusing parents ranging from seventeen to thirty years of age will be able to logically present their experiences as they are also regarded as mature individuals. The researcher also chose the age group of seventeen to thirty as the researcher has observed that most people in that age group can logically relate their issues or affairs. Also, such individuals can express their feelings thoughts in a deeper sense, which is ultimately what the researcher needed as this is a qualitative study.

### **3.5. Sample and Selection Procedures**

In research terms, a sample is a group of people, objects, or items that are taken from a larger population for measurement. The sample should be representative of the population to ensure that we can generalize the findings from the research sample to the population as a whole. The purpose of sampling is, therefore, to conclude populations from samples, the researcher must make use of inferential statistics (in the case of quantitative research) to enable researchers to determine a population's characteristics by directly observing only a portion (or sample) of the population. We obtain a sample of the population for many reasons as it is usually not practical and seldom economical (Mark, 2006).

For this study, due to covid-19, thirteen young adults raised by substance-abusing parents were selected and represented the population. The number did not increase due to data saturation. According to Faulkner and Trotter (2017), data saturation refers to the point in the research process when no new information is discovered in data analysis and this redundancy signals to researchers that data collection may cease. Saturation means that a researcher can be reasonably assured that further data collection would yield similar results and serve to confirm emerging themes and conclusions. When researchers can claim that they have collected enough data to achieve their research purpose, they should report how, when, and to what degree they achieved data saturation (thirteen young adults).

The purposive and snowball sampling techniques were used in this study. According to Bryman (2012:418), purposive sampling is a non-probability form of sampling. The

researcher does not seek to sample research participants on a random basis. The goal of purposive sampling is to sample cases/participants strategically so that those sampled are relevant to the research questions that are being posed (the researcher sampled participants who are strictly related to this study). Very often, the researcher will want to sample to ensure that there is a good deal of variety in the resulting sample, so that sample members differ from each other in terms of key characteristics relevant to the research question (Bryman, 2012).

For this study, the researcher achieved purposive sampling by, visiting the village chiefs to get permission to interview some of the relevant villagers. The researcher also requested the village chiefs for the assistance of how to get hold of relevant research participants for this particular study. Also, snowball sampling was achieved by the researcher by requesting her participants to refer her to other participants who have been raised by parents who abuse substances. This study was very sensitive, seeing that it aimed to unpack how adults were raised. It is therefore highly likely that the potential participants are going to give out sensitive information that was not open to other people (family secrets) in the community. As a result, it was hard to find such participants.

Snowball sampling is a sampling technique in which the researcher samples initially a small group of people relevant to the research questions, and these sampled participants propose other participants who have had the experience or characteristics relevant to the research. These participants then suggested others and so on (Bryman, 2012: 424). For example, the first or any participant referred me as the researcher to another participant who had experiences of being raised by a parent or caregiver who abuses substances. According to Bryman (2012), snowball sampling was more applicable when dealing with a hard-to-reach population.

### **3.5.1. Inclusion Criteria**

Patino and Ferriera (2018:1) define inclusion criteria as the vital features of the target population that a researcher will use to answer the research questions. Such features include demographic, clinical, and geographic characteristics. The sample included

thirteen young adults who were raised by substance-abusing parents in Roma (Hata-Butle village, Ha Mafefooane, and Mahlanyeng villages)

### **3.5.2. Exclusion Criteria**

Exclusion criteria according to Patino and Ferriera (2018:1) are features which potential research participants who meet the inclusion criteria but present with additional features that could interfere with the success of the study or increase their risk for an unfavorable outcome. This study, therefore, excluded all adults who were not raised by substance-abusing parents and who are not in the age group of seventeen to thirty years old.

### **3.6. Methods of Data Collection**

According to Kabir (2016: 202), data collection is the process of gathering and measuring information on variables of interest, in an established systematic fashion which enables an individual to answer stated research questions and evaluate outcomes. The author further elucidates that the data collection component of research is common to all fields of study including physical and social sciences, humanities, business, etc. While methods vary by discipline, the emphasis on ensuring accurate and honest collection remains the same. The goal for all data collection is to capture quality evidence that then translates to rich data analysis and allows the building of a convincing and credible answer to questions that have been posted (Kabir, 2016:202).

For this study, data were collected from young adults who were raised by substance-abusing parents during the first three weeks of May 2021. The researcher collected data through in-depth interviews. One interview was conducted for each participant which lasted for forty-five minutes to one hour. During such interviews, the researcher used an interview guide and open-ended questions which assisted the researcher to know how or what questions to ask during the interviews. The researcher also made use of probes to allow the participants to utter more details about their experiences of being raised by substance-abusing parents. During the interviews, the researcher also took notes (to record the non-verbal communication of the research participants) and used a tape recorder.

A voice recorder recorded all the details which the researcher may have left out while conversing with the research participants. Also, the voice recorder allowed both the researcher and the research participants to have a conversation that leads the participant to relax and give out more information to the researcher. A voice recorder also ensured transparency between the researcher and the research participant. Field notes were also recorded by the researcher who noted the non-verbal communication which was expressed by the research participants.

Each interview conducted lasted for forty-five minutes to one hour. Such interviews were conducted in the participant's natural spaces (their own homes) or any place where participants and the researcher were safe and relaxed as they will felt comfortable and safe to provide sensitive information.

All interviews were conducted in the Sesotho language so that participants which prevented a language barrier between the researcher and her participants (especially those who cannot speak English) or participants feeling restricted by the English language when they feel they needed to express themselves further. Sesotho language was the medium of communication between the researcher and the participants because it the maiden language used in Lesotho and Hata-Butle, Ha Mafefooane, and Mahlanyeng villages. The researcher then translated the collected data from the Sesotho language to the English language. Besides, after completing the in-depth interviews, the researcher then translated and transcribed the data collected then analyzed the data.

According to Milena (2019:1279), an in-depth interview is a technique designed to elicit a vivid picture of the participant's perspective on the research topic. During in-depth interviews, the research participant is considered the expert, and the interviewer is considered the student. The researcher's interviewing techniques are motivated by the desire to learn everything the participant can share about the research topic. This data collection method was therefore applicable for this study because an in-depth interview is an effective qualitative method for getting people to talk about their personal feelings, opinions, and experiences (Milena, 2019).

An in-depth interview is therefore relevant for this study as it presented an opportunity for the researcher to gain insight into how young adults interpreted and ordered their experiences of being raised by a substance-abusing parent. This was therefore accomplished through being attentive and being observant to the causal explanations of the research participants. The results obtained through this qualitative method varied (among others) according to the subject investigated (Milena, 2019). As a general rule, in in-depth interviews, the participants were more confident, more relaxed and they feel more encouraged to express their deepest thoughts about a certain subject.

Qualitative data are mostly non-numerical and usually descriptive or nominal. This means the data collected are in the form of words and sentences. Often (not always), such data capture feelings, emotions, or subjective perceptions of something. Qualitative approaches aim to address the 'how' and 'why' of a program and tend to use unstructured methods of data collection to fully explore the topic. Qualitative questions are open-ended. Qualitative methods include focus groups, group discussions, and interviews. Qualitative approaches are good for further exploring the effects and unintended consequences of a program. They are, however, expensive and time-consuming to implement. Additionally, the findings cannot be generalized to participants outside of the programme and are only indicative of the group involved (Milena, 2019:1279). The researcher also applied the skill of non-participant observation as the researcher attempted to comprehend the participant's world, relationships, and interactions, without categorizations or evaluations (Cieseilska and Katarzyna, 2018).

The tools of data collection from thirteen participants which were used for this research are as follows:

- Field notes
- Voice recorder

The interview guide was semi-structured and it included a mixture of structured and semi-structured questions and there were no predetermined wording or order (Merriam and Tisdell, 2016:110).

### 3.7. Data Analysis

Neuman (2014) defines data analysis as the systematic organization, integration, and examination of research. To achieve this, the author posits that researchers explore patterns and relationships among specific details of the collected data. Researchers then connect the data to concepts, advance generalizations, and then identify broad trends or themes. Neuman (2014) concur that analysis allows researchers to improve understanding, expand the theory and advance knowledge. The study adopted the above definition as it aimed to improve comprehension and improve knowledge about the experiences of young adults raised by substance-abusing parents.

For this research, a thematic analysis was used for analyzing the qualitative data which was obtained from the research participants. The researcher of this study adopted thematic analysis because it assisted in systematically identifying, organizing, and having a deeper insight meaning of the data collected. According to Braun and Clarke (2012), thematic is a method for systematically identifying, organizing, and offering insight into, patterns of meaning (themes) across a dataset. Through focusing on meaning across a dataset, thematic analysis permits the researcher to see and make sense of collective or shared meanings and experiences. Identifying unique meanings and experiences found only within a single data item is not the focus of thematic analysis. This method was a way of identifying what is common to the way a topic is talked or written about, and of making sense of those commonalities.

Thematic analysis was adopted as a method of analysis because the thematic analysis is an accessible, flexible, and increasingly popular method of qualitative data analysis. Learning to do it also provided the qualitative researcher with a foundation in the basic skills needed to engage with other approaches to qualitative data analysis (Braun and Clarke, 2012). As a researcher, she acquired the above-mentioned skills and advantages.

According to Braun and Clarke (2012), there are six steps of how to conduct a thematic analysis. These steps are very systematic and one cannot move to another step without completing the other. They are as follows, Before Familiarizing oneself with the data

(Stage one), data was transcribed and translated into English since the data collection process was done in Sesotho.

During the first stage after the data was transcribed and translated in Sesotho, the task assisted the researcher will to familiarize herself with the data. This was achieved through reading the systematic field notes and listening to the recorded audios countless times to get the gist of the experiences of young adults raised by substance-abusing parents. These audios were then translated from the Sesotho language to the English language.

Thereafter, the researcher read the transcripts several times to critically comprehend them as a whole. The field notes and transcripts were safely kept and stored by the researcher for future use. In the next third stage of generating initial codes, the researcher assigned preliminary codes to the data to describe the theme and sub-themes. An audit trail of code generation was provided for authenticity. The fourth stage is called reviewing themes. During this phase, the researcher was propelled to polish the themes which she has created in the previous stage. This was done by scanning for similarities and contrasts. This was done to check whether the themes were indeed in line with the evidence to be presented as data and whether they reflected the true meaning of the data. The researcher also scanned for repetitions that could have lingered in this stage.

The following fifth stage is called defining and naming the themes. In this stage, the researcher described the story of each theme and showed how it is related or relevant to the research questions, the researcher also explained why the themes were interesting and related to the entire story of the themes. The sixth and last stage was where the researcher produced a report. This is where the researcher stipulated or summarized what she will have done did the entire analysis procedure. The researcher also justified how and why she used the theory, methodology, and analysis methods she adopted for the entire study.

### **3.8. Ethical considerations**

According to Parveen and Showcat (2017), ethics are the moral principles that rule an individuals' behavior. Research ethics may be referred to as doing what is morally and



legally right in research. They are norms for conduct that differentiate between right and wrong, and acceptable and unacceptable behavior. According to Murphy and Sage (2015:31), research is "a process of investigation leading to new insights, effectively shared." Research is a multi-stage process. Ethics are therefore central to the research process. Researchers need to take note of various ethical issues at different levels of this process. The reality is there can be ethical concerns at every step of the research process (Bickman and Rog, 2009).

Neuman (2017) concurs that the effects of how research participants were treated in the past research studies gave rise to focus on research ethics which are inclined to the possible negative research effects on participants. This according to Neuman (2017), is because of past circumstances of abuse and because total protection for research participants with absolute rights of non-interference would make research impossible. Researchers are therefore obligated to protect participants in research while still involving them in research studies.

### **3.8.1. Informed Consent**

Informed consent signifies the principle of voluntary participation and is mandated in various laws, regulations, and codes of ethics (Neuman, 2017). Williams et al (2017) contend that acquiring informed consent is a crucially important aspect of the early stages of research and must be negotiated and secured as early as is practically possible in the process. This study then drafted a consent form that clearly showed the purpose and aims of the study to the potential research participants. By so doing, research participants were in a position to make an informed decision what to participate or not participate in this study. Williams et al (2017) also denote that, ethical guidelines state that participants should understand the purpose of the research, what taking part will involve and how the data will be used.

Neuman (2017: 57) emphasizes that a consent form should include the following eight pointers to strengthen the principle of voluntary participation of research participants;

- A short description of the purpose of the study, how the study will be conducted by the researcher (procedure), and the duration of the study.
- Risks or any forms of discomfort which will be assumed to be a result of the study must be undoubtedly outlined.
- Confidentiality and anonymity of recorded data must also be guaranteed by the researcher in the consent form.
- The identity of the researcher is also mandatory in the consent form so that the research participant can contact the researcher. Also, the proper identity of the researcher is required for more information about the study.
- The informed consent should also entail a statement that indicates that research participants can voluntarily participate and are free to withdraw from the study whenever they feel the need or wish to do so and that there will not be any form of punishment if they withdraw from the study.
- The informed consent form should also include a statement of alternative procedures that may be adopted in the study.
- The informed consent form should also stipulate the benefits which may directly or indirectly affect the research participant.
- The informed consent form should also include a summary of the findings when the study is concluded.

The researcher, therefore, mentioned aspects in the study's consent form. These assisted in producing a reliable, trustworthy, and transparent research study.

### **3.8.2. Harm to Participants**

Williams et al (2017) depicts that harm to participants simply means that research should be conducted in a manner that would minimize unforeseen danger or psychological harm) (physical, emotional to both the participants and the entire study. Researchers are therefore obligated to avoid imposing any forms of harm to the research participants (Williams et al, 2017). The current study adopted this research ethically. This was achieved by conducting interviews in places where research participants felt most

comfortable (preferably in their homes) and safe. Counseling services were also offered to participants (when it was deemed necessary) as the researcher is also a Social Worker.

### **3.8.3. Confidentiality and Anonymity**

According to Roth and Unger (2018), 'both confidentiality and anonymity of research participants constitute a predominant theme across several studies... True anonymity is achieved when researchers do not know the identities of the research participants, such as when people respond to questionnaires submitted in a manner that does not tie the person to the data. This is hardly ever the case in qualitative research. Confidentiality, on the other hand, refers to the fact that researchers know the identity of the participant but commit to not revealing the person's participation identity'.

The current study aligned itself with the stipulated explanations of confidentiality and anonymity. The study, therefore, attained these two ethics by firstly ensuring that all the data are collected by only the researcher. Also, anonymity in this study was maintained by not recording the participant's real names and also assigning false names to each interview as maintained by Neuman (2017).

### **3.8.4. Invasion of Privacy**

Telarico (2012) concurs that researchers must first respect their participants' autonomy, self-determination their general welfare to avoid invading their privacy (research participants), and Protecting research participants' right to privacy requires respect for their autonomy, their right to self-determination, as well as their general welfare. Telarico (2012) further contends that 'the need for privacy is a function of generally accepted public norms and individual expectations about what information about oneself should and should not be known to others. The current study, therefore, aligned itself with the privacy ethic. This was achieved through building rapport between the researcher and the research participants. Neuman (2017) also highlights that privacy rules exist to protect research participants from legal and physical harm.

### **3.8.5. Deception**

Deception is when research participants are not told the entire truth about any research study. Neuman (2017) further reveals that 'deception is a mild type of human harm to participants; it reduces trust and honesty in human relations. According to Neuman (2017:58), 'Deception is never preferable in any kind of study...It is deemed as the last resort'. Deception is only acceptable if the researcher follows these rules;

- The research has to have a clear and specific methodological purpose.
- The researcher should adopt it to a minimal extent necessary and for the shortest time.
- The research participant should obtain informed consent that does not misrepresent any form of risk.
- The researcher must always debrief (explain the actual conditions to participants afterward).

The current research study avoided deception by all means through being honest, trustworthy, and being transparent with the research participants.

### **3.9. Ensuring trustworthiness**

According to Polit and Beck (2012), the trustworthiness or rigor of a study refers to the degree of confidence in data, interpretation, and methods used to ensure the quality of a study. Amankwaa (2016:121) affirms that, 'anything perceived as being of low or no value is also perceived as being worthless, unreliable, or invalid. Research that is perceived as worthless is said to lack rigor'. The author further explains that this means findings are not worth noting or paying attention to, because they are unreliable. To avoid this argument, proof of reliability and validity in qualitative research methods is required. Guba and Lincoln (1985) initially presented four criteria for trustworthiness which are namely; credibility, dependability, conformability, and transferability. These are also referred to as strategies for ensuring the trustworthiness of a particular research study (Cope, 2014). Guba and Lincoln (1985) further stipulate that 'the value of a research study is strengthened by its trustworthiness'.

Credibility refers to the truth of the data or the participant's understandings and the interpretation and representation of them by the researcher (Polit and Beck, 2012). Cope (2014) asserts that credibility is heightened by the researcher through describing his or her experiences as a researcher and verifying the research findings with the participants. The author further stipulates that to support credibility when reporting a qualitative study, the researcher should validate engagement, methods of observation, and audit trails. Techniques used to launch credibility include prolonged engagement with participants, persistent observation if appropriate to the study, peer-debriefing, member-checking, and reflective journaling (Connelly, 2016).

To ensure credibility in this study, the researcher engaged with the participants in prolonged regard. This assisted the researcher to build trust and rapport with her informants which lead to rich and detailed responses from them. This was also achieved by allowing the research participants time to express their stories about the experiences of being raised by a substance-abusing parent. It also allowed the researcher time to know more about them as individuals.

Other methods of ensuring credibility proposed by Guba and Lincoln (1985) are triangulation, persistent observation, and member checking. Triangulation refers to the application of various approaches or data sources in qualitative research that are meant to achieve an inclusive understanding of phenomena (Carter et al. 2014). The authors further explain that triangulation also has been perceived as a qualitative research strategy to test validity through the convergence of information from different sources. Guion and McDonald (2011) also posit that data triangulation involves using different sources of information to increase the validity of a study.

This study guaranteed triangulation, particularly space triangulation which is gathering data on the same phenomenon in multiple sites, to test for cross-site consistency (Polit and Beck, 2012). In essence, data was collected at different sites and homes, using multiple sources in Hata-Butle village, Ha Mafefoone village, and Mahlanyeng village. These were young adults raised by substance abusing parents who lived in different families and whose homes were far apart from each other. This allowed the researcher

to better understand the study as a whole. Ntuli (2020) also affirms that triangulation enhanced a better and richer understanding of phenomena under study.

