

JIMMA UNIVERSITY

COLLEGE OF LAW AND GOVERNANCE

DEPARTMENT OF CIVICS AND ETHICS STUDIES



**AN ASSESSMENT OF THE EFFECT OF CHEWING KHAT ON YOUTH WORK
CULTURE AND PRODUCTIVITY : THE CASE OF SHABE SOMBO WOREDA IN
JIMMA ZONE, OROMIA NATIONAL REGIONAL STATE**

**A THESIS SUBMITTED TO THE DEPARTMENT OF CIVICS AND ETHICS
STUDIES IN THE PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
DEGREE OF THE MASTER OF ARTS IN CIVICS AND ETHICS.**

BY:ESHETU AMBACHEW

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CO-ADVISOR:MR.MELESE ALEMU

SEPTEMBER, 2024

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Approval Sheet

Title of the study: An assessment of the effect of chewing khat on youth work culture and productivity in case of Shabe sombo woreda, jimma zone.

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DECLARATION

I declare that this thesis work entitled “an assessment of the effects of chewing khat on youth work culture and productivity” is my original work, has not been presented earlier for award of any degree to any other university and that all sources and materials used for the thesis have been duly acknowledged. I have produced it independently except from the guidance and suggestions of my research advisors.

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ACRONYMS

WHO – World Health Organization

GDP – Gross Domestic Product

UK – United Kingdom

EDHS- Ethiopia demographic and health survey

ABSTRACT

This study investigates the effects of khat chewing on youth work culture and productivity in Shabe Sombo Woreda, Jimma Zone, with a focus on male participants. A mixed-methods approach was used, combining both quantitative and qualitative research methods. The quantitative aspect involved surveys to collect numerical data, while the qualitative side relied on in-depth interviews to explore personal experiences and attitudes. The study employed a descriptive research design to provide a detailed account of how khat use affects productivity without manipulating variables. A total sample size of 106 respondents was selected through simple random sampling, including 98 youth and 8 stakeholders from five kebeles. The researcher utilized structured questionnaires, and interviews for data collection. Results revealed that khat consumption is widespread among youth and has complex effects on work culture. Different factors influencing youth to engage in khat chewing such as, the availability and affordability of khat, their living environment, local community norms and cultural acceptance and, low understanding on khat chewing effects. While khat temporarily boosts social interaction and energy levels, it ultimately reduces work efficiency, motivation, leading to dependency, financial mismanagement, wastage of working time, lack of working habits, and negative impacts on family relationships. And also lack of local government commitment, lack of legal measurement to reduce khat chewing. The findings underscore the need for targeted educational programs, stricter policies, and community interventions to reduce khat chewing, enhance productivity, and improve youth well-being in Shabe Sombo Woreda, Jimma Zone. Therefore the researcher initiated or motivated for this study in Shabe Sombo Woreda is, a place is where khat production and consumption common, most people are engaged in khat chewing starting from adult to youth and khat chewing become increase from time to time, especially become the youth day to day activities. Additionally the impact of khat chewing on youth work culture not gets attention by the researchers, local government bodies and policy makers.

Key words: effects, youth, work culture, economic productivity, khat chewing.

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TABLE OF CONTENT

DECLARATION	II
ACRONYMS.....	III
ABSTRACT.....	IV
Acknowledgments.....	V
CHAPTER ONE	1
1. INTRODUCTION	1
1.1 Back ground of the study	1
1.2. Statement of the problem	3
1.3. Basic Research Questions	5
1.4. General Objective	6
1.4.1. Specific Objectives.....	6
1.5. Scope of the Study	6
1.6. Limitations of the study	6
1.7. Significance of the Study.....	7
1.8. Organization of the Study	8
CHAPTER TWO	9
2. REVIEW LITERATURES	9
2.1. The socio_ economic impacts of khat consumption among Ethiopian youth.....	9
2.2. Empirical framework	10
2.3. Theoretical framework.....	10
2.4. Khat Consumption Habit, Time Management, and Work Culture	11
2.5. Production and Marketing of Khat in Ethiopia	11
2.6. Prevalence of Khat Chewing in Ethiopia.....	12
2.7. Causes for Khat Consumption among Youths	13
2.8. Khat Chewing Consequences.....	14
2.9.Khat Consumption Status in Ethiopia.....	16
3.Conceptual Framework.....	17