Polit and Beck (2012) posit that dependability refers to the constancy of the data over similar conditions. Amankwaa (2016) is of the view that for a research study to be dependable, one has to show that the findings are consistent and could be repeated. To establish dependability, Lincoln and Guba (1985) recommended a technique known as inquiry audit. Inquiry audits are conducted by having a researcher that is not involved in the research process examine both the process and product of the research study (Lincoln & Guba, 1985). The purpose is to evaluate the accuracy and evaluate whether or not the findings, interpretations, and conclusions are supported by the data (Lincoln & Guba, 1985).

To ensure dependability in this study, the researcher firstly jotted down all activities and important aspects (whom to interview and what to observe) that occurred during the study. The researcher also reviewed the findings with her supervisor and co-supervisor. This process according to Connelly (2016) is referred to as the process logs which include debriefing with a peer or a colleague. By so doing, the researcher was able to produce consistent and thus dependable findings.

Conformability refers to the researcher's ability to reveal that the data that represent the participants' responses and not the researcher's biases or viewpoints (Polit and Beck, 2012; Tobin and Begley, 2004). According to Cope (2014), the researcher can validate conformability by relating how conclusions and interpretations were established, and illustrating that the findings were derived directly from the data. Furthermore, the writer reiterates that in reporting qualitative research, this can be exhibited by providing rich quotes from the participants that depict each emerging theme.

To ensure conformability, all transcripts were thoroughly cross-checked by both the researcher's supervisor and co-supervisor. This was done to ensure that the presented data represented the participants' responses and not the researcher's interests. Polit and Beck (2012) also deliberate that researcher must describe how conclusions and interpretations were reached, established, and provide rich quotes from the participants

that depict each emerging theme. As the researcher, she adhered to the above-mentioned steps on how to ensure conformability in this study.

Transferability refers to findings that can be applied to other settings or groups (Houghton, Casey, Shaw, and Murphy, 2013; Polit and Beck, 2012). According to Cope (2014), a qualitative study has to provide results that have meaning to external people (individuals not involved in the study) and so that readers can associate the results with their own experiences. Besides, researchers should therefore provide abundant evidence and the research context should enable the reader to assess the findings' capabilities of being 'fit' or transferable. Amankwaa (2016) also reiterates that a study is declared transferable when it shows that is applicable in other contexts.

This study ensured transferability through adopting methodological procedures that thoroughly enable transferability. According to Ntuli (2020), such procedures included study information as the context in which the research was carried out, its setting, sample, sampling techniques, demographic and socio-economic characteristics of participants, the inclusion and exclusion criteria, and possible changes in interview questions. Nickasch et al., (2016) further add that one must enhance the transferability of results by showing the semi-structured interview guides which were also included in this study.

Mann (2016) describes reflexivity as being focused on the self and ongoing intersubjectivities. It recognizes mutual shaping, reciprocity, and bi-directionality, and that interaction is context-dependent and context. Polit and Beck, (2012) define reflexivity as a process of reflecting critically on the self by analyzing personal values that could affect data collection and interpretation.

### **3.10. Chapter Summary**

This chapter presented the research methodology adopted in exploring the experiences of young adults raised by substance-abusing parents. The chapter also entails the philosophical underpinnings and ontological perspectives adopted by the study. The chapter also presented the study site, population, sample and sampling procedures, and methods of data collection, data analysis technique, and relevant research ethics.

# **CHAPTER FOUR**

## **PRESENTATION OF FINDINGS**

### **4.0. Introduction**

This chapter presents the findings acquired in this study. The goal of these findings is to explore the experiences of young adults raised by substance-abusing parents in Roma, Lesotho. The findings obtained in this study were based on the specific objectives and the statement of the problem. The purpose of the study is therefore to explore the experiences of young adults raised by substance-abusing parents by finding out how parental substance abuse affect young adult's intimate relationships, exploring the effects of parental substance abuse on young adult's social interactions, and examining the effects of parental substance abuse on young adult's emotions. Also, the study aimed to explore how parental substance abuse affects young adult's emotions and finally discovering the coping mechanisms of young adults raised by substance-abusing parents. The study also seeks to impart knowledge about parental substance abuse and how it affects young adults in Lesotho.

An overview of the findings is presented in a table. The table includes the demographic profile of the research participants per sample. There are also charts and graphs which outlines the characteristics of each sample. The demographic profile of the participants' parents was also provided to gain a better understanding of the research participants' background and the kind of substances that their parents were abusing while growing up. These are then followed by the findings in the study. The findings are also based on the five main themes of the study. The five main themes are also derived from the study's objectives and research questions, respectively. The study further presents the narrative of the experiences of young adults raised by substance abusing parents who have been quoted. A summary of the chapter is also provided.



Data were collected from a sample of thirteen young adults raised by substance-abusing parents during the first three weeks of May 2021. These young adults lived in three villages found in Roma, Lesotho. Such villages were Hata-Butle, Ha Mafefoane, and Mahlanyeng village. Purposive and snowball sampling techniques were adopted in this study. In-depth, interviews were used to collect qualitative data. One interview was conducted for each participant which lasted for forty-five minutes to one hour. Thematic analysis was used to analyze data, which included properly following the six steps of thematic analysis of data (Braun and Clarke, 2012).

Data familiarization was the first stage of thematic analysis. This is where the recordings and field notes were read several times by the researcher to thoroughly comprehend them. Also, data was transcribed by the researcher from the Sesotho language to the English language. The second stage of thematic analysis was where codes were established by the researcher. This is where initial and preliminary codes which reflected the data were established by the researcher. Both supervisors also cross-examined the collected data. The third stage is where themes and sub-themes derived from the research objectives, research questions, and the theoretical framework were derived by the researcher. The fourth stage is where the researcher refined the collected data by checking for similarities and differences, repetitions, and contradictions that arose from the collected data. The researcher and the supervisors agreed on the refined themes. The fifth stage consisted of naming and defining themes. Major themes and subthemes were therefore defined and named by the researcher. The sixth and last stage is called the reporting stage. This includes reporting and providing a discussion, which is provided by the researcher in the next chapter.

#### **4.1. Demographic profiles of participants**

This section presents the demographic data of young adults raised by substance-abusing parents in Hata-Butle, Ha Mafefoane, and Mahlanyeng villages in Roma, Lesotho. Thirteen participants took part in this study. The first table illustrates the combined characteristics of the sample. This table is then followed by diagrams including pie charts, graphs, a frequency table, and bar charts which demonstrate the participants' age in

years, gender, order of seniority, number of siblings, the highest level of education, employment status, marital status, and place of residence respectively. Additional information includes a table that reveals the demographic characteristics of young adults' substance-abusing parents. The tables are also followed by their age in years, gender, employment status, the highest level of education attained, and substance abused.

#### 4.1.1. Demographic profile of young adults raised by substance-abusing parents

The table below is a demographic structure of participants that participated in the study. The table entails the coded names of the participants, their differing ages, gender, the order of child which each participant is in his or her respective family, and the number of children which each participant has. In addition, the demographic table also provides information about the participant's level of education, employment status, marital status, and place of residence, respectively.

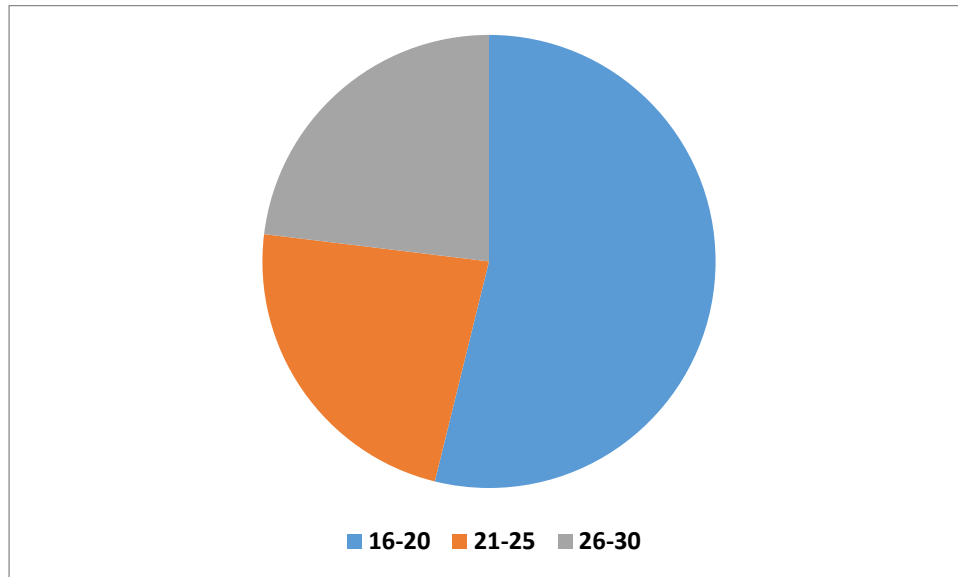
**Table 4.1: Demographic details of young adults raised by substance-abusing parents**

Names of participants	Gender	Age in Numbers	Level of education	Occupation	Oder of Child	Marital Status	Place of residence
A	F	19	Grade 12	Unemployed	1 <sup>st</sup>	Single	Mahlanyeng
B	F	21	Grade 9	unemployed	1	Single	Hata-Butle
C	F	17	Grade 10	unemployed	3 <sup>rd</sup>	Single	Mahlanyeng
D	F	17	Grade 10	Unemployed	1 <sup>st</sup>	Single	Ha Mafefoene
E	F	17	Grade 10	Unemployed	3 <sup>rd</sup>	Single	Mahlanyeng
F	F	26	Grade 12	Unemployed	6 <sup>th</sup>	Married	Mahlanyeng
G	M	19	Grade 7	Self-employed	5 <sup>th</sup>	Married	Ha Mafefoane
H	M	30	2 <sup>nd</sup> year diploma	Self-employed	4 <sup>th</sup>	Married	Mahlanyeng
I	M	26	Grade 10	Unemployed	1 <sup>st</sup>	Single	Mahlanyeng
J	F	25	Diploma graduate	Unemployed	1	Single	Mahlanyeng
K	M	18	Grade 12	Unemployed	2 <sup>nd</sup>	Single	Hata-Butle
L	F	22	Grade 12	Self- employed	1	Married	Ha Mafefoane
M	F	17	Grade 10	Unemployed	1 <sup>st</sup>	Single	Ha Mafefoane

#### 4.1.2. Age of young adults raised by substance-abusing parents

The ages of the participants in the study were analyzed in different age groups. There were therefore three age groups that were found during data collection. The first age groups were individuals who were within the ages of sixteen and twenty. The second group consisted of people who were in the age ranks of twenty-one to twenty-five and lastly those who were between twenty-six and thirty.

Below is the percentage summary of the age groups of people who were raised by substance-abusing parents presented in form of a pie chart:

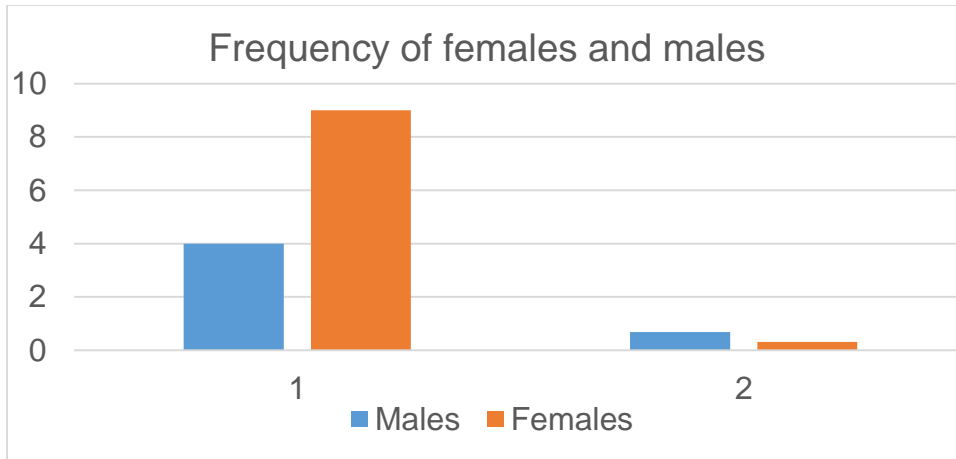


**Figure 4.1. Age of young adults raised by substance-abusing parents**

#### 4.1.3. Gender of young adults raised by substance-abusing parents

During data collection, females constituted a greater number and percentage as opposed to men. As a result, there were nine females and four males in this study.

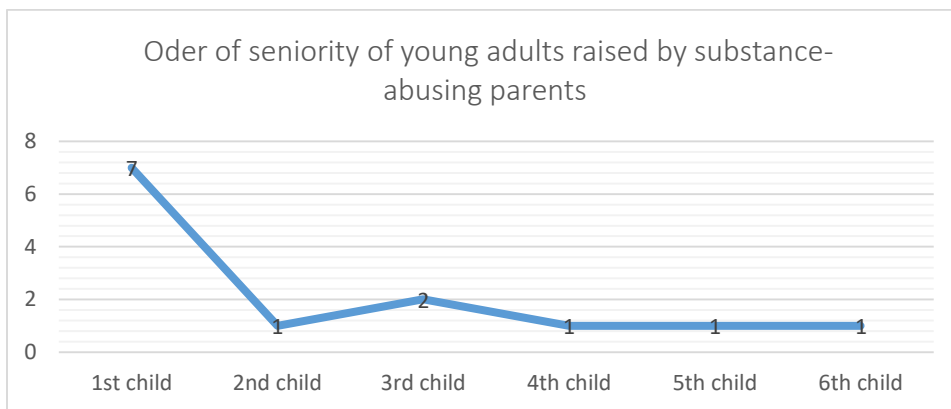
The following bar chart demonstrates a clear illustration of the frequency and percentage of females and males who participated in the study:



**Figure 4.2: Gender of young adults raised by substance-abusing parents**

#### 4.1.4 Summary of the order of seniority of young adults raised by substance-abusing parents

During data collection, young adults were born in different ranks within their respective families. The graph below demonstrates the rank which a young adult was born in his or her family and finally the frequency of the ranks of such young adults. For example, the X-axis represents the rank of the adult in his or her family (1st child, 2nd child, 3rd child, etc.) and the Y-axis represents the frequency of their respective ranks:

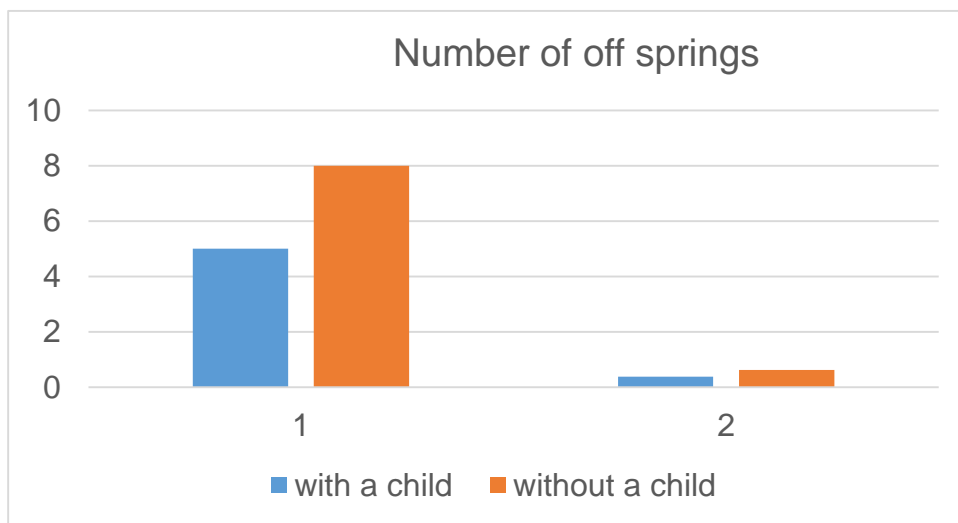


**Figure 4.3 Summary of the order of seniority of young adults raised by substance-abusing parents**

#### 4.1.5. Percentage comparison of young adults who have children vs. who do not have children

Participants who did not have children appeared with great numbers as opposed to those who did not have children. Eight participants did not have children, five people had children.

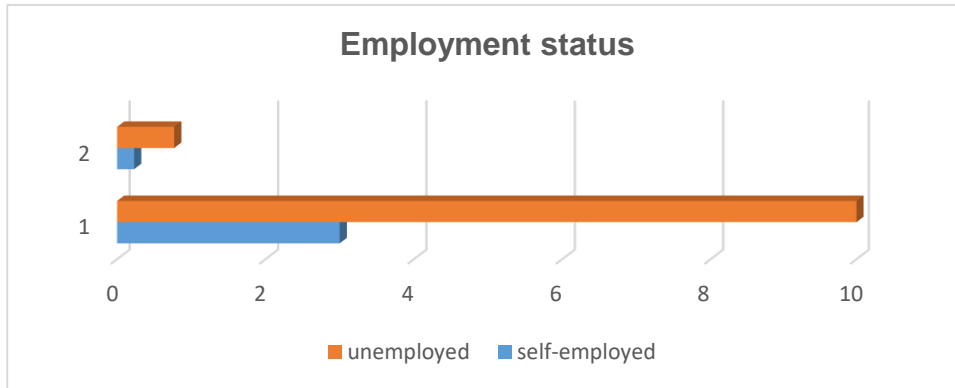
The bar chart below depicts a summary frequency and percentage of how many participants have a child and those who do not have children:



**Figure 4.4 Percentage comparisons of young adults who have children vs. who do not have children**

#### 4.1.6 Employment status of young adults raised by substance-abusing parents

Three participants were self-employed Ten participants also reported that they were unemployed. The following graph depicts the percentage and frequency summary of the employment status of young adults:



**Figure.4.5. Employment status of young adults raised by substance-abusing parents**

#### 4.1.7. Young adult's level of education

Most participants in this study reported that they were still in secondary school, grade ten. These individuals were then followed by those whose highest educational qualification is grade twelve. The participants that followed went to tertiary school then grade nine and finally grade seven.

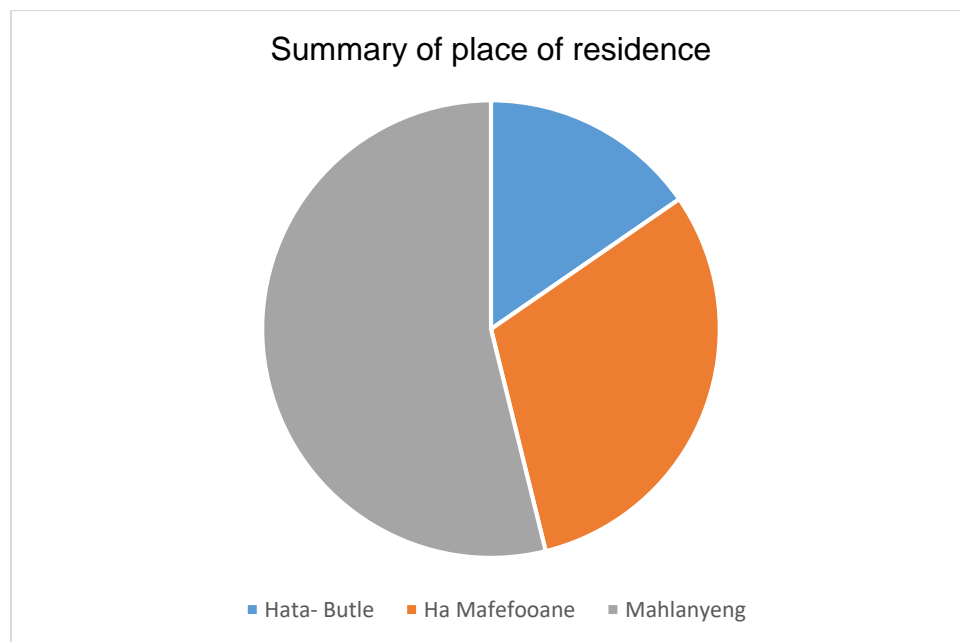
The table below indicates the highest levels of education obtained by the participants. In addition, the frequencies, and their respective percentages:

**Table 4.2: Young adult's level of education**

Level of education	Frequency
Grade 7	1
Grade 9	1
Grade 10	5
Grade 12	4
Diploma	2
Total	13

#### 4.1.8. Young adult's place of residence

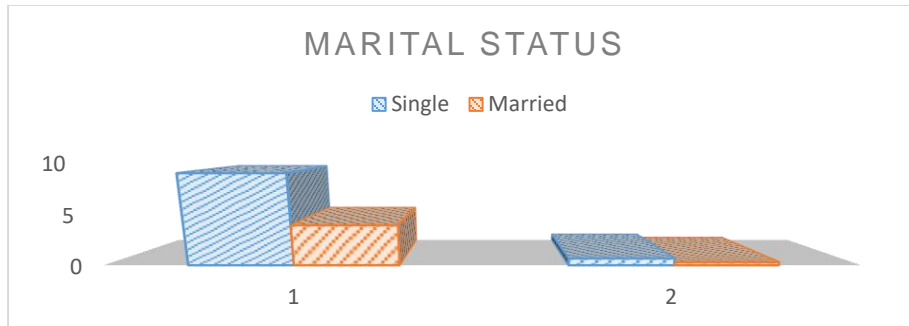
Data was collected in three villages which were Hata-Butle, Ha Mafefoane, and Mahlanyeng villages. Mahlanyeng village had the highest number of participants which were seven participants, Ha Mafefoane had four participants and lastly, Hata-Butle village consisted of two research participants.



***Figure 4.6 young adult's place of residence***

#### 4.1.9. Marital Status of young adults raised by substance-abusing parents

Nine young adults reported that they were single (not married), while four of them declared themselves as married individuals. The following graph indicates the frequencies and percentages of young adults' marital status:



**Figure 4.7 Marital Status of young adults raised by substance-abusing parents**

#### 4.1.10. Demographic Characteristics of Substance Abusing Parents

The table below is a summary of the relevant demographic information of substance abusing parents. This table was drawn to have a better comprehension of the past of young adults raised by substance-abusing parents. It includes the coded names of parents, their gender, age, employment status, marital status, level of education, and the kind of substance abused.

**Table 4.3: Demographic Characteristics of Substance Abusing Parents**

Name of parent	Gender	Age in years	Employment status	Substance abused	Level of education	Marital status	Type of parent
1	M	53	employed	Traditional beer	None	Married	Father
2	M	48	Unemployed	Traditional beer	None	Married	Father
3	M	42	Unemployed	Traditional beer	None	Married	Father
4	M	44	Self-employed	Modern beer	None	Married	Father
5	M	43	Unemployed	Traditional beer	Standard 7	Married	Father
6	M	59	Unemployed	Traditional beer and tobacco	Standard 7	Married	Father
7	M	55	Employed	Traditional beer and tobacco	None	Married	Father
8	F	42	Self-employed	Traditional beer	Form C	Single	Father
9	M	70	Unemployed	Modern beer	Form E	Married	Father



10	F	45	Unemployed	Traditional alcohol	Grade 7	Single	Mother
11	F	75	Unemployed	Both traditional and modern alcohol	None	Single	Grandmother
12	F	35	Unemployed	Marijuana	Grade 8	Single	Mother
13	M	43	Unemployed	Traditional alcohol and tobacco	Grade 7	Widower	Father

According to the stipulated data, there are nine substance-abusing males while female substance-abusing parents were four. This is also an indication that the most substance-abusing gender in this study are males. The age of substance abusing parents was arranged in age groups. These age groups began from those who were under thirty-nine years old, forty to fifty years old, fifty-one to sixty years old, sixty-one to seventy years old, and seventy-one plus years old respectively.

The findings also revealed that there were nine unemployed substance-abusing parents. Two of them were self-employed and two substance-abusing parents were employed. This means that a great majority of substance abusing parents in this study are unemployed, then they were followed by those who are self-employed who amount to and the employed substance-abusing parents. According to the stipulated data, there are eight married substance-abusing parents, four single parents, and one widower. The graph below is a summary of the frequency and percentage of the marital status of substance abusing parents.

According to the collected data, substance-abusing parents who did not attain any level of education are six, those who reached standard seven were 4. There is also one parent who reached Form A, One who did Form C, and finally one substance-abusing parent who reached Form E. According to the collected data, the most abused substances were traditional alcohol and tobacco, modern alcohol amounted to and marijuana.

## **4.2. Findings**

This section also presents main themes and minor subthemes which were derived during data analysis. These main themes and minor subthemes were derived from the objectives, research questions, and theoretical framework of the study. Five main themes were consequent from the process of data collection. Each theme has also been linked with a subtheme so as present more clarity about the process of data collection undertaken in this study.

### **4.2.1. Parental substance abuse vs. Young adults intimate relationships**

Parental substance abuse has a great significance or influence on young adult's intimate relationships. Some impacts are either negative or positive (Belles et al. 2011). The participants in this study have stated mostly the negative effects of parental substance abuse on their intimate relationships. Trust and communication and, intimate partner violence are the subthemes that were established concerning parental substance abuse and young adult's intimate relationships.

#### **4.2.1.1. Trust and Communication in young adults' intimate relationship**

Some young adults declared that they trust their partners, while others reported a lack of trust in their intimate partners. The communication among some other young adults was positive, while it was negative for others. Young adults also indicated that parental substance abuse influenced their trust and manner of communication toward their intimate partners (Murray et al. 2012, Luchies et al. 2013 and Wieselquist et al. 1999). There were however a few young adults who were very clear that parental substance abuse had a less effect on their intimate relationship and any positive or negative regard.

##### **4.2.1.1. a. Negative effects on trust and communication with intimate partner**

Most participants indicated that their parents are temperamental people. As a result of being raised by substance-abusing people, they have also adopted that kind of character. Some young adults also reported that some of their children are also temperamental

children. This, therefore, is a challenge in their intimate relationships as it greatly affects the level of trust and the way they communicate with their intimate partners:

*"Some days I shout at my intimate partner for no reason, sometimes I happily talk to him and sometimes I just ignore him...but I have become temperamental when talking to my partner as a result of the temperamental way my parent used to talk to me...I even talk to my small child in that way", (Young adult A).*

Also, some young adults (especially those in the age of seventeen) reported that their substance-abusing parents draw negative attention to them when they see them with their intimate partners in public. This embarrassment caused the participants to fear their partners when they have to communicate with them:

*"I feel afraid to see or talk to my boyfriend when my parent shouted at us and drew attention upon us because when we fight or when he is upset I can't help but think that he is angry because of the embarrassment my parent has caused him so that makes me feel uncertain about him as my boyfriend and whether our relationship will last," (Young adult B).*

*"My mother insults anyone male she sees me with, that is embarrassing to me because some boys are even afraid to approach or talk to me", (Young adult C)*

The above details also indicate that parental substance abuse does not only create fear among the young adults in the study but also parental substance abuse leads to fears of stress and anxiety which ultimately leans toward a lack of self-confidence and lack of trust among young adult's intimate relationships.

Some young adults also reported that they cannot trust or communicate properly with their intimate partners. This comes from observing their parents' behavior while they were still growing up. Young adults have also reported that, while growing up, they observed and internalized their parent's negative behavior which was most of the time a result of substance abuse:

*"I was raised by a single mother who abused alcohol and was also in and out of relationships. One day she will introduce me to a specific man and even tell me that he is going to be my father and then the following month she will introduce me to another man. My mother also communicated with her partners in a very disrespectful manner, so I grew up thinking that intimate partners are supposed to be treated in that manner. As a result, I too cannot maintain stable relationships and could not trust my former intimate partners", (Young adult I).*

Young Adult, I further reported that, *"My mother also communicated with her partners in a very disrespectful manner, so I grew up to think that intimate partners are supposed to be treated in that manner. As a result, I too cannot maintain stable relationships and could not trust my former intimate partners. Also, some women in my village nowadays turn me down when I approach them, simply because other women whom I have dated in this village have shared with them how I treat them, so they flee. This sometimes makes me sad and lonely".*

*"Sometimes we don't get along very well, especially if he is angry because he reminds me of the things my father does when he is drunk...Sometimes I trust him, sometimes I don't trust him.", (Young adult M).*

#### **4.2.1.1. b. Positive effects on trust and communication with intimate partner**

Further, the majority of young adults who are married reported that they trust their intimate partners their intimate relationships are generally in a good state. They stated that their intimate relationships are good because whenever they encounter conflicts they resolve them together as couples (Rusbult et al. 2004). This indicates a sense of trust and clear communication skills among such partners.

*"My intimate relationship with my wife is sometimes good and sometimes bad. Some days are good and some days are bad. When I am not happy about something I communicate it with my wife and she also communicates with me when she is not happy. So I can say that we have a good way of communicating with each other. I also trust my wife because she is one person who speaks the*

*truth most of the time. For example, if she says she is going to town and will be back in the afternoon, she does exactly that. If she is going to arrive home late she will tell me that she will be home late. She also takes care of me very much and makes sure that I eat and have clean clothes. So I am a satisfied husband. When we were dating, I was afraid to tell her about my HIV status in the beginning, but as time went by, I realized that she is an approachable woman. That by itself encouraged me to tell her the truth and she embraced me instead of running away from me. That made me realize that she loves me for with all my baggage if I may say so", (Young adult G).*

*"There was mutual trust between us, for example, if he tried calling my phone and then it would be unavailable, he would call my friend to ask about my whereabouts...A scenario of when I again saw his fondness of me was last month but one, I tried committing suicide so I sent him a text on Facebook, and on that message he sensed that I might do something stupid. He then called my friend to go and check on me due to the nature of the message I had sent him, he then came around later and he stopped me from taking my life. I do not know why I wanted to commit suicide but as a person, there are those times when you feel burdened by life. Whenever I am home I know that I am bound to suffer a lot because my father neglects me. After all, he abuses alcohol..." (Young adult C).*

#### **4.2.1.1. c. Emotional support and care from their intimate partner**

Despite being raised by a substance-abusing parent, young adults reported that they still received emotional support and care from their intimate partners. This strengthened their communication and trust between each other, thus their intimate relationships were stable (Gere and McDonald, 2013). However, some young adults also mentioned that parental substance had a significant influence on them not being able to reciprocate the needed trust and communication to their intimate partners:

*"Whenever he is going to come home late he informs me on time, but I do not usually do that... I feel very safe and protected when I am with him... Unfortunately, I am the complete opposite character...Sometimes I used to think that my father*

*also influenced me with how I treat my husband because my father did not care about anyone but himself..." (Young adult L).*

*"He is very supportive and respectful to me as a partner. We play, pray, travel, and do almost everything together as a couple. I can therefore safely declare that I trust him and he also trusts me. This is something I have never experienced in my past relationships as some of the guys I was dating were very disrespectful in the sense that they would attempt to visit me at night saying that my grandmother was always drunk so she will not even realize that they are in her house or even park their cars outside the house. I found this very much disrespectful not only to me but to my grandmother and my entire family. I, therefore, used end such toxic relationships as they only bred negative energy which was not needed. But things have changed with my current partner when he wishes to visit he calls me first, then we can talk about it and reach a conclusion together. He also respects my cousin and does not want to overstep his boundaries. Whenever we have argued, he has never accounted for his actions based on me being raised by a substance-abusing grandmother, so I trust him as my partner, his character and judgment", (Young adult, J).*

Furthermore, one particular young adult also mentioned that she and her husband have strong and stable family relations. These relations, according to the participant are helpful because whenever she and her husband cannot resolve their marital issues, the family steps in and helps them to resolve their marital affairs:

*"As husband and wife, sometimes we fight to a point where we need to involve our parents whenever we have failed to resolve them ourselves...Our parents become the go-betweens in those situations... We go to the parents in the event we cannot resolve our issues...they help us to see things from different perspectives so can find an effective solution and then move on with our lives. I am very much grateful for the love and support which our parents have shown us until today", (Young adult, F).*

One can therefore conclude that concerning the current study, parental substance abuse propels mostly negative behavior from both substances abusing parents and young adults. The findings from this study have indicated that substance-abusing parents' behavior of beating their children's boyfriends, lashing out at their children for no reason, and bringing multiple partners is not good for the development of their children. This is because young adults internalized their parent's actions while they were still children and then imitate their parent's negative behavior. However, a few young adults in this study indicated that parental substance abuse did not affect their intimate relationships in any negative regard.

#### **4.2.1.1. d. Challenges encountered in their intimate relationship**

Also, young adults reported that the problems or challenges they encounter in their intimate relationships are not significantly a result of parental substance abuse. One particular young adult reported that their personalities and characters cause problems in their intimate relationships (Brewer and Abell, 2017). Also, peer pressure played a significant role in how young adults treat their intimate partners:

*"My relationship with my intimate partner has been rocky if I may say so. Sometimes we talk to each other and sometimes we do not talk to each other. This is because we have both cheated on each other with other partners so the trust is no longer there. Whenever she does not make time for me I always assume she is with her other boyfriend she also thinks the same of me... We are both impatient and impulsive people. For example, if I am upset with her I can easily sleep with someone just because I want to make myself feel better. And she also walks around with different men just to make me feel jealous. We tried two times to make things work between us, but it seems like all we do is just to hurt each other purposely. I cannot blame my substance-abusing mother for how I treat my girlfriend because my uncle and his wife groomed me a lot and they taught me how to be a gentleman. However, my friends influenced me a lot in how I treat my girlfriend. This is because as boys, we make fun of each other whenever one buys his girlfriend a bunch of roses or a bar of chocolate, we say that such guys are*

*week. So we treat our girlfriends badly just to impress our friends and I have now realized that it is a bad thing to do", (young adult, K).*

*"I am currently not in any intimate relationship. However, I have been in several intimate relationships before. What I can tell about such relationships is that they have never lasted for more than a year.*

*I can also recall that most of them started very well and ended terribly. And I blame myself for that. I blame myself because I have been verbally abusive, emotionally unavailable and I cannot trust women at all. I have a fear that if I love them, they will leave me or take advantage of my love for them, or even cheat on me. My intimate relationships also fail because I am the one that ends the relationship not because they have hurt me but because I just do not believe that there can be someone who can love me and make me feel secure for the longest time. Also needed my past intimate relationships without any explanations", (Young adult, I).*

*"I treat my partner in a good way, to try and cover the shame of my mother's alcoholism... I fear that my partner will not like me because my mother drinks a lot", (Young adult, E).*

Parental substance abuse has a significant influence on how young adults also treat their intimate partners. In this study, young adults have therefore suffered the effects of being raised by substance-abusing parents. Such consequences are the challenges (having a fear of not being loved, and not being able to communicate well or trusting their partners) which they stipulated while they were describing their intimate relationships, respectively.

#### **4.2.1.2. Intimate Partner Violence**

Young adults reported that while growing up, they witnessed intimate partner violence amongst some of their parents who abused substances. As a result, some young adults repeated the same behavior onto their intimate partners (Abell and Brewer, 2016; Haverfield and Theiss, 2014). This has therefore played a significant role in the intimate relationships of young adults who were raised by substance-abusing parents. Some



young adults, refrained from abusing their intimate partners as they realized that it was making worsening their problems instead of fixing them:

*"I remember two six months after we got married, I used to treat her in a very horrible manner. I regret how I treated her even now. I used to come home drunk and then take out my frustrations on her. I would also lash out at her for no reason. I also used to insult her and attempted several times to lay a hand on her. I realized that I have been treating my wife the same way my alcoholic father used to treat my mother", (Young adult H).*

The stipulated data also reveals that young adults raised by substance-abusing parents also abuse their intimate partners either physically or emotionally. Intimate partner violence also threatens the need for one to feel safe a loved in an intimate relationship:

*"One day my wife told me that she does not feel safe anymore with me and can therefore no longer trust me with her life", (Young adult, H).*

One particular young adult reported that his intimate relationships did not last for a long period because he was abusive to his former intimate partners:

*"I blame myself because I have been verbally abusive, emotionally unavailable", (Young adult H).*

Regarding this study, one can also conclude that intimate partner violence among substance-abusing parents is harmful not only to themselves but to their children also because they will in the end grow up thinking that violence is the only way to resolves problems or issues between partners.

#### **4.2.2. Parental substance abuse vs. Young adult's social interactions**

Parental substance abuse has various social impacts on young adult's social interactions. This theme is therefore divided into four subthemes, which are namely; family relations (among family members, siblings, parents), self-esteem and self-isolation, stigmatization and discrimination, self-isolation, and child abuse respectively.

#### **4.2.2.1. Family Relations of young adults raised by substance-abusing parents**

Young adults reported that parental substance abuse has affected their family relations mostly in a negative manner (Jessica (2017). However, some young adults did not entirely attribute the terrible family relations to parental substance abuse:

*"Even though my mother used to abuse alcohol, my family members relate with each other very well... We have normal disagreements like normal people that may take a day or two, but eventually we resolve our issues", (Young adult, F).*

The minor themes in this section include bad family relations and bad treatment.