CHAPTER THREE	19
3. METHODOLOGY AND RESEARCH DESIGN	19
3.1. Description of the Study Area.....	19
3.2. The Research Design	21
3.3. Research Approach	21
3.4. Sources of Data	22
3.5. Sampling Techniques and Procedures	23
3.6. Methods and Instruments of Data Collection.....	25
3.7. Methods of Data Analysis.....	27
3.8. Ethical Considerations	27
CHAPTER FOUR.....	29
4.RESULT AND DISCUSSION	29
4.1.DATA ANALYSIS ,INTERPRETATION AND PRESENTATION.....	29
4.2. Demography of respondents	29
4.3. Data Analysis and Interpretation from Questionnaire Responses with integrating interview responses.	30
CHAPTER FIVE	45
5. CONCLUSION AND RECOMMENDATIONS.....	45
5.1. FINDINGS	45
5.2. Conclusion	46
5.3. Recommendation	47
REFERENCES	48
APPENDEXS	53

CHAPTER ONE

1. INTRODUCTION

1.1 Back ground of the study

Khat, a flowering plant native to East Africa and the Arabian Peninsula, contains psychoactive compounds such as cathinone and cathine, which produce stimulant effects when the leaves are chewed. The cultivation and consumption of khat have significant economic and social implications, both globally and nationally. Predominantly grown in Ethiopia, Kenya, Somalia, Yemen, and parts of Djibouti and Uganda, khat serves as a crucial economic activity, providing a significant source of income for many smallholder farmers while contributing to local economies through job creation and revenue generation (Mekonnen & Tadesse, 2020; Kebede, 2022). The global trade of khat, especially to diaspora communities in the Gulf States and Europe, further supports national export revenues and impacts various sectors of the economy (Fadhl, 2021). The economic ramifications of khat use are significant, particularly as youth populations engage more actively in the workforce. While some research suggests that khat may temporarily boost alertness and facilitate prolonged work hours (Cochrane et al., 2011), there are growing concerns about its potential to contribute to absenteeism and decreased motivation, ultimately impacting productivity (Befekadu, 2012). In work environments where khat consumption is normalized, there can be a paradoxical effect on productivity. On one hand, it may provide short-term enhancements in focus; on the other hand, excessive consumption can lead to cognitive impairments, reduced work quality, and health complications (Taha et al., 2020). This creates a complex relationship where cultural practices may inadvertently hinder long-term productivity and career development for young workers.

Despite its economic benefits, khat consumption has notable health and social impacts. Chewing khat can lead to health issues such as insomnia, high blood pressure, and dental problems; chronic use may also contribute to psychological dependence (Bashir et al., 2023). Socially, khat use can affect productivity and work culture, leading to reduced motivation, wasted working time, and poor financial management (Taye & Aune, 2021). While khat consumption is integrated into some social rituals, it can disrupt workplace dynamics and decision-making (Hassan et al., 2022). The varying legal status of khat across countries influences international trade and local economies, with governments implementing measures

to regulate its production and consumption to mitigate health risks while balancing economic impacts (Ghani & Ali, 2024).

Khat has long been integral to traditional social and cultural practices, particularly in Ethiopia, where it is the third-largest export crop, contributing 13.4% to the country's export earnings after coffee and oilseeds (Telake, 2007). The widespread practice of khat chewing has expanded across various demographic groups in recent decades, resulting in serious health and socio-economic consequences (Ashbury, 2005; Dawit et al., 2005). Despite its economic significance, khat's psychoactive compounds have led to widespread abuse and adverse social and health impacts, especially in East Africa (Aden et al., 2006; Bongard et al., 2011). The international community remains divided on khat's classification and regulation; while the World Health Organization (WHO) does not classify it as an addictive drug, some countries have imposed strict bans, whereas others, like the UK, have designated it as a controlled substance without stringent enforcement (Rawlins, 2005). The UK has become a major hub for khat importation and exportation, while in Ethiopia; the government's neutral stance on khat cultivation has facilitated its extensive growth and social impact (Telake, 2007; Andualem, 2002; Dechassa, 2001).