##### **4.2.2.1. a. Bad family relations and bad treatment experienced by young adults raised by substance-abusing parents**

As family members continue to treat each other badly because of parental substance abuse, children growing up in such families end up not considering them as their real family members. For example, one participant reported that she is only related to her family members just because they share the same surname, not because they are united as one would expect. The respondent also reported that her family members do not care for her because her mother has passed on and her father is an alcoholic:

*"We are just relatives due to us sharing a name as they do not care about me at all so I cannot say that we have good relations with them. What brought this about is that I would often at times hear them complaining about how they do not want to work for someone's daughter yet her father is busy drinking alcohol the whole day and that is why I moved in with my father. Even when I need help I never really consider them because they are just placeholders nothing else", (Young adult, C).*

About what the participants have reported, children, unfortunately, are the victims of parental substance abuse (Haverfield, 2015; Huckabay, 2014; Miller, 2015; Dayton, 2013 and Broderick, 1993). Other family members tend to mistreat such children simply because of their parents' behavior of alcohol abuse. This then forces children to be afraid or ashamed to consider their help when any need arises. Young adults also indicated that

parental substance abuse also created a dysfunctional home as they too lose respect for their parents:

*"Sometimes I get annoyed and angry, mostly when I recall his drunken behavior, I find myself lashing out at my father and my siblings", (Young adult, A).*

Parental substance abuse as it has been stipulated in the previous chapters can lead to family disputes or family dysfunction. Young adults who grew up in such families may or may not have strong bonds or support from either their family members or their siblings. The findings of this study have also indicated that family members despise young adults who have substance-abusing parents, as a result, such young adults grew up feeling neglected and unwanted by their family members.

#### **4.2.2.1. b. Disrespect amongst siblings of young adults raised by substance-abusing parents**

Further, another young adult reported that parental substance abuse also adds strain to the good relations of the family members. Some children were forced to move out of their homes because of parental substance abuse:

*"My family relations are not so very good. This is mainly because of my alcoholic mother. My grandmother kicked us (mother and siblings) out of her house because my mother was abusing alcohol and even brought different men to her house. As a result, my grandmother said my mother must move out and raise us on her own because she is tired and ashamed of her behavior and she does not want to be associated with us anymore", (Young adult, I).*

Young adults also mentioned that parental substance abuse also influences children to disrespect each other as siblings. They mentioned that some of the siblings, especially those who come after the firstborn do not listen or comply with their brothers or sister's when they reprimand or even advise them to do something. This, therefore, led to sibling quarrels about who is cleansing or cooking. Young adults reported that this then becomes a problem when parents are not able to set their children in order because they will have been intoxicated by their substances:

*"I get very annoyed and angry when my siblings refuse to fulfill their house chores. Our mother works in South Africa as a domestic worker and our father most of the time does not even attempt to punish us when we do not complete our house chores mostly because he is drunk, so they do not care whether the house is clean or not", (Young adult, D).*

Besides, another young adult also attributed her fights with her siblings to her father's alcohol addiction:

*"His drunkenness is what usually causes the never-ending fights with my siblings", (Young adult, E).*

Young adults also denoted that parental substance abuse also distorts good family relations as substance-abusing parents fail to maintain or promote good and healthy family relations (Chartier et al.2017):

*"My youngest sister is out of control. She does not attend school very well and she dates older men with big cars. Whenever I try to speak to her about her behavior she says I am not her mother so I do not have the right to tell her what is wrong and what is right. My older sisters have all moved to Johannesburg and are hardly ever in contact with us. Whenever I get the chance to ask them to help talk to my younger sister they say that they do not have children, so I must not bother them with another woman's child. This brings pain to my heart because I love them all and I wish we could be a happy family again. But my father cannot say anything because he is hardly ever home and when I tell him how his daughter is behaving, he says "that girl is already loose like her mother. Your mother used to sleep around and I'm not even sure whether you are all my children, I always kept quiet and I never replied when he said those words", (Young adult, G).*

Another young adult also reported that:

*"Sometimes my family members get along well and sometimes they do not get along well. My two aunties used to take advantage of our father's alcoholic situation by not buying us all our basic needs like food. Instead, they would use the money*

*for their personal use. This also hurt my grandmother a lot. She, therefore, ended up not trusting her daughters which created tension in the family", (Young adult, M).*

#### **4.2.2.1. c. Good family relations of young adults raised by substance-abusing parents**

Further, some young adults also explained that parental substance abuse strengthened their family bond and support system. One specific young adult elucidated that before his mother had passed on, he and his siblings were very much united because they were not happy about how their father treated their mother. He further mentioned that they learned to support each other through good and bad times, regardless of having an alcoholic father:

*"Like any other family, there are good and bad family relations. My siblings and I used to fight a lot while growing up but now we are older and we have learned to support each other. But we were never happy when we saw our mother always crying because of how our father treated her. I remember one time our eldest brother stood in between my parents just when my father was about to slap my mother. I cannot remember exactly how old I was but I was under years old so I did not understand what was going on but I could notice that there was tension in our family. My other siblings tried to speak with our father, our third-born sister always threatened him telling him that he will take her to the police station, but my twin and I never really understood what was going on. But now as we are older, we realize that our siblings were just trying to protect our mother. When my father was sober, we were generally a happy family", (Young adult, H).*

#### **4.2.2.1. d. Feelings of resentment amongst siblings of young adults raised by substance-abusing parents**

Young adults also indicated that parental substance abuse has caused children to resent each one another, which results in a non-existent sibling relationship:

*"The relations in my family are not good at all. My brother and I grew separately because of my mother's addiction to marijuana. As a result, I do not have a relationship with him. He resented me because I was raised by our uncle and his wife, while he was raised in a children's home. We only spoke to each other when he was released from the children's home, but all he did was to resent me because I was raised by a proper family, while he was raised in a children's home", (Young adult, K).*

One can also conclude that the findings of this study indicate that parental substance abuse breeds feelings of insecurity and resentment amongst siblings raised by substance-abusing parents. Also, parents who abuse substances may or not be aware that their absence in their children's lives creates a huge gap that cannot easily be fulfilled by anyone but them (a parents' love can never be replaced by anyone even if it is a close relative.

#### **4.2.2.2 Self-esteem and Self-isolation experienced by young adults raised by substance-abusing parents**

Young adults also reported most of them lacked confidence because of parental substance abuse Roy (2021). They further mentioned that people judged and labeled them according to their parents' actions and behavior. One of the young adults mentioned that:

*"While growing up, relatives and community members would always pull me down and tell me how useless my father is and that I will not amount to become successful or have a meaningful life. Our family dignity was being dragged through the mud so that led to me losing my confidence and for people to disrespect me. Because they viewed me as nothing but a drunkard's daughter who is just good for nothing even though I am not my father. Like for example, no guy would want to marry a girl like me due to my terrible family reputation", (Young adult, C).*

#### 4.2.2.2. a. Being made fun off and suicidal thoughts

Some young adults reported that some while growing up, others would make fun of their weight and appearance, some expressed that they had suicidal thoughts while others isolated themselves:

Further:

*"Some of the children would make fun of my weight, they would call me a "moketa" (meaning skinny person) as I was malnourished because of scarce food while I was living with my father. I felt so embarrassed and alone, and I did not even have the confidence to explain why I was skinny", (Young adult, L).*

Furthermore, most young adults reported that they always preferred to be alone. Others also reported that they had suicidal thoughts, which endanger their way of thinking and life in general:

*"Most of the time I just bottle things to myself because I do not trust my mother's judgment as she is always drunk. When I am in a difficult situation I just lock myself in a room and smoke a cigarette or simply take a walk to cool down, then think about a solution. There were a time where I just wanted to dies because I felt like my problems are just bigger than me so I wanted to be dead", (young adult, I).*

*"I remember as a child, I would hide myself in the bushes and just cry myself to sleep and then come back to everyone when I was done crying, but I never even told my mother what was going on", (Young adult, G).*

Another young adult also reported that his father would degrade him and his twin brother's self-esteem by telling them how worthless they are. He also reported that they used to grow up having feelings of guilt. They were guilty because their father used to complain most of the time saying that had they have not been born then he would spend all his money on alcohol and tobacco instead of buying them food and clothes:

*"My father used to yell at us and tell us that we are useless children especially when he was drunk. He never cared to find out why were sad at times. He used to*

*say that we are useless like our mother and that we are making his life miserable. After all, he cannot spend all his money as he wishes because he has to feed us and clothe us. This made me feel unwanted and unloved by my father", (Young adult, H).*

Concerning the findings of the study, one can also conclude that parental substance abuse does not improve children's self-esteem. Young adults raised by substance-abusing parents have indicated that their parental substance abuse forced them to prefer their company most of the time. Some of them could not even defend themselves while they were bullied simply because their situation at home did not prepare them to be courageous and bold enough to defend themselves when the need arises.

#### **4.2.2.2. b. Stigmatization and discrimination experienced by young adults raised by substance-abusing parents**

Some young adults reported that they suffered a great deal of stigma and discrimination because of parental substance abuse. However, other young adults explained that they were not stigmatized nor discriminated against because of parental substance abuse.

#### **4.2.2.2 .c. Negative effects experienced by young adults raised by substance-abusing parents**

Young adults further mentioned their feelings as a result of being stigmatized and discriminated against because of parental substance abuse:

*"Some community members would call me harsh names and others attempted to rape me because they knew that I lived alone and there was no one to protect me", (Young adult, L).*

Besides, young adults also reported that while they were growing up, they were labeled either by the community members or their playmates. Some young adults also report that other parents or community members feared for their children's safety, as a result, they did not want their children to be associated with children who come from substance abusing families:



*"When my father was drunk, he still likes saying that we are not his children. As a result, some community members mock me and tell me that I'm an illegitimate child. Also, I was never really respected as a child and a member of the community. Some parents would then instruct their children not to play with me because my father was a drunkard so I did not come from a well-behaved family", (Young adult, G).*

In addition, other young adults reported that they felt disrespected and belittled by the treatment they received from community members one particular young adult elucidated that:

*"Most people treated me with disrespect and belittlement. For example, when my grandmother would send me to go and buy groceries while we were still living with her. People would ask me whether our family had been given money by one of the many "clients" which my mother had. They called her boyfriend's clients because she used to change boyfriends after a very short while. My friends would also make fun of the fact that I had to drop out of school and work. They also walked away from me as my friends saying that they do not associate themselves with boys who do not go to school. Some parents also ordered their children to stay away from me because they said that my mother is an alcoholic so I will influence their children too to become alcohol addicts. This made me feel like I do not belong or fit in the community. It made me view myself as a worthless human being", (Young adult, I).*

#### **4.2.2.2 .d. Positive effects experienced by young adults raised by substance-abusing parents**

As stated before, some young adults testified that they may have not experienced stigmatized nor discriminated against because of parental substance abuse. For example, one particular young adult narrated that some community members treated them well, while others treated them otherwise:

*"Some people treated us with respect and kindness. While others humiliated us. For example, some of the teachers at school would pass on nasty comments like "you don't even pass well because you are a drunkard like your father". That resulted in our friends treating us the same way. Some people, especially the elderly women in our community were always willing to help us, they did not even pass on bad comments to us. I remember when my twin and I were teenagers, some of our peers used to call us "bana ba letaoa", meaning children of a drunkard. Sometimes we felt humiliated and ashamed to an extent that there was a time when we did not want to go to school or even play with other children", (Young adult, H).*

In addition, another young adult reported that her friends treated her with love and that she regarded them as her confidants:

*"Truly speaking, my friends treat me well, they are non-judgmental and I confide in them every time. They are my pillars of strength because they always encourage me and give me hope", (Young adult, B).*

*"My friends and I used to get along really well. Although we had our normal childish disagreements, those were never anything serious", (Young adult, F)*

*"People treated us in a good way. Most of my friends in the village are good people, who respect me and are always willing to assist me and my family. There was a time when I was afraid to mingle with my friends because I thought they would judge me when we found my grandmother passed out on our way home because of drunkenness. Instead of laughing at me or discriminating against me, they assisted my grandmother to get her, and together we held her and guided her to go home. I was grateful for what my friends had done for my grandmother and me. However, I was very angry with my grandmother and eventually told her how I felt. I told her that she is not only embarrassing me but herself also because it is was not right for her to have been found in that state. Also, she could have been raped or been severely beaten because of her reckless behavior. My grandmother spoke to me and apologized to me and my friends. She then vowed that she will no longer*

*drink alcohol and indeed she had stopped until she went to the grave", (Young adult, J).*

#### **4.2.2.3. Child abuse experienced by young adults raised by substance-abusing parents**

Most young adults specified that parental substance abuse can result in child abuse or. They also mentioned that their right to have basic needs was abused by their substance abusing parents. Such basic needs include food, clothes, and proper shelter. Young adults also reported that they had, no food and had to separate from their parents at some point in their lives. Also, young adults mentioned that some of their substance-abusing parents had to face criminal charges due to child neglect so they either moved in with their relatives or live-in children homes or orphanages, respectively:

*"My father did not treat me like a normal child because he used to leave me with my younger siblings and come back around midnight drunk. I feel like he robbed my childhood off as knew there was no one to take care of them because they were already separated with my mother", (Young adult, A).*

*"My mother treated me like an adult. From a very young age, I had to cook for myself and my siblings, make sure that their clothes are clean and I generally had to be a parent to them because my mother was always drunk. She did not even care for my emotional needs or be there when I needed her. My mother also treated me with disrespect as she would bring her boyfriend home and even be intimate in front of me and my siblings. This made me resent her and not regard her as my mother", (Young adult, I).*

The above story also indicates that some young adults were forced to assume the responsibility of being parents as they had to nurture their siblings while the parent is busy consuming alcohol. This is also dangerous as such children are left vulnerable to other forms of abuse or life-threatening situations life being trafficked by setting the house on fire by mistake.

Besides, other young adults, reported that their substance-abusing parents used to physically abuse them while they were heavily intoxicated;

*"My father used to come back upset from wherever it was he was drinking and he would come home to shout at us and he would even beat us a lot", (Young adult, B).*

Another young adult also reported that her father was not only physically abused his children, but he would also abuse his mother. She reported that they would be abused so often that at times they would not comprehend what they were being punished for:

*"My father would beat my mother for no reason except his drunkenness and from there he would go on to beat all of us in the house. He would beat us for self-acknowledged mistakes which we apologized for", (Young adult, M).*

Another young adult stated that his parents treated him differently. He explained that his mother was not a substance abuser, her treatment towards him was supportive and nurturing. His father's treatment, on the other hand, was negative and toxic:

*"My father treated me like I was an outsider most of the time when he was drunk. He would abuse me verbally and insult me when he was drunk. My mother on the other hand treated me with love and kindness. My father would also say that my mother is giving me more attention than all her other children because I was the only boy. This was not true because when my mother had a small packet of potato chips, she would wait for all of us to come home and then share them amongst us. She taught me that I have to share anything I have with my siblings because all we had was each other", (Young adult, G).*

Additionally:

*"While growing up, my grandmother treated me like a princess. She loved me a lot. But she also did not spoil me as many grandparents do. She taught me how to be accountable for my actions and to know that every action has a benefit and a consequence. My mother also taught me to be brave and not to give up easily on*

*things. I can therefore say that my parents treated me in a good way because they prepared me to be a mature young adult", (Young adult, J).*

There was also one young adult who explained that she was raped. She reported that after her mother had passed on, her family members would always verbally abuse her. As a result, she had to move in with her other people before finally living with her father:

*"Where I stayed would tell me that I do not have a responsible my father and they would always ridicule me the whole time. I also went to live with one senior citizen whom I thought had my best interests at heart but his grandson ended up raping me and when I reported it his grandmother said I was just bringing things up. I ended up being pregnant at 16years however I do not know the pleasure of a full pregnancy term and when the baby was born they took the baby as a means of protecting their grandson because he had denied violating me but the baby was born looking like him. Right now the child is not even enrolled in school yet they claimed to love her and at one point I even took her when I went to work however that led to me quitting work as my father who was her guardian neglected her so I had to take her back to her paternal house. That is also maybe one of the reasons why I wanted to take my life as I felt bad because I could not take care of my child", (Young adult, C).*

Stigmatizing and labeling young adults because they were raised by substance-abusing parents has channeled some young adults into believing that they are who people or the society labels them to be. This does not only discourage such young adults, but it also does not give them hope to aspire for better things in life. Parental substance abuse has also forced some young adults to be abused as they grew up not having basics such as food, clothing, and shelter.

#### **4.2.3. Parental substance abuse vs. Young adult's emotions**

During data collection, young adults also reported that parental substance had a significant influence on their emotions young adults. Some young adults explained that

they experienced feelings of loneliness, while some were just problematic children while growing up.

#### **4.2.3.1. Bullying, feelings of loneliness, and problematic children**

Young adults also reported that substance is the most contributing issue to the negative emotions that they endured while they were still children (Bryne et al, 2013). Another young adult reported that her circumstance of parental substance abuse at home made her a problematic child while she was growing up. As a result, she would take out her frustrations on other children by bullying them. This then forced her friends to stop playing with her as they were afraid that she would hurt them:

*"I used to bully my friends because I was frustrated about my alcoholic father and the pain he brought to the family, so the other children did not like it when I went to play with them because they were afraid of me and tired of me always harassing them. They would exclude me from team games because neither team would want me in their group so I'd find myself sitting down and watching them play even though I wanted to play with them.", (Young adult, M).*

Also, another young adult reported that:

*"I was a very troublesome or problematic child. Because I used to physically abuse my uncle's property because of a fit of uncontrollable anger. This anger was caused by my substance-abusing parent. But as I grew up, I became a happy child", (Young adult, K).*

In addition, some young adults reported that they were very lonely children while growing up. Most young adults explained that they were very quiet children, who preferred to be alone most of the time. These negative emotions were a result of parental substance abuse:

*"I was a very lonely and an unhappy child. My spirit was broken as a child", (Young adult, L).*

Furthermore, most young adults also reported that they were not allowed to talk to anyone about their parents who abused substances:

*"I was a very lonely child while growing up. This is because of how my family members, friends, and community members treated me. I was forbidden to even express my feelings to anyone, which is why at some point I wanted to be dead because I had adult problems yet I was just a child. I want to believe that if my mother had not been an alcoholic, then I would have been a different child when growing up", (Young adult, I).*

One can also conclude from this study that young adults raised by substance-abusing parents have suffered from bullying other children, loneliness, and being problematic children. This has also resulted in them not having friends and other children fearing them because of their violent behavior.

#### **4.2.4. Parental substance abuse vs. Young adult's perceptions**

Young adults reported their various perceptions or thoughts about themselves, their substance-abusing parents, and the entire world.

##### **4.2.4.1. Perceptions about themselves, their substance-abusing parents, and the entire world**

The following are the perceptions of young adults raised by substance-abusing parents:

*"My life is not good at all. I think this situation with my father abusing alcohol has made my life to be dull and I also think that If he was not an irresponsible alcoholic he would have looked for me as he knew that he had a child but he never bothered. At one point I was working at this lady's house, she told me about going back to school and the mechanisms that would make it possible and my church members also told my father to go and get me a scholarship. Instead of doing all this, he disappeared for days. I went to school for a year but I dropped out due to not having a birth certificate as it was needed when applying for a scholarship", (Young adult, C).*

Furthermore, another young adult reported that:

*"My father is a very cruel and violent person. He is also very selfish and irresponsible. He also failed to protect me and provide for my basic needs because of abusing alcohol and tobacco", (Young adult, L).*

*"My mother is a person who gave up on life because she relapsed and just worsened her marijuana abuse. However, I still think she is a good person at heart because she was able to love me and raise me while she was still in prison. But I also think that she divided her love for her children because my brother is full of hate and anger. He grew up without parental love and care", (Young adult, K).*

*"My mother instilled positive morals in me through demonstrating her love and kindness, not only to her children but to my father and the rest of the community. I also believe that if my father had not been an alcoholic, then I would have gone to High School and furthered my studies. I believe that I would live a much better life now. But my father failed to support me as a father. Right now I do not even aspire to have a car because I cannot afford to buy one. I just want to make sure that I provide my family with love, support, food, shelter, and clothing", (Young adult, G).*

*"My parents have influenced my life in a good and bad aspect. The good aspect about them raising me is that I was able to become an independent person who can provide for his family. Also, I was able to learn what is good and what is bad in terms of behavior and morals. The bad aspect is that at some point I was a bad partner to my wife but with her help and self-motivation, I am now the husband and a father she has always wished for me to become so am happy", (Young adult, H).*

Most young adults in this study seemed to be regretful about their parental substance abuse, while some revealed that their parents taught them good principles and morals despite the circumstances in which they grew in. some young adults also expressed feelings of hate towards their parents, while some expressed their respect, love, and appreciation towards their substance-abusing parents.



#### **4.2.5. Parental substance abuse vs. Young adults' coping mechanisms**

Young adults also reported that they adopted various coping mechanisms concerning parental substance abuse:

##### **4.2.5.1. Therapeutic coping mechanism**

Some Young adults reported that they went for professional therapeutic interventions as a way of coping with parental substance abuse. One particular young adult mentioned that she would confide into her grandmother and her grandmother would comfort and encourage her to feel much better again:

*"Whenever I was angry and frustrated about the actions of my alcoholic father, I would just run to my grandmother. She would then tell me soothing and comforting words and also encourage me to be brave. My grandmother would tell me that I am a smart girl and that my father's alcoholism is not going to bring me down or stop me from fulfilling my aspirations and dreams", (Young adult, M).*

*"My uncle and his wife were also my greatest support system, as they would always encourage me to change my behavior and they would always tell me that my future is very bright and my mother's addiction to marijuana situation is not going to make me stop from going to school and becoming a responsible and productive member of society", (Young adult, K).*

*"When I started living in the children's home, I was taken to therapy. That helped a lot because I was able to control my behavior. Therapy also helped me to deal with the bullying and discrimination I experienced in the children's home. My roommate was also my source of strength as she was supportive and was always a good listener to my problems", (Young adult K).*

One can also conclude that the findings in this study reveal that some young adults raised by substance-abusing parents had a great support system which in the long run was a therapeutic intervention for them for coping with parental substance abuse. Therapeutic

interventions, therefore, gave hope to fulfill their dreams and life goals to young adults raised by substance-abusing parents in this study.

#### **4.2.5.2. Religious coping mechanism**

Some young adults reported that they coped with parental substance abuse through religion. For example, the next participant revealed that she would go to church as a way of coping with her grandmothers' parental substance abuse:

*"Church was the only thing which made me cope with my grandmother's substance abuse. Sometimes I would be tempted to drink alcohol and smoke marijuana but the church always kept me grounded. Whenever I had the chance I would go to church and just sing until I felt better about her substance abuse. If my grandmother was still alive, I believe that I would still have good family relations, especially with my aunt. But my grandmother's substance abuse did not change my life for the bad instead it made me a better person who can differentiate from doing good things and bad things like abusing alcohol", (Young adult, J).*

*"I still pray for my father to stop abusing alcohol. I also pray to God that he should give me strength and hope so that I cope with my father's substance abuse because some days I will seem to have accepted his situation, then most of the times I cannot accept so I just kneel and pray that the almighty God can give me strength to cope with my fathers' alcohol abuse", (Young adult, C).*

The findings in this study also help one to conclude that young adults raised by substance abusing parents are people who believe and faith and the word of God. Also, the church has been portrayed as a haven for these young adults, as it is where they feel safe and protected from parental substance abuse.

#### **4.2.5 3. Music as a coping mechanism**

One young adult during data collection revealed that she resorted to the healing and comfort of music as a way of coping with her fathers' alcoholism:

*"You see the thing is I have always kept things to myself so I cannot say that I dealt with them by speaking. Rather my uncle would just hear me sing sad songs that were thought-provoking and ask me about them as I used to even record myself whilst singing such songs. Maybe I kept things to myself because a father is never around as he is always out drinking so we never have any time together to talk about anything", (Young adult, C).*

According to this study, one can conclude that music has a healing power for young adults who were raised by substance-abusing parents. The above-quoted young adult denoted that through singing, she was able to express her feelings about her father's alcoholism and that was very much helpful for her.

#### **4.2.5.4. Resorting to substances as a coping mechanism**

During data collection, some young adults reported that they resorted to smoking and drinking alcohol as a way of coping with parental substance abuse:

*"When I was a child I used to just cry myself to sleep. During my teenage years, I developed a habit of smoking cigarettes and drinking alcohol". (Young adult, G).*

*"I used to smoke marijuana and also drink alcohol heavily as a way of coping with parental substance abuse. However, as I grew up I realized that alcohol and marijuana will not make my problems go away just like that. As result, I decided to stop smoking marijuana because my mother would be very heart about it which also made me feel guilty that I am adding more pain and stress to my mother. Also, I stopped smoking because I realized that I was troublesome with my siblings which also added tension to the entire family", (Young adult, H).*

About the findings of the study, one can also conclude that parental substance abuse also drove some young adults into abusing substances. Some adults realized that substances are not only harmful to themselves but other people as well because they developed a problematic or destructive behavior, then they decided to stop using them. Resorting to substances as a coping mechanism was therefore not effective for the young adults who participated in this study.

### 4.3 Chapter summary

This chapter presented the findings of the experiences of young adults raised by substance-abusing parents. The demographic profiles of participants were then demonstrated and graphs, pie charts, and bar charts. The data were also presented in themes (parental substance abuse vs. adults' intimate relationships, parental substance abuse vs. adults' social interactions, parental substance abuse vs. adults' emotions, substance abuse vs. adults' perceptions, and parental substance abuse vs. adults coping mechanisms).

The first theme had two subthemes which were trust and communication, and intimate partner violence. In the first theme (parental substance abuse vs. young adults' intimate relationships), some young adults mentioned that they trust and communicate with their partners very well. Other young adults sadly mentioned that they do not trust and communicate very well with their partners. Those who trust and communicate well with their partners revealed that their intimate relationships are stable, while others do not have stable and long-lasting intimate relationships with their intimate partners. Some young adults attributed their failure to maintain healthy and stable relationships to their substance-abusing parents. Others attributed their failure to satisfy their intimate partners to peer pressure and them cheating each other as intimate partners. Young adults also blamed parental substance abuse for physically and verbally violating their intimate partners.

Besides, the second theme (parental substance abuse vs. young adults' social interactions) had four subthemes. These were namely, family relations, self-esteem, and self-isolation, stigmatization and discrimination, and child abuse, respectively. The findings revealed that parental substance abuse has distorted the good family relations that were once present. Also, parental substance abuse has caused resentment among siblings and drifting apart. Additionally, parental substance abuse has forced family members to mistreat young adults whose parent's abuse substances. Parental substance abuse has also distorted the self-esteem of young adults which forced most of them to isolate themselves from their parents, family members, and community members. Also,

young adults' suffered great challenges of stigmatization and discrimination brought by parental substance abuse. Lastly, some young adults reported that their parents could not provide them with their basic needs (food, water, and clothing), as a result, their parents ended up going to jail because of child abuse and neglect.

Furthermore, the third theme (parental substance abuse vs. young adults' emotions). The subtheme was bullying, feelings of loneliness, and problematic children. Young adults in this study revealed that they suffered emotionally as some of them were bullied while others were lonely during their childhood. Young adults further stipulated that some of them were problematic children. Young adults attributed the emotional consequences they experienced to parental substance abuse.

The fourth theme (parental substance abuse vs. young adults' emotions) also had one subtheme which was entitled 'perceptions about themselves, their substance-abusing parents and the entire world'. Most young adults thought their lives would be different if their parents had not abused substances. They thought if it were not because of parental substance abuse, then they would have had the opportunity to go to school and grow up like other children. Others thought that their parents were good people who taught them how to be independent and well-principled individuals.

The last theme (parental substance abuse vs. young adults' coping mechanisms) had four subthemes. These subthemes were namely therapeutic coping mechanisms, religious coping mechanisms, music, and resorting to substances. Some young adults mentioned that they got professional therapeutic interventions while others were receiving therapy in form of counseling from their grandparents or other family members. Other young adults also prayed and went to church to cope with parental substance abuse. Also, other young adults reported that they expressed their feelings through singing and listening to music made them feel better about parental substance abuse. Lastly, some young adults resorted to using substances as a way of coping with parental substance abuse.

# **CHAPTER FIVE**

## **DISCUSSION AND CONCLUSION**

### **5.0. Introduction**

The goal of this study was to investigate the experiences of young adults raised by substance-abusing parents in Roma, Lesotho. Concerning the earlier revealed literature and theoretical framework adopted for this study, the fifth chapter provides a discussion and interpretation of the findings. These findings were analyzed through the use of thematic analysis. The process of the analysis revealed five main themes and subthemes. Challenges encountered during the conduction of this study are provided in this chapter. Also, conclusions and recommendations to address the challenges facing young adults raised by substance-abusing parents, followed by suggestions for further research are outlined in this chapter.

### **5.1. Discussion and interpretation of findings**

This section provides a discussion and interpretation of the identified themes, using the same order in which findings were presented in the previous chapter. The themes are; substance abuse vs. young adults' intimate relationships, parental substance abuse vs. young adults' social interactions, parental substance abuse vs. young adult's emotions, parental substance abuse vs. young adults' perceptions, and finally parental substance abuse vs. young adults' coping mechanisms.

#### **5.1.1. Parental substance abuse vs. Young adults' intimate relationships**

As Lankveld, (2018) has elucidated in the previous chapters intimate relationships are characterized by sexual bonds between two people. Similarly, young adults in this study (especially those who are married do have sexual bonds with their spouses. Consequently, for one's intimate relationships to last or succeed, partners must be able to communicate openly with one another and also be able to trust one another. As a result, some young adults in this study mentioned that they had communication and trust

issues while others had minimal experiences of such issues with their intimate partners, which ultimately endangered their intimate relationships.

#### **5.1.1.1. Trust and communication in the intimate relationship**

The majority of young adults reported parental substance abuse influenced their negative approach to their intimate partners. Few young adults did not associate their issues of intimacy with parental substance abuse. As Timmerman, (2009) and Prager, (1995) have explained, the trust and communication that children portray in their intimate relationships during young adulthood are also to a great extent influenced by the kind of relationship which young adults have with their substance-abusing parents. For example, if young adults in this study had a good attachment with their substance-abusing parents, then they would have better communication and trust with their intimate partners. However, if young adults do not have a strong attachment with their substance-abusing parents, then they will not trust or communicate well with their intimate partners.

##### **5.1.1.1. a. Negative effects on their trust and communication with intimate partner**

Parental substance abuse has influenced young adults' intimate relationships negatively to a great extent. For example, young adults reported that they had adopted their substance-abusing temperamental behavior, which made them disrespectfully communicate with their intimate partners. This behavior was very dangerous as the children of young adults raised by substance abusing parents are also reported to be temperamental. Another negative effect of parental substance abuse on young adults' intimate relationships was that their parents would bring them unnecessary attention, shame, and embarrassment as parents would either insult or hit their partners when such parents saw them anywhere.

Similarly, Orjasniemi et al (2018) in chapter two argued that children who were raised by substance-abusing parents lack trust and emotional intimacy which breeds feelings of insecurity in relationships during adulthood. Such children are said to have great difficulty in forming relationships characterized by emotional intimacy, difficulty in trusting others, feeling secure to relate with other people whether as a family or as a couple (Orjasniemi

et al, 2018). Lack of trust and commitment in an intimate relationship can also yield negative results which can in the long run affect the quality of adult relationships. Brewer and Abell (2017) concurred that adults who lack trust and commitment in their relationships end up being deceptive and inhumane. As a result, adults with high levels of Machiavellianism (deception and untrustworthiness are predicted to report low levels of relationship trust and commitment (Brewer and Abell, 2017). The above literature is relevant to this study as the findings also demonstrate a lack of trust and proper communication amongst the intimate relationships of young adults raised by substance-abusing parents.

Consequently, while growing up, young some young adults in this study observed their parents move from one partner to another partner within a short period. As a result, some young adults grew up thinking that they too have to have multiple intimate partners and disrespectfully communicate with them. This then created high levels of mistrust and bad communication between young adults and their intimate partners. Another negative effect that young adults raised by substance-abusing parents experienced is that when their partners were mostly drunk, they would constantly remind them about their substance-abusing parents, which in the long run exacerbated mistrust and disrespectful type of communication between young adults and their intimate partners.

#### **5.1.1.1.b. Positive effects on their intimate relationships**

According to Sternberg, (1988), Love, passion, and engagement are three elements that constitute the magnitude of intimacy among people who are engaged in an intimate relationship. These elements, therefore, provide a foundation of support and a sense of lovingness between individuals in an intimate relationship. These elements of intimacy, according to the author include caring for the well-being of a loved one, sharing the possessed goods, choosing to rely on a partner's help, exercising happiness in contact with him or her as well as giving and receiving emotional support.

Similarly, Married young adults in this study demonstrated that parental substance abuse did not prevent them from having trust and good communication between their intimate partners. Some single young adults also reported that their previous intimate partners



used to disrespect and shame them because of parental substance abuse. However, their current partners embrace them and treat them with love and kindness regardless of their situations and problems. Young adults, therefore, reported that they both have mutual feelings of trust and commitment with their intimate partners, which is why their relationships are healthy and stable.

One can therefore conclude that young adults raised by substance-abusing parents also had love, passion, and engagement, which resulted in them having committed, healthy, and stable intimate relationships with their intimate partners. also, such elements of intimacy which young adults raised by substance-abusing parents possess propels them to have high levels of trust which in turn promotes resilience to partner criticism, greater intimacy, and lower partner avoidance behaviors (Murray et al. 2012, Luchies et al. 2013 and Wieselquist et al. 1999).

Rusbult et al. (2004) further state that commitment is related to a range of positive intimate relationship behavior such as willingness to support a partner's interests and reduced attention to extramarital or alternative partners (Miller, 2009). Intimate relationship benefits linked with commitment include sexual satisfaction and relationship dissolution (Sprecher, 2002 and Le et al.2010). These findings are therefore relatable with the findings of this study as some of the young adults raised by substance-abusing parents indicated that they had commitment, love, engagement, and passion in their respective intimate relationships.

#### **5.1.1.1.c. Emotional support and care from their intimate partners**

Despite being raised by substance-abusing parents, young adults were also able to give and be given emotional support and care within their intimate relationships. As some young adults did not want to imitate how their parents used to treat their intimate partners, young adults were then motivated to maintain strong intimate relationships by respecting and supporting their partners through all the hardships and happy times they experienced. In addition, the strong family relations and support which young adults have from their family members also influenced their stable and long-lasting relationships with their intimate partners.

#### **5.1.1.1.d. Challenges encountered in their intimate relationships**

Young adults who were seventeen years old reported that cheating one another was a serious challenge in their intimate relationships. They attributed this behavior to being impatient and impulsive as a result, which lowered their chances of having trust and good communication in their intimate relationships. Young adults also said reported that peer pressure forced them to cheat their partners, as their friends would make fun of them if they had one partner. One other challenge which young adults raised by substance-abusing parents is that they were verbally abusive to their intimate partners as a result, some partners would flee simply because they felt unsafe and unprotected. Some young adults blamed themselves for the failure of their intimate relationships as they recalled that while growing up, their parents used to insult and disrespect their intimate partners so they too thought it the right way to treat their intimate partners.

#### **5.1.1.2. Intimate partner violence**

Although the stipulated literature in the previous chapter does not indicate that parental substance abuse may be a cause of intimate partner violence among intimate relationships of young adults raised by substance-abusing parents, parental substance abuse in this study has played a significant role in intimate partner violence. Young adults raised by substance-abusing parents during their childhood were observed and internalized as their parents would violate their intimate partners. As a result, young adults then too physically, verbally, and emotionally abuse their intimate partners. Intimate partner violence has therefore created great amounts of mistrust and miscommunication between intimate partners of young adults raised by substance-abusing parents. Also, victims of intimate partner violence amongst young adults raised by parental substance abuse in this study created feelings of fear and being unsafe between intimate partners.

#### **5.1.2. Parental substance abuse vs. Young adults' social interactions**

Haverfield and Theiss (2014) also highlighted that children raised by substance-abusing parents experienced social interaction difficulties like having low self-esteem, being exposed to neglect and abuse, self-isolation, and facing stigmatization and discrimination

during young adulthood. Parental substance abuse may indeed have posited or negative consequences on the social interactions of young adults. Similarly, the findings in this study revealed that parental substance abuse has negative (low self-esteem and self-isolation, stigmatization and discrimination, and child abuse) and positive effects on young adults' social interactions.

#### **5.1.2.1. Family relations of young adults raised by substance abusers**

The findings in this study revealed that parental substance abuse has both negative and positive consequences on young adults' family relations.

##### **5.1.2.1.a. Bad family relations of young adults raised by substance abusers**

The family systems theory and the ecosystems perspective also reiterates that children and other family members portray a significant role in the day-to-day functions of the family. As a result, the interactions between children, their substance-abusing parents, and other family members are constantly being influenced by the behavior and presence of every other person within the family system (Haverfield, 2015; Huckabay, 2014; Miller, 2015; Dayton, 2013 and Broderick, 1993).