The pervasive use of khat in Ethiopia has influenced various aspects of life, including work culture and productivity. Khat chewing, deeply embedded in social practices, is often used to combat fatigue and enhances alertness. However, long-term use raises concerns regarding health and work efficiency. Chronic khat consumption is linked to cardiovascular issues, dental problems, and psychological disturbances, adversely affecting work performance and productivity (Getachew, 1996; Reginald, 1991). In professional settings, khat use may lead to disruptions, reduced motivation, and increased absenteeism—critical issues in rapidly developing regions where economic stability is essential. Given the multifaceted implications of khat consumption on youth work culture and productivity, a comprehensive study is essential. This research aims to address the gap the direct and indirect effects of khat chewing on work behaviours and attitudes, in shabe sombo woreda, Jimma zone, south west of Ethiopia, providing insights that are crucial for stakeholders such as policymakers, educators, and community leaders. Understanding these dynamics can lead to more effective interventions aimed at promoting healthier work environments and cultural practices among youth.

1.2. Statement of the problem

The increasing consumption of khat *among youth in various regions of Ethiopia, including Shabe Sombo Woreda in the Jimma Zone, presents a complex issue that requires investigation.* Khat chewing is influenced by both push and pulls factors. Push factors, such as high unemployment rates, economic hardship, and social alienation, drive youth to use khat as a coping mechanism (Abdeta et al., 2023). Pull factors, including cultural normalization, peer influence, and perceived social benefits, encourage its widespread use (Taye & Aune, 2022). This trend significantly impacts work productivity, with studies indicating that khat consumption is linked to reduced efficiency, and lower economic output (Mekonnen et al., 2022).khat use is embedded in local culture, where its stimulant effects enhance social interaction but simultaneously disrupt work culture by fostering reliance on the substance for motivation and alertness (Hassan et al., 2022). Understanding the relationship between khat use, work productivity, and the cultural dynamics surrounding its consumption is critical to addressing its adverse effects on youth and the broader socio-economic landscape.

Recent trends show a rise in khat use among Ethiopian youth, driven by cultural acceptance and economic incentives (Taye & Aune, 2021). The high market value of khat promotes its cultivation and consumption, which affects local economies and livelihoods (Fadhl, 2021). Ethiopia's role as a major exporter of khat further adds to national revenue, highlighting its economic significance (Ali & Mohammed, 2020). However, khat's stimulant properties also pose health risks. While short-term effects include heightened alertness, long-term use is linked to cardiovascular issues, dental problems, gastrointestinal discomfort, and mental health disorders such as anxiety, paranoia, and depression (Bashir et al., 2023; Getachew, 1996).

Socially, the normalization of khat use can lead to conflicts, and strained family relationships (Hassan et al., 2022). Its influence on work culture is significant, as it may temporarily boost productivity, but chronic use results in inconsistent performance, decreased motivation, and undermining work reliability (Nencini et al., 1986; Kalix & Braenden, 1985). Long-term khat use is associated with impaired cognitive function, negatively affecting jobs that require sustained attention and complex problem-solving (Amin et al., 2014; Yimer et al., 2014). Though khat may foster social cohesion in certain workplaces, it also erodes work ethics and productivity (Khatri et al., 2011).

Economic dependence on khat cultivation complicates efforts to mitigate its negative effects. Financial incentives tied to khat cultivation can overshadow other career aspirations, limiting professional growth and perpetuating dependency (Mekonnen et al., 2019). The Ethiopian government has introduced regulations to manage khat production and consumption, but their effectiveness remains inconsistent (Ghani & Ali, 2024). Public health campaigns aim to raise awareness of khat's risks, particularly for youth, but cultural acceptance and economic factors continue to challenge these efforts (Telake, 2007).

Research has shown that while khat may temporarily boost alertness and social interaction, long-term use leads to decreased work efficiency, and overall negative impacts on job performance (Wondimu & Deyessa, 2021; Abdurahman et al., 2019). Perceived mental consequences of khat use include headaches, dizziness, impaired cognitive function, tremors, insomnia, dependence, tolerance, and anxiety (Ali et al., 2021). Other studies have reported psychological impacts such as sleep disturbances, anxiety, depression, and sedation (Zewdie et al., 2022). For instance, 65% of users reported sleeping problems, 51% reported loss of appetite, and 44% felt a persistent urge to chew khat (Bekele et al., 2023).