Jessica (2017) also argues that substance abuse can be regarded as a disease that destroys family relations. The author further explains that when there is a parent who abuses substances within a particular family, then every individual (including the adults) in the family is somehow impacted or affected by the parental substance abuse. The above literature is relevant to this study as the findings also portrayed bad relations between young adults raised by substance-abusing parents and their family members.

Consequently, parental substance abuse in this study has been a disease in the family relations of young adults who were raised by substance-abusing parents. This is because young adults raised by substance-abusing parents in this study have therefore indicated that even though they shared the same surname with their relatives, they do not have strong and united bonds as families. Relatives of young adults raised by substance-abusing parents, therefore, mistreat or ignore the needs of such young adults simply because they have substance-abusing parents. This also means that young adults are

victimized because of having substance-abusing parents. As a result, family disputes arise which ultimately creates dysfunctional families. The findings in this study also revealed that young adults raised in substance-abusing families also lash out at their parents, family members, and their siblings, which adds more fuel to the already bad family relations.

#### **5.1.2.1. b. Disrespect amongst siblings of young adults raised by substance-abusing parents**

Black (1981), Dothi, (2009), Delmonico (1997), and Dayton (2009) argued in chapter two that children of substance abusers and other family members play different roles which maintain the relations within their respective families. For example, the "hero", the "Scapegoat", the "enabler", the "lost child" and the "Mascot". The hero's role is to maintain the good relations or image of the family and the Scapegoat is the trouble maker and always takes the fall for the bad behavior of their family. The enabler is the caretaker of the family (making appearances for the family and resolving complications in the family). The lost child struggles with interpersonal skills such as communication and he or she feels inadequate intimate relationships.

The Mascot is also referred to as the comedian in the family. He or she uses humor to lighten the mood and attempts to distract the family from tense, unpredictable, and frightening situations. However, the humor serves to cover up hidden pain, difficult emotions, and the reality of the family's situation (Jessica, 2017:13). The above literature is also related to the findings of this study they revealed some of the roles which young adults raised by substance-abusing parents and their siblings played within their families.

Similarly, young adults raised by substance-abusing parents in this study also displayed the different roles which themselves and their siblings played within their families.

For example, young adults in this study reported that parental substance abuse has a great influence on how they relate or interact with their siblings. Some young adult's reported that their siblings are out of control so much that they do not want to be controlled or reprimanded when they are behaving in an irresponsible or immoral manner. Young

adults' siblings do not consider them as parents because they do not view them as their parent figure as their parents did not become what parents should become.

#### **5.1.2.1. c. Good family relations of young adults raised by substance-abusing parents**

Some families have their good and bad days. Similarly, some young adults in this study reported that their family relations as good as can be expected. Young adults also denoted that parental substance abuse has promoted strong family bonds and support systems as they can come up with long-lasting and effective solutions together as a family.

#### **5.1.2.1. d. Feelings of resentment amongst siblings of young adults raised by substance-abusing parents**

The findings in this study revealed that some young adults and their siblings do not have good relations at all, as their siblings resent them. Due to parental substance abuse, some young adults have to grow up separately from their siblings. Others were raised by other family members while others were raised in orphanages or children's homes of safety. As a result, siblings who were not raised by family members resent those who were raised by family members. They explained that if their parents were not abusing substances, then they would have better and healthy relationships with their siblings. This, therefore, is a clear indication that young adults and their siblings need to have a relationship, which is vital for their general wellbeing.

#### **5.1.2.2. Self-esteem and self-isolation experienced by young adults raised by substance-abusing parents**

Omkarappa and Rentala (2019) contended in chapter two that children of substance abusers are reported to have greater chances of having low self-esteem, depression, and anxiety as opposed to adults of no-substance abusers. Hussong et al. (2008) also posited that children raised by substance abusers presented a significant difference in their emotional and behavioral aspects such as low self-esteem, self-isolation, insecurity, and shyness. The stipulated literature is relatable to the current study as the findings revealed

that there were some young adults raised by substance abusing parents who had troubled self-esteem and who would self-isolate themselves because of parental substance abuse.

Consequently, young adults raised by substance-abusing parents in this study revealed that while growing up, they used to have low self-esteem, have anxiety, depression, feeling of loneliness, and self-isolate themselves because of parental substance abuse. Further, most young adults reported that they were harshly judged and labeled bad names because of parental substance abuse. They further explained that some community members would always try to put their morals down by telling them how useless they are because they are children of drunkards. This labeling behavior is not only bad for young adults raised by substance-abusing parents, but for the community members as well. It is a sign that community members do not regard one another as humans who need one another to survive.

#### **5.1.2.2. a. Being made fun off and having suicidal thoughts**

Young adults who were raised by substance-abusing parents also reported that while growing up, others would make fun of their appearance and their weight. This was because some young adults were underweight, which made them look skinny. These young adults looked like this because they were malnourished because of a lack of food. As a result, some young adults preferred to be alone most of the time, which made them have suicidal thoughts. This also reduced the confidence and self-esteem of young adults raised by substance-abusing parents in the current study.

#### **5.1.2.2. b. Stigmatization and discrimination experienced by young adults raised by substance-abusing parents**

Also, Haverfield and Theiss (2016) elucidate that children raised by substance-abusing parents also experience stigmatization and discrimination a lot more than children of non-substance abusers. The authors further revealed that children raised by substance-abusing parents are prohibited to communicate or express how they feel about their parental substance abuse, which ultimately suppressed their ability to express concern, understanding what is going on, and coping with having a substance-abusing parent.

Parental substance abuse can either promote or discourage discrimination towards young adults raised by substance-abusing parents. Similarly, the findings in this study revealed that a majority of young adults raised by substance-abusing parents experienced stigmatization and discrimination, while others did not experience stigmatization and discrimination because of parental substance abuse.

#### **5.1.2.2.c. Negative effects experienced by young adults raised by substance-abusing parents**

The negative effects of stigmatization and discrimination which young adults raised by substance-abusing parents experienced are being labeled and community members not wanting their children to be associated with them mainly because their parents abuse substances. Young adults reported that they were being mocked constantly while growing up either by their peers or other community members. Community members also did not want young adults to be associated with their children because they feared that such young adults will corrupt their children with substance-abusing behavior as their parents did to them. Young adults also felt belittled and disrespected by their community members because of their immoral treatment.

#### **5.1.2.2.d. Positive effects experienced by young adults raised by substance-abusing parents**

The stipulated literature in the previous chapters does not reveal the positive effects of stigmatization and discrimination experienced by children raised by substance-abusing parents. However, young adults raised by substance-abusing parents in this study reported that even though they were raised by substance-abusing parents, some community members were very kind and supportive towards them. Their friends also showed them support by helping them out instead of judging them or making fun of them. This made them feel loved and appreciated by community members. It also gave them hope and courage to continue or strive for better things in life.

### **5.1.2.3. Child abuse experienced by young adults raised by substance-abusing parents**

Research also depicts that parental substance abuse can result in child neglect and abuse. As a result, parents get incarcerated and their children end up living in foster homes or children's places of safety. Borczkowski et al (2013) and Radel et al. (2018) confirmed that parental substance abuse forced children in Sweden and the United States of America to live in foster care homes. These findings are therefore relevant to the current study as the findings in this study also revealed that parental substance abuse has also played a significant role in young adults suffering from child abuse while they were growing up.

Consequently, the forms of child abuse that young adults raised by substance-abusing parents experienced are that of child neglect and sexual abuse. For example, some young adults in the current study explained that they grew up in foster care facilities and children's homes because of parental substance abuse. One young adult also explained that parental substance abuse forced her to live or be fostered by other individuals which are where they were unfortunately sexually abused.

### **5.1.3. Parental substance abuse vs. young adults' emotions**

Bryne et al, (2013) contended that the emotional consequences which children raised by substance abusing parents are feelings of anxiety, fear, depression, guilt, shame, loneliness, confusion, and anger. Omkarappa and Rentala (2019) also deliberate that children raised by substance-abusing parents reflected higher rates of depression and anxiety. The stipulated literature is also related to the current study as the findings indicated that some young adults raised by substance-abusing parents experienced emotional consequences such as anger, confusion, fear, anxiety, shame, loneliness, guilt, and depression because of parental substance abuse.



#### **5.1.3.1. Bullying, feelings of loneliness, and problematic children of substance abusing parents**

Similarly, young adults raised by substance-abusing parents in this study reported that due to the anger they experienced because of parental substance abuse, they became bullies. Some of them reported that parental substance abuse created feelings of loneliness and depression while they were growing up. Other young adults reported that their anger caused by parental substance abuse used to force them into beating other children, hence why they were problematic children while growing up.

#### **5.1.4. Parental substance abuse vs. Young adult's perceptions**

Young adults raised by substance-abusing parents portrayed various perceptions towards themselves and their substance-abusing parents.

##### **5.1.4.1. Perceptions about themselves and their substance abusing parents**

Most young adults in the current study reflected on their current life situations. They expressed that their lives could have been different if their parents had stopped or did not use substances at all. Some young adults thought that their parents were good people, regardless of their substance addiction. Some young adults thought that their parents taught them good life principles. Even though their parents were addicted to substances, they were able to gain independence as they had to learn how to do things for themselves from a young age (being independent).

#### **5.1.5. Parental substance abuse vs. Young adults' coping mechanisms**

Davis (2020) denoted that children raised by substance-abusing parents have different coping mechanisms towards parental substance abuse. The stipulated literature is related to this study as the findings revealed several coping mechanisms in which young adults were raised by substance-abusing parents. Similarly, young adults in this study expressed that they had different coping mechanisms of parental substance abuse while growing up.

#### **5.1.5.1. Therapeutic coping mechanism**

Some young adults in this study reported that they went for professional therapy to deal with parental substance abuse while they were still children. Also, some young adults reported that their family members also comforted them and consoled them during their childhood.

#### **5.1.5.2 Religious coping mechanism**

Young adults in this study reported that they prayed and went to church as a means of coping with parental substance abuse.

#### **5.1.5.3 Music as a coping mechanism**

Young adults in this study reported that they used to sing or listen to music as a way of coping with parental substance-abuse.

#### **5.1.5.4 Resorting to substances as a coping mechanism**

Merrick et al, (2017) argued that parental substance abuse promotes stress and negative mood states in adults. As a result, adults cope with parental substance abuse by engaging in hazardous behavior like smoking and uncontrollable consumption of alcohol and other substances. Similarly, young adults in this study reported that they smoked marijuana and cigarettes as a way to cope with parental substance abuse while they were growing up. They also resorted to drinking alcohol as a way of coping with parental substance abuse.

### **5.2. Application of theory to the study**

The social cognitive learning theory according to Wayne (2019) contended that learning occurs in a social context with a dynamic and reciprocal interaction of the person, environment, and behavior. The theory takes also emphasizes that an individuals' past experiences influence their actions and behavior, reinforcements, expectations, and anticipations, all of which shape whether a person will engage in specific behavior and the reasons why a person engages in that behavior into account a person's past experiences, which factor into whether behavioral action will occur. About the current

study, the past experiences of young adults being raised by substance abusing parents are important as they influence their behaviors, reinforcements, expectations, and anticipations, which explains why they behave the way they do.

As mentioned before, the social cognitive theory emphasizes that past experiences influence one's current behavior. The findings in this study have therefore guided the researcher to conclude that the past experiences of young adults raised by substance-abusing parents have influenced their current behavior. The theory also explains the influence of past experiences on the current behavior of individuals through its five principles respectively. These five principles have been adopted also to develop the specific objectives of the study.

The table below is a summary of the five main principles of the social cognitive theory, the main themes, and subthemes, and the findings of the study, respectively:

**Table 5.1: Principles, Main themes and findings of the study**

<p>Principle one:</p> <p>Behavior can only be explained through conditions that created the behavior.</p>
<p>Main theme one: Parental substance abuse vs. Young adults' intimate relationships</p> <p>Subthemes:</p> <ul style="list-style-type: none"> <li>• Trust and communication.</li> <li>• Intimate partner violence</li> </ul>
<p>Findings:</p> <ul style="list-style-type: none"> <li>• The findings revealed that most young adults experienced negative effects in their intimate relationships as a result of parental substance abuse.</li> <li>• Such negative effects include;</li> <li>• Mistrust and bad communication between intimate partners.</li> <li>• Emotional and physical intimate partner violence.</li> </ul>

- The findings also indicate that there are few young adults who experienced positive effects like trust and proper communication and no intimate partner violence.

Principle two: Consequences of one's behavior facilitate learning to take place.

Main theme two: Parental substance abuse vs. Young adults' social interactions

Subthemes:

- Family relations
- Self-esteem and self-isolation
- Stigmatization and discrimination
- Child abuse

Findings:

- Consequently, one could conclude that young adults raised by substance abusing parents are experiencing;
- Bad family relations
- Bad treatment from family members.
- Bad relationships with siblings (dysfunctional families).
- Having a low self-esteem and high rates of self-isolation, which was result of being made fun off or mocked by other children
- Experiencing different counts of stigmatization and discrimination and,
- Experiencing child neglect and child abuse due to parental substance abuse.
- Few young adults, however did not experience the above mentioned social interactions consequences, as a result, they had trust and good communication with their intimate partners. They also did not experience intimate partner violence.

Principle three: Learning occurs through succeeding or failing and observing other individuals thrive or flop at tasks.

Main theme three: Parental substance abuse vs. Young adults' emotions

Subthemes:

- Bullying, feelings of loneliness and problematic children

Findings:

- Most young adults raised by substance abusing parent's experienced negative effects in their social interactions, most of them bullied other children while growing up. Some were also bullied.
- Young adults also experienced loneliness while growing up.
- Such young adults were also problematic children while growing up.

Principle four: the cognitive constructs that individuals develop to perceive the world molds their personality.

Main theme four: Parental substance abuse vs. young adults' perceptions

Subthemes:

Perceptions about themselves and their substance abusing parents

Findings:

The trust and communication, social interactions and emotional effects which young adults experienced because of parental substance abuse has had a great influence the negative perceptions which young adults have towards themselves and their substance abusing parents.

For example, most young adults expressed regret about their life situations.

However, few young adults who did not experience negative effects in their intimate relationships and social interactions had positive thoughts about themselves, and their substance abusing parents

Principle five: personality develops as an interaction between internal and external characteristics of an individual.

Main theme five: Parental substance abuse vs. young adults' coping mechanisms

Subthemes:

- Therapeutic coping mechanism
- Religious coping mechanism
- Music as a coping mechanism
- Resorting to substances as a coping mechanism

• Few young adults who positively coped with parental substance abuse by making use of therapeutic interventions, religious coping mechanisms and music as a coping mechanism were those who experienced less issue in intimate relationship, social interactions, emotions and perceptions.

• As a result, a majority of young adults who suffered in the above mentioned themes resorted to using substances as their coping mechanism.

The five principles of the social cognitive theory have been a guiding tool for one to conclude that the experience of young adults raised by substance-abusing parents has indeed influenced their current behavior. For example, the last principle explains that personality develops as an interaction between internal and external characteristics of an individual. Similarly, young adults' personalities developed because of their internal characteristics and the characteristics of having therapeutic interventions, going to church, singing, or resorting to substances as a way of coping with parental substance abuse. It is therefore conclusive that parental substance abuse has a negative impact on

the physical, emotional, psychological, and, social life of young adults throughout their life.

### **5.3. Challenges encountered**

Firstly, due to the sensitivity of the nature of the study, it was hard to locate young adults raised by substance-abusing parents as they were scarce in some villages, particularly in Hata-Butle village. Also, some participants were hesitant to refer the researcher to other participants.

Secondly, one other challenge was that some participants refused to participate in the study, as a result, the sample size had to be reduced from fifteen to thirteen participants. Also, some research participants were a bit hesitant to give out more information or descriptions about the experiences of being raised by substance-abusing parents, as a result, more probing was done by the researcher to gain clarity and understanding about how they express themselves.

Thirdly, another challenge was that some young adults; substance-abusing parents did not wish for their children (those who were under eighteen years old) to refuse or let their children participate in the study. The fourth challenge the existing Coronavirus has been a challenge to the entire research in that the sample size had to be small to avoid chances of being infected by the virus. Also, a formal member checking after data collection could not be conducted as it would put both the research participant and the researcher at risk of being infected by the virus.

### **5.4. Conclusions**

The first conclusion is parental substance abuse has affected young adults in mostly a negative manner. The findings in this study revealed that parental substance abuse has had a detrimental effect on young adults' intimate relationships as they lack trust and proper communication skills in their intimate relationships. This has led them in having unstable relationships and having feelings of anxiety and insecurity towards themselves and their intimate partners. However, one cannot entirely blame the failure and success of intimate relationships of young adults on parental substance abuse because some but

few intimate relationships of young adults were successful, not because of parental substance abuse but because they as partners worked hard for their intimate relationships to be a success. Further, parental substance abuse has also influenced young adults to become, physically and emotionally violent to their intimate partners. This is because young adults reported that they used to observe their parents being abusive to their intimate partners.

The second conclusion is that young adult's social interactions suffered great effects because of parental substance abuse. Young adults raised by substance-abusing parents had bad familial relations with their family members. Young adults raised by substance-abusing parents reported that parental their family members treated them with disrespect and that they had bad relations with their siblings because of parental substance abuse. Besides, young adults raised by substance-abusing parents also suffered from having low self-esteem and self-isolation as a result of parental substance abuse. For example, some young adults while growing up were being made fun off because of their appearance, which added fuel to their low self-esteem and high levels of self-isolation.

Additionally, young adults raised by substance-abusing parents experienced both negative and positive effects of stigmatization and discrimination due to parental substance abuse. However, a small fraction of young adults in this study reported that parental substance abuse strengthens their family relations and bonds. The study further concludes that parental substance abuse is a great source of child abuse as young adults experienced the harsh effects of child neglect and abuse. Young adults had to live in orphanages, while others had to be fostered by their relatives.

The third conclusion is that parental substance abuse had detrimental effects on young adults' emotions. The study pointed that parental substance abuse has brewed feelings of anger and loneliness in young adults raised by substance-abusing parents. As a result, such young adults were problematic children while growing up. Young adults also reported that they had suicidal thoughts which were a result of parental substance abuse.



The fourth conclusion is that parental substance abuse also affected young adults raised by substance-abusing parents' perceptions. Young adults had either negative and positive thoughts or perceptions towards their parents.

The fifth and last conclusion is that parental substance abuse influenced young adults to adopt various coping mechanisms. Some coping mechanisms (therapeutic coping mechanism, religious coping mechanism, and music as coping mechanism) were very much effective as they improved their lives for the better, while others adopted life-threatening coping behaviors as a way to cope with parental substance abuse.

## **5.5. Recommendations**

In the light of findings and conclusions obtained by the study, the following recommendations are initiated to guide social work practice, Ministry of Social Development, NGOs, and welfare policies in Lesotho for the well-being of young adults (children) and their families of substance abusing parents in Roma, Lesotho.

### **5.5.1. Recommendations for social work practice**

Social work is a noble profession that aims to help individuals (including young adults raised by substance-abusing parents) to enhance their lives and become functional and effective members of society. Social workers in Lesotho are recommended to provide the following services:

#### **5.5.1.1. Counselling services and therapeutic family interventions**

Due to the negative consequences experienced by young adults raised by substance-abusing parents, this study recommends that social workers in the country can extend their services specifically counseling or therapeutic family interventions to young adults raised by substance-abusing parents and their family members to improve the communication and trust in between the family members and intimate partners, social interactions (low self-esteem and do away with self-isolation), emotions (do away with being bullied and bullying other children and suicidal thoughts), negative perceptions and unhealthy coping mechanisms (resorting to substance abuse).

#### **5.5.1.2. Couple interventions and various therapies**

Social workers can also employ couples counseling or therapies (behavior modification therapy and couple therapy, and parenting skill, etc.) for young adults raised by substance-abusing parents will help them respectfully approach to change their lifestyle. Social workers could also employ emotion-focused therapy and solution-focused therapy to help young adults improve their intimate relationships and psychological problems.

#### **5.5.2. Mentorship programs for young adults**

Mentorship programs are recommended to address the stigmatization, discrimination, suicidal thoughts experienced by young adults who were raised by substance-abusing parents. Different community members or family members who have different professions, skills, or businesses can volunteer to mentor young adults of substance abusers. By so doing, young adults will be motivated to have good future goals and implement them accordingly. Also, such programs will address the loneliness and self-isolation which young adults raised by substance-abusing parents experienced. Mentorship programs will also address the low self-esteem which some young adults experienced because of parental substance abuse.

#### **5.5.3 Community support group**

A Community support group is also recommended for addressing social interaction challenges that young adults raised by substance-abusing parents experienced. Through this support group, young adults will be able to share their experiences with other people who have similar issues and will learn a positive way of dealing with bad family relations, boosting their self-esteem, and dealing with being stigmatized and discriminated against.

#### **5.5.4. Recommendation for the Ministry of Social Development**

The fourth coming recommendation (an increase of foster care) to the Ministry of Social Development is suggested because of the alarming rates of child abuse and neglect in Lesotho. As a result, such a recommendation also acts as a solution to the problem of child neglect and abuse. Unlike growing up in an orphanage, foster care provides children

(young adults) an opportunity to grow up in stable and grounded families, which is what young adults need to become effective and loving members of society.

#### **5.5.5. Provide more foster care homes services**

Due to the stipulated consequences like child neglect and abuse issues that young adults raised by substance-abusing parents experienced in this study. The recommendation to the ministry of social development is to advocate for more foster care homes (especially being fostered by family members or relatives). Also, the solution to combat child trafficking is for individuals who witness such crimes to actually report to the police and also alert the ministry of social development so that such children are assisted as soon as possible.

The government of Lesotho through the Ministry of Social Development has also employed foster care programs that help to lessen the situation of child neglect and abuse in the country. Also, the ministry provides food parcels and medical services for such families who foster children who have been abused and neglected. In as much as this is a commendable initiative, the recommendation to the social development department is that the ministry must increase the number of beneficiaries, which will assist in making sure that no child is neglected and abused.

#### **5.5.6. Formation of rehabilitation centers**

For example, due to a lack of resources, the rehabilitation institution based in Thaba-Bosiu (in the Maseru district) has been closed. It is therefore recommended that there should be a form of rehabilitation centers with the collaboration between the government and NGOs to provide specific services (detoxification, play therapy, and family therapy) to substance abusing parents and their children (young adults) throughout the country.

#### **5.5.7 Recommendations for NGOs**

Recommendation to the NGOs to focus more seriously on the physical psychological and social needs and challenges of young adults and their substance-abusing parents in

Lesotho. Additionally, NGOs can contribute sponsorship for the formation of welfare clubs designed specifically to improve young adults' self-esteem and communication skills.

#### **5.5.8. Recommendation for government and policy makers**

The government of Lesotho, through the ministry of social development, has developed a Child and Welfare policy of 2011 to address all issues that affect or hinder the rights of all children in Lesotho. This policy also addresses child abuse and neglect as the findings of this study have indicated that young adults raised by substance-abusing parents experienced. In as much as this policy is available in paper, it is recommended that the government of Lesotho have to focus more on substance abuse parents as well as young adults raised by them and revise the policy to address the serious issue that needs to address, implement and monitor.

Recommending to form a special committee to address this issue and monitor the implementation of recommendations and suggestions in the policy.

#### **5.5.9 Community programs**

Community-based programs will be a strong and effective instrument to reach out to young adults who were raised by substance-abusing parents. Government can implement and initiative community-based programs through community leaders, health workers, schools, and other volunteers.

#### **5.5.10. Awareness programs**

The study also recommends that awareness programs about the impact of parental substance abuse on family members and the mental health of children (young adults) raised by substance-abusing parents.

#### **5.5.11 Community based drug prevention programs**

Recommending providing Community based drug prevention programs to the community to prevent and reduce substance abuse and its negative impact on young adults raised by substance-abusing parents in Lesotho.

## **5.6. Suggestions for further research**

Based on the findings from this research study, and the experienced shortages in literature, the following recommendations are made for further research and scientific inquiry. More qualitative studies which will include both children of all age groups and their parents should be conducted which will demonstrate their experiences of being raised by substance-abusing parents.

Additionally, a suggestion for further research is that more individuals may research other lingering aspects of parental substance abuse in Lesotho. Such aspects may include the socio-economic impacts of parental substance abuse on young adults and other life aspects of young adults raised by substance-abusing parents.

## **5.7. Chapter summary**

The chapter offered the discussion and interpretation of findings, challenges encountered, conclusions reached by the study and recommendations suggested to the challenges which were faced by young adults raised by substance-abusing parents. Suggestions for further research were also outlined and the chapter summary.

## REFERENCES

- Alati, R., Baker, P., Betts, K.S., Connor, J.P., Little, K., Sanson, A. and Olsson, C.A., 2014. The role of parental alcohol use, parental discipline and antisocial behaviour on adolescent drinking trajectories. *Drug and alcohol dependence*. 134.
- Amankwaa, L., 2016. Creating protocols for trustworthiness in qualitative research. *Journal of cultural diversity*. 23(3).
- American Academy of Child and Adolescent Psychiatry.2011. Preventing youth suicide: time to ask how. University Press.
- American Psychiatric Association, the 5th ed.; DSM-5; .2013. American Psychiatric Publishing, Inc.
- Bakoyiannis, L. 2014. Fetal alcohol spectrum disorders and cognitive functions of young children. <https://www.ncbi.nlm.nih.gov/24978898>
- Bandstra, E.S., Morrow, C.E., Mansoor, E. and Accornero, V.H., 2010. Prenatal drug exposure: infant and toddler outcomes. *Journal of addictive diseases*. 29(2).
- Belles, S., Budde, A., Moesgen, D., and Klein, M. 2011. Parental problem drinking predicts implicit alcohol expectancy in adolescents and young adults. *Addictive Behaviors*. 36.
- Berg, V., Kuja-Halkola, R., D'Onofrio, B.M., Lichtenstein, P. and Latvala, A., 2020. Parental substance misuse and reproductive timing in offspring: A genetically informed study. *Evolution and Human Behavior*.
- Bickelhaupt. S. E., Lohman. B.L., and. Neppi. T.K. 2019. The influence of parental alcoholism on parent-adolescent relationships from adolescence into emerging adulthood: A qualitative inquiry. SAGE. <https://www.sagepub.com/journals-permissions> DOI: 10.1177/2167696818824186.

Black, C. 1981. *It will never happen to me*. New York, NY: Random House Publishing Group.

Borczkowski, A. V., Vinnerdjung, B., & Hjern, A. 2013. Alcohol and Drug Abuse among Young Adults Who Grew up in Substitute Care-Findings from a Swedish Cohort Study. *Children and Youth Services Review*. (35)12. <https://doi.org/10.1016/j.childyouth.2013.09.024>.

Bountress, K. and Chassin, L., 2015. Risk for behavior problems in children of parents with substance use disorders. *American Journal of Orthopsychiatry*. 85(3).

Brewer, G. and Abell, L., 2017. Machiavellianism, relationship satisfaction, and romantic relationship quality. *Europe's journal of psychology*. 13(3).

Brewer, J., Worhunsky, P., Gray, J.R., and Tang, Y. 2016. Meditation experience is associated with differences in default mode network and connectivity. <https://www.researchgate.net/publication/51825876>

Broadhurst, K., Mason, C., Bedston, S., Alrough, B., Morris, L., Mcquarrie, T., Palmer, M., Shaw, M., Harwin, J., and Kershaw, S. 2017. Vulnerable Birth Mothers and Recurrent Care Proceedings Center for Child and Family Justice Research. Lancaster University. [https://www.nuffieldfoundation.org/sites/default/files/files/rc-final-summary-report.v1\\_6.pdf](https://www.nuffieldfoundation.org/sites/default/files/files/rc-final-summary-report.v1_6.pdf)[acssed 25.07.2019]

Broderick, C. B. 1993. *Understanding family process: Basics of family systems theory*.

Byrne, L., Happell, B., Platania-Phung, C., Harris, S., Bradshaw, J., and Davies, J., 2014. Lived-experience participation in nurse education: Reducing stigma and enhancing popularity. *International journal of mental health nursing*. 23(5).

Calhoun, S. 2015. Improving the Outcomes of Children Affected by Parental Substance Abuse: A review of randomized controlled trials. University of California, LA. <https://www.researchgate.net/publication/272191414>.

Cambridge Dictionary. 2020. <https://www.cambridgedictionaries.com>

Cambridge Dictionary. 2020. Make your words meaningful. <https://dictionary.cambridge.org>

Campelo. R. C. L. L. 2018. Effects of Parental Drug Use on Child Development and Mental Health: Integrative Interview. <https://www.revistats.usp.br/smad/> DOI: 10.11606/ISSN.1806

Capozzi, F. and Ristic, J., 2018. How attention gates social interactions. *Annals of the New York Academy of Sciences*.

Chaffin. M. 2006. The Changing Focus of Child Maltreatment Research and Practice within Psychology. *J Soc Issues*. 62(4).

Chartier, K.G., Thomas, N.S. and Kendler, K.S., 2017. The interrelationship between family history of alcoholism and generational status in the prediction of alcohol dependence in US Hispanics. *Psychological medicine*. 47(1).

Chassin, L., Carle, A. C., Nissim -Sabat, D., Kumpfer, K. L., Ma-ton, K. I., Schellenbach, C. J., et al. 2004. Fostering resilience in children of alcoholic parents. Investing in children, youth, families, and communities: Strengths-based research and policy. Washington, DC: American Psychological Association.

Chhanchhuahi, V.L., 2018. Psychosocial Challenges and Coping Strategies of Adult Children of Alcoholics (ACOAs) In Aizawl, Mizoram.

Children's Protection and Welfare Act. 2011. Act number 7 Of 2011 of the Parliament of Lesotho.

Ciesielska, M & Katarzyna, W. B. 2018. Observation Methods. Accessed in December 2018. DOI: 10.1007/978-3-319-65442-3\_2. <https://www.researchgate.net/publication/321806239>

Cohen, L., Manion, L., & Morrison, K. 2007. Research methods in education (6th Edition). London: Routledge.



Colorado State University (CSU). 2020. Characteristics of qualitative observational Research. <https://www.writing.colostate.edu/guides/page.cfm?pageid=1352&guideid=63>

Conger, R.D. 2013. Romantic relationships in early adulthood: Influences of family, personality, and relationship cognitions. *Personal Relationships*. 20(2).

Connelly, L.M., 2016. Trustworthiness in qualitative research. *Medsurg Nursing*. 25(6).

Cope, D.G., 2014, January. Methods and meanings: Credibility and trustworthiness of qualitative research. In *Oncology nursing forum*. 41(1).

Crotty, M. 1989. The foundations of social research. London: Sage.

Czyżowska, D., Gurba, E., Czyżowska, N., Kalus, A., Sitnik-Warchulska, K. and Izydorczyk, B., 2019. Selected predictors of the sense of intimacy in relationships of young adults. *International journal of environmental research and public health*. 16(22).

Dandona. A. 2016. The Impact of Substance Abuse on Children. <https://www.researchgate.net/publication/333817442>.

Davis. D. 2020. Coping Strategy: Definition Overview. <https://www.study.com/academy/lesson-coping-strategy-definition-lesson-quiz.htm>

Dayton, T. 2013, February 15. *When growing up hurts: How parental addiction impacts kids* [Blog post]. Retrieved from [http://www.huffingtonpost.com/dr-tian-dayton/whengrowing-up-hurts-how\\_b\\_9220596.html](http://www.huffingtonpost.com/dr-tian-dayton/whengrowing-up-hurts-how_b_9220596.html)

Delmonico, L. J. 1997. Stressful life events and resiliency: Coping responses, social support resources, hardiness, and perceived childhood family relationships in adult children of alcoholics (Doctoral Dissertation). Retrieved from ProQuest Dissertations & Theses Global. (Order No. 9717897) do I do next?' Nurses' confusion and uncertainty with ECG monitoring. 25.. DOI: 10.177/1277370819895977. <https://www.Journals.sagepub.com/home/euc>

Dothi. 2009. February 1. *Roles in an alcoholic family* [Blog post]. Retrieved from ProQuest Dissertations

Dube, S.R., Anda, R.F., Feletti, V. J., Croft, J.B., Edwards, V. J. and Giles, W. H

Eun, B., 2019. Adopting a stance: Bandura and Vygotsky on professional development. *Research in Education*. 105(1).

Feist, J., Feist, G.J., and Roberts, T.A. 2018. *Theories of Personality: 9th Edition*. New York: McGraw Hill Education.

Finan, P.H. 2015. The Effects of Sleep Continuity Disruption on Positive Mood and sleep Architecture in Healthy Adults. <https://www.ncbi.nlm.nih.gov/26085289>

Gadd, D., and T. Jefferson. 2007. *Psychosocial Criminology*. London: Sage.

Gallagher S. 2012. What Is Phenomenology? In: *Phenomenology*. Palgrave Philosophy Today. Palgrave Macmillan, London. [https://doi.org/10.1057/9781137283801\\_2](https://doi.org/10.1057/9781137283801_2)

Gere J., and MacDonald G. 2013. Assessing relationship quality across cultures: An examination of measurement equivalence. *Personal Relationships*, 20. 10.1111/per.12001 [[CrossRef](#)] [[Google Scholar](#)] [[Ref list](#)]

Givertz M., Woszidlo A., Segrin C., Knutson K. 2013. Direct and indirect effects of attachment orientation on relationship quality and loneliness in married couples. *Journal of Social and Personal Relationships*.30,

Golpelwar. M. 2014. Action and Cognition in Task-Oriented Coping: Factor structure and Internal Consistency of the CISS 21- With an Indian Sample. <https://www.researchgate.net/publication/270271496>

Greene, J. 2013. *Moral tribes: Emotion, reason and the gap between us and them*. Penguin Press.

Guba, E. G., and Lincoln, Y. S. 1994. Competing paradigms in qualitative research. In N. K. Denzin, and Y. S. Lincoln (Eds.), *Handbook of qualitative research*. London: Sage.

Guion, L.A., Diehl, D.C. and McDonald, D., 2011. Triangulation: Establishing the validity of qualitative studies. *EDIS*. 2011(8).

Hedegaard, H., M. Warner, A.M. Miniño. 2017. *Drug overdose deaths in the United States, 1999–2016 (Data Brief No. 294)* National Center for Health Statistics, Washington, DC Retrieved from <https://www.cdc.gov/nchs/data/databriefs/db294.pdf>  
[Google Scholar](#)

Haverfield, M. and Theiss, J. 2014. A Theme Analysis of Experiences reported by Adult Children of Alcoholics in Online Support Forums. *Journal of Family Studies*. DOI: 10.5172/jfs.2014.5150. <https://www.researchgate.net/publication/271151946>

Haverfield, M. and Theiss, J. 2015. Parent's alcoholism severity and family topic avoidance about alcohol as predictors of perceived stigma among adult children of alcoholics: Implications for emotional and psychological resilience. DOI: 10.1080/10410236.2014.981665. <https://www.researchgate.net/publication/282732345>

Haverfield, M.C. and Theiss, J.A., 2016. Parent's alcoholism severity and family topic avoidance about alcohol as predictors of perceived stigma among adult children of alcoholics: Implications for emotional and psychological resilience. *Health communication*.31(5).

Hoeck. S. and Van Hal. G. 2012. Experiences of parent's substance-abusing young people attending support groups. <https://www.researchgate.net/publication230836181>

Hook, M., Gerstein, L., Detterich, L., and Gridley, B. How Close Are We? Measuring Intimacy and Examining Gender Differences. *J. Couns. Dev.* 2003. 81, 462–472. [CrossRef] 3.

Houghton, C., Casey, D., Shaw, D., and Murphy, K. 2013. Rigour in qualitative case-study research. *Nurse Researcher*. 20(4).

<https://www.dictionary.cambridge.org/dictionary/english/alcoholism>

<https://www.lexico.com/definition/behaviour>

<https://www.oxfordreferences.com>

<https://www.soberrecovery.com/forums/adult-children-addictedalcoholicparents/168187-roles-alcoholic-family.html>

Huckabay, C. 2014. *Adjustment of adult children of alcoholics: Systematic review of the literature* (Master's Thesis). Retrieved from ProQuest Dissertations and Theses Global.

Hussong AM, Cai L, Curran PJ, Flora DB, Chassin L, Zucker RA. 2012. Disaggregating the distal, proximal, and time-varying effects of parent alcoholism on children's internalizing symptoms. *Abnormal Child Psychol.* 2008; 36:335–46. [[PMC free article](#)] [[PubMed](#)] [[Google Scholar](#)]

Institute of Medicine (IOM) and National Research Council (NRC). 2013. *Supplemental Nutrition Assistance Program: Examining the Evidence to Define Benefit Adequacy*. Washington DC: The National Academies Press.

Jessica, G. 2017. *Identifying Protective Factors for Adult Children of Alcoholics*. Retrieved from Sophia, the St. Catherine University repository website: [https://www.sophia.stkate.edu/msw\\_papers/748](https://www.sophia.stkate.edu/msw_papers/748)

Johnson, J. L., Gryczynski, J., and Moe, J. 2011. Treatment issues and interventions with young children and their substance-abusing parents. In S. L. A. Straussner and C. H. Fewell (Eds.), *Children of substance-abusing parents: Dynamics and treatment*. New York, NY: Springer Publishing Company, LLC.

Kelley, L., and Huff, L. 2003. Levels of organizational trust in individualist versus collectivist societies: A seven-nation study. *Organization Science.* 14(1).

Kepple, N.J. 2018. Does parental substance use always engender risk for children? Comparing incidence rate ratios of abusive and neglectful behaviors across substance use behavior patterns. *Child Abuse and Neglect*, 76.

Klostermann, K., Chen, R., Kelley, M. L., Schroeder, V. M., Braitman, A. L., and Mignone, T. 2011. Coping behavior and depressive symptoms in adult children of alcoholics.

Konaszewski. K., Niesiobedzka. M. and Kolemba. M. 2019. Social and Personal Resources and Adaptive and Non-Adaptive Strategies for Coping with Stress in a Group of Socially Maladjusted Youths. *European Journal of Criminology*. Poland: SAGE.

Kosińska-Dec, K. Konstrukcja i właściwości kwestionariusza do badania intymności. 1999. Construction and properties of the questionnaire for intimacy testing. *Przeegląd Psychol.* 42.

Kuppens, S., Moore, S.C., Gross, V., Lowthian, E., and Siddaway, A.P., 2020. The enduring effects of parental alcohol, tobacco, and drug use on child well-being: A multilevel meta-analysis. *Development and Psychopathology*.32(2).

Le, B., Dove, N., Agnew, C, R., Korn, M, S., and Mutso, A. 2010. Predicting non-marital relationship dissolution: A Meta-analytic synthesis. <https://www.doi.org/10.1111/j.1475-6811.2010.01285.x>

Lee, H. and Williams, R.A. 2013. Effects of Parental Alcoholism, Sense of Belonging, and Resilience on Depressive Symptoms: A Path Model. *Journal of Substance Use and Misuse*. Michigan: Informa Health Care USA. ISSN: 1082-6084 print / 1532-2491 online. DOI: 10.3109/10826084.2012.754899.

Lesotho Youth Employment Survey. 2012. Lesotho youth report. <https://www.undp.org/LesothoYouthReportFinal>

Lipari, R.N. & Van Horn, S.L. Children living with parents who have a substance use disorder. The CBHSQ Report: 2017, August 24. Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Rockville, MD.

Luchies L. B., Wieselquist J., Rusbult C. E., Kumashiro M., Eastwick P. W., Coolsen M. K., Finkel E. J. 2013. Trust and biased memory of transgressions in romantic relationships. *Journal of Personality and Social Psychology*. 104. [[PubMed](#)] [[CrossRef](#)] [[Google Scholar](#)]

Mahedy, L., MacArthur, G.J., Hammerton, G., Edwards, A.C., Kendler, K.S., Macleod, J., Hickman, M., Moore, S.C., and Heron, J., 2018. The effect of parental drinking on alcohol

use in young adults: the mediating role of parental monitoring and peer deviance. *Addiction*, 113(11).

Mangiavacchi, L. and Piccoli, L., 2018. Parental alcohol consumption and adult children's educational attainment. *Economics and Human Biology*. 28.

Mann, S. 2016. *The research interview: Reflective practice and reflexivity in research processes*. London: Palgrave Macmillan.

Matthews, B. & Ross, L. 2012. *Research Methods: A practical guide for the social sciences*. Harlow, England: Longman.

Melgosa, J. 2012. *To Adolescents and Parents*. Madrid: Editorial Safeliz, S.L.

Merrick, M.T., Ports, K.A., Ford, D.C., Afifi, T.O., Gershoff, E.T. and Grogan-Kaylor, A., 2017. Unpacking the impact of adverse childhood experiences on adult mental health. *Child abuse and neglect*. 69.

Miller, S.L., Maner, J.K., and Gailliot, M.T. 2009. The implicit cognition of relationship maintenance: Inattention to attractive alternatives. *Journal of Experimental Social Psychology*. 45(1).

Ministry of Health and Social Welfare (MOHSW) Lesotho. 2010. 2009 Lesotho Demographic and Health Survey report, Maseru Lesotho; Ministry of Health and Social Welfare.

Ministry of Health. 2013. *National Multisectorial Integrated Strategic Plan for the Prevention and control of Non-Communicable Diseases (NCDS: 2014-2020)*. Government of Lesotho.

Mofokeng, M. 2013. Effects on the family: Destruction behind quenching the thirst. A paper presented by Mrs Mphonyane Mofokeng at the global alcohol policy conference 2013 (GAPC 2013).

Mootz, J.J., Muhanguzi, F.K., Panko, P., Mangen, P.O., Wainberg, M.L., Pinsky, I. and Khoshnood, K., 2018. Armed conflict, alcohol misuse, decision-making, and intimate partner violence among women in Northeastern Uganda: a population-level study. *Conflict and health*. 12(1).

Muniruzzaman, M.D. 2017. Transformation of intimacy and its impact in developing countries. *Life Sci. Soc. Policy*. 13 (10). [CrossRef] [PubMed]

Murphy, T. and Sage, D., 2015. Perceptions of the UK's research excellence framework 2014: A small survey of academics. *Australian Universities' Review*. 57(2).

Murray, J.E., Belin, D. and Everitt, B.J., 2012. Double dissociation of the dorsomedial and dorsolateral striatal control over the acquisition and performance of cocaine seeking. *Neuropsychopharmacology*. 37(11).

Nabavi, R.T., 2012. Bandura's social learning theory and social cognitive learning theory. *Theory of Developmental Psychology*.

National institute on Alcohol Abuse and Alcoholism. 2014. Effects of substance abuse. <https://www.nih.gov>

National Institute on Drug Abuse. 2020. Advancing drug addiction science. <https://www.drugabuse.gov/about-nida>

Neuman, W.L, 2017. Understanding Research: Second edition. New York: Pearson.

Ngwu, L.U., Ogbuke, M.U. and Ofoegbu, R.C., 2020. Parenting and Child Welfare in Nigeria. *ESUT JOURNAL OF SOCIAL SCIENCES*. 5(1).

Nickasch, B., Marnocha, S., Grebe, L., Scheelk, H. and Kuehl, C. J. M. N. 2016. 'What

Ntuli. P. M. 2020. An Investigation of Single Parenthood: Parents and Young Adults Experiences in Roma, Lesotho. The National University of Lesotho.

Omkarappa, D. B., and Rentala, S. 2019. Anxiety, depression, self-esteem among children of alcoholic and nonalcoholic parents. *Journal of family medicine and primary care*. 8(2). [https://doi.org/10.4103/jfmpe.jfmpe\\_282\\_18](https://doi.org/10.4103/jfmpe.jfmpe_282_18)

Orjasneimi, T., Ólafsdóttir, J., and Hrafnadóttir, S. 2018. Communication and Cohesion among Family Members of Individuals with Substance Use Disorder in Iceland with a Focus on Adult Children of Addicts. *Journal of Drug and Alcohol Research*. 7(1).

Oxford Dictionary. 2020. <https://www.oxfordlearnersdictionaries.com>

Park, S. and Schepp, K.G., 2018, July. A theoretical model of resilience capacity: Drawn from the words of adult children of alcoholics. In *a nursing forum*. 53 (3).

Parveen, H. and Showcase, N. 2017. Research Ethics. <https://www.researchgate.net/publication/318912804>

Patino, C.M. and Ferreira, J.C., 2018. Inclusion and exclusion criteria in research studies: definitions and why they matter. *Jornal Brasileiro de Pneumologia*, 44(2).

Pillay, J., 2016. Problematizing child-headed households: The need for children's participation in early childhood interventions. *South African Journal of Childhood Education*, 6(1).

Pitti, I. 2017. What does being an adult mean? Comparing young people's and adult's representations of adulthood. *Journal of Youth Studies*. 20:9, 12251241, Doi: 10. N1080/13676261.2017

Plopa, M. 2007. *Psychologia Rodziny: Teoria I Badania*. Family Psychology: Theory and Research. Oficyna Wydawnicza Impuls: Kraków, Poland.

Polit, D. F. and Beck, C. T. 2012. *Nursing research: Generating and assessing evidence for nursing practice*. United States of America: Lippincott Williams and Wilkins.

Prager, K.J. 1995. *The Psychology of Intimacy*; the Guilford Press: New York, NY, USA.



Radel, L., Baldwin, M., Crouse, G., Ghertner, R., and Waters, A., 2018. Substance use, the opioid epidemic, and the child welfare system: Key findings from a mixed-methods study. *Office of the Assistant Secretary for Planning and Evaluation*.

Raisatalo, K., Homila, M., Marke, J. and Santalahati, P. 2019. The effect of the Severity of Parental Alcohol Abuse on Mental and Behavioural Disorders in Children. *European Child and Adolescent Psychiatry*. 2019. 28:913–922: 14 November 2018. <https://doi.org/10.1007/s00787-018-1253-6>

Richard, F.J., Aubert, A., Boissy, A. and Batty, M. 2013. Social interactions: Evolution, Psychology, and Benefits. <https://www.researchgate.net/publication/234838950>

Roth, W.M. and von Unger, H., 2018, September. Current perspectives on research ethics in qualitative research. In *Forum Qualitative Sozialforschung/Forum: Qualitative social research*. 19 (3).

Roy, J., 2021. Children living with parental substance misuse: A cross-sectional profile of children and families referred to children's social care. *Child and Family Social Work*. 26(1).

Ruben, D. H. 2001. *Treating Adult Children of Alcoholics: A behavioral approach*. San Diego, CA: Academic Press.

Rusbult, C.E., Olsen, N., Davis, J.L. and Hannon, P.A., 2001. Commitment and relationship maintenance mechanisms. *Close romantic relationships: Maintenance and enhancement*.

Sahu, K. and Sahu, S. 2012. Substance Abuse Causes and Consequences. *Bangabasi Academic Journal*. Vol.9. Accessed on: 01/May/2016. <https://www.researchgate.net/publication/246544796>

Schunk, D.H. and DiBenedetto, M.K., 2020. Motivation and social cognitive theory. *Contemporary Educational Psychology*, 60.

Scotland, J., 2012. Exploring the philosophical underpinnings of research: Relating ontology and epistemology to the methodology and methods of the scientific, interpretive, and critical research paradigms. *English language teaching*.5(9).

Shulamith, L. A. S. and Fewell, C. H. 2011. Children of Substance Abusing Parents: Dynamics and Treatment. New York: SPRINGER PUBLISHING COMPANY.

Signh, D. 2019. Understanding philosophical underpinnings of research concerning various paradigms: Perspective of a research scholar. Accessed in April 2019. <https://www.researchgate.net/publication/333036861>

Smith. M. M., Saklofske. D., Keefer. K. V. and Tremblay. T. F. 2016. Coping Strategies and Psychological Outcomes: The Moderating Effects of Personal Resiliency. <https://www.researchgate.net/publication/274194437>

Sprecher, S. 2002. Sexual satisfaction in a premarital relationship: Associations with satisfaction, love, commitment, and stability. [https://www.researchgate.net/publication/10996433\\_Sexual\\_satisfaction\\_in\\_premarital\\_relationship\\_Associations\\_with\\_satisfaction\\_love\\_commitment\\_and\\_stability](https://www.researchgate.net/publication/10996433_Sexual_satisfaction_in_premarital_relationship_Associations_with_satisfaction_love_commitment_and_stability)

Talerico. D, 2012. Privacy and Confidentiality: Issues of Social Research. A Presentation of Northeast Ethics Education Partnership. 2012. <https://www.evergreen.edu/sites/default/files/humansubjectsreview/docs/PrivacyConfidentiality.NEEP>

Tanga, P.T., Tanga, M. and Tanyi, P.L., 2018. Child Rights-Based Analysis of Children without Parental Care in Lesotho. *Social Work & Society*. 16(1).

Taylor. A. 2013. The Impact of Parental Substance Misuse on Child Development. Dartington: Frontline. <https://www.rip.org.uk/frontline>. Thousand Oaks, CA: Sage Publication, Inc.

Timmerman, G.M. 2009. A concept analysis of intimacy. *Issues Ment. Health Nurse*. 12. [CrossRef] [PubMed]

Tinnfält, A., Fröding, K., Larsson, M. and Dalal, K., 2018. "I Feel It In My Heart When My Parents Fight": Experiences of 7–9-Year-Old Children of Alcoholics. *Child and adolescent social work journal*. 35(5).

Tobin, G.A., and Begley, C.M. 2004. Methodological rigor within a qualitative framework. *Journal of Advanced Nursing*.

UNDP. 2014. Lesotho Youth Employment Survey. Government of Lesotho.

UNDP. 2015 Report on National Human Development. [https://www.infod.org.ls/uploads/1/2/2/5/12251792/lesotho\\_report\\_on\\_national\\_human\\_development\\_2015.pdf](https://www.infod.org.ls/uploads/1/2/2/5/12251792/lesotho_report_on_national_human_development_2015.pdf)

United Nations. 2018. Global Day of Parents Report. <https://www.un.org/en/observations/parentsday>

Van Lankveld, J., Jacobs, N., Thewissen, V., Dewitte, M., and Verboon, P. 2018. The associations of intimacy and sexuality in daily life. *J. Soc. Pers.*. [CrossRef] [PubMed]

Wayne, W. L. The Social Cognitive Theory. Behavioral Change Models: September 9, 2019. Boston University School of Public Health.

Wieselquist J., Rusbult C. E., Foster C. A., Agnew C. R. (1999). Commitment, pro-relationship behavior, and trust in close relationships. *Journal of Personality and Social Psychology*, 77.. 10.1037/0022-3514.77.5.942 [PubMed] [CrossRef] [Google Scholar]

Williams, M.L., Burnap, P., Sloan, L., Jessop, C. and Lepps, H., 2017. Users' views of ethics in social media research: Informed consent, anonymity, and harm. In *The ethics of online research*. Emerald Publishing Limited.

World Health Organization. 2004. Global Status Report on Alcohol. WHO.

# APPENDICES

## APPENDIX 1: Interview guide for young adults raised by substance-abusing parents

### Section 1: Demographic information

1. Respondent name (optional)
2. Age: .....
3. Gender.....
4. Order of the child.....
5. Level of Education: .....
6. Occupation
7. Marital Status: .....
8. Place of Residence: .....

### Section 2: Questions

1. May you please tell me about yourself?
2. May you please describe your relationship with your intimate partner?
3. How would you describe the family interactions?
4. May you please tell me how you approach things or different situations?
5. May you please describe how people treated you?
6. May you please describe how your parents treated you when you were a child?
7. May you please describe what kind of a child you were?
8. May you please describe your mother or father as parents?
9. Can you share the influence of your parents in your life?
10. May you please describe how you dealt or coped with parental substance abuse while growing up?

***Thank you for participating in the study!***

## APPENDIX 2: Letter of request to collect data in Hata-Butle village, Ha Mafefoane village, and Mahlanyeng village from the supervisor



**THE NATIONAL UNIVERSITY OF LESOTHO**  
Faculty of Social Sciences  
Department of Sociology and social work  
P.O. Roma 180  
Lesotho.

Telephone: (+266) 22340601/22213668  
Fax: (+266) 22340000  
Website: <http://www.nul.ls>



17/05/2021

To  
The Chief of Ha Mafefoone Village,  
P. O. Roma 180,  
Maseru 100.

### RE: REQUEST FOR PERMISSION TO CONDUCT RESEARCH

This letter is concerning the research study that student Ms. Ntemana Ts'epang Molise, ID Number: 201403964. She is a Master of Social Work student at the National University of Lesotho. She is currently working on a thesis entitled "Experiences of Young Adults raised by Substance Abusing Parents in Roma, Lesotho", in partial fulfilment towards obtaining a master's degree in Social Work. In light with this, I humbly ask you to allow the student to collect data in Ha Mafefoone Village. I assure you that the information respondents will share, will be kept confidential and that it will only be used strictly for educational purposes. I have also include with the necessary information about the study below. Please kindly do the needful.

1. Study site: Ha Mafefoone village, Hata-Butle Village and Mafikeng village, Roma, Lesotho.
2. Method of data collection: face-to-face interviews, Take down notes during the conversation and record conversation.
3. Timeframe for data collection: MAY 2021.
4. Sample Size: 15 participants.
5. Protocol to be observed by the researcher: when she collects the data: Letter of informed consent requesting young adults participation in the study.
6. Supervisor: Dr.Priya James

Thank you.

  
Dr. Priya James  
Supervisor - Department of Sociology and Social Work  
The National University of Lesotho



### **APPENDIX 3: Informed Consent of young adults raised by substance-abusing parents**

My name is Ntemana Molise. I am a Master of Social Work student at the National University of Lesotho. I am currently pursuing a dissertation entitled "Experiences of Young Adults Raised by Substance Abusing Parents in Roma, Lesotho", in partial fulfillment on the road to attaining a Master's Degree in Social Work. With that said, I humbly request you to be a research participant in this study. I also request you to share all your experiences, information, and opinions about being raised by a substance-abusing parent. Please take note that there will not be any form of financial gain once you have agreed to participate in this study.

The study will explore your experiences of being raised by a substance-abusing parent. Also, the study desires to your experiences regarding your intimate relationships, social interactions, emotions, perceptions, and coping mechanisms adopted while being raised by a substance-abusing parent. This study aims to impart knowledge about the experiences of young adults raised by substance-abusing parents in Lesotho. As a researcher, I will adopt face-to-face interviews and in-depth interviews to collect data. I will record what is being said in the interview and also make notes. I, therefore, plead with you to allow me to record as soon as the interview commences. Please note that the recording will only take place if you are comfortable with it.

The recorded information will be deleted as soon as the dissertation has been completed. All information that is disclosed will be confidential. This means that you, my supervisor, co-supervisor, and the Department of Sociology and Social Work will have access to the recorded information. The findings will also be presented to the department. The findings will only be used for educational reasons. I will also sign codes instead of writing your real name to protect your identity. Participation in this study is voluntary. This means that you have a right to either agree or disagree on taking part. You can also withdraw as a research participant any time you wish to do so. You will also be requested to sign this consent form to show that you have voluntarily participated in the study.

**Participant Declaration:** I have been informed about the information pertaining to the research study. I agree to participate in the interview. I also agree to the publication of the results which will be for educational purposes.

Tick the following box before signing the consent form. Agree { } Disagree { }

Signature of the Participant.....

Signature of the Researcher.....

Date.....

Time.....

Research Site.....