The socio-economic impact of khat consumption is significant. Daily expenses on khat can detract from household income, affecting nutrition, home improvements, education, and leading to financial problems and family breakdowns (Gudata et al., 2019). Time spent buying and consuming khat impacts work hours and academic performance, resulting in absenteeism, unemployment, and poor academic outcomes (Yohannes et al., 2023). Additionally, khat use is linked to higher mortality rates due to chronic illnesses such as heart disease and stroke (Hassan et al., 2021). khat consumption significantly impacts household economies by inducing financial strain and influencing work and saving cultures (Gudata et al., 2019). This habit often leads to borrowing and indebtedness, illustrating the broader societal impacts of khat use. These issues are especially relevant in youth employment, where productivity and work culture are key to economic development. In countries khat producing and consuming, khat's impact is particularly pronounced. The region's reliance on khat for economic stability underscores the need for a balanced approach that considers both its cultural significance and adverse effects on health and productivity. Understanding the specific relationship between khat consumption, youth work culture, productivity, and well-being in this region is essential. A comprehensive strategy encompassing health education,

economic support, and culturally sensitive policies is required to address the multifaceted issues surrounding khat use (Mekonnen & Tadesse, 2020; Yusuf et al., 2022).

In Shabe Sombo Woreda, the cultivation of khat is a critical component of the local economy, providing substantial income for many households. However, khat chewing has many negative impacts in the society, which has been associated with reduced agricultural productivity and increased time spent on non-productive activities due to its depressive effects ,especially among the youth, influences behavior and productivity, making it important to assess its impact on local economic activities and youth employment opportunities .In the region,where khat chewing is prevalent, understanding its specific effects on local work culture and productivity is crucial for developing targeted interventions. Despite the negative effects of chewing khat on youth work culture and productivity there is only little community based study done in Ethiopia. Regarding the impacts of khat chewing most available researches are focused on Biomedical and University students. Therefore no previous study conducted in shabe sombo woreda on the effects of chewing khat on work culture and productivity. So ,this research seeks to address this gap by investigating the effects of khat chewing on youth work culture and productivity in case of shabe sombo woreda ,Jimma Zone and providing insights for policymakers and local stakeholders to develop effective strategies to mitigate the negative effects of khat while considering its potential benefits.

1.3. Basic Research Questions

To address the core issues of the study effectively, the following fundamental research questions were posed:

1. What are the pushing and pulling factors influencing youth to engage in khat chewing in Shabe Sombo Woreda, Jimma Zone?
2. How khat chewing affects the work culture and the economic productivity of youth in Shabe Sombo Woreda?
3. How aware are the youth in Shabe Sombo Woreda of the effects of khat chewing on their personal lives?
4. What strategies can be implemented to mitigate the adverse effects of khat chewing on youth work culture and productivity in Shabe Sombo Woreda?

1.4. General Objective

To investigate the impact of khat chewing on youth work culture and productivity in Shabe Sombo Woreda, Jimma Zone.

1.4.1. Specific Objectives

1. To identify the pushing and pulling factors that driving youth to engage in khat chewing in Shabe Sombo Woreda.
2. To assess how khat chewing affects youth work culture and productivity in shabe sombo woreda.
3. To show the level of awareness among youth regarding the effects of khat chewing on their personal lives.
4. To recommend strategies to mitigate the negative impact of khat chewing on youth work culture and productivity.

1.5. Scope of the Study

This study is deliberately delimited to ensure a focused and practical analysis of the impact of khat chewing on youth work culture and productivity. Geographically, the research is confined to Shabe Sombo Woreda in Jimma Zone, Oromia National Regional State. This specific area has been chosen to provide a detailed examination of the issue within a localized context, allowing for more relevant and applicable findings. The conceptual scope of the study is further refined to focus on male youth, analyzing how khat chewing affects their work culture and productivity. By concentrating on this particular demographic, the research aims to offer targeted insights into the effects of khat on their professional and personal lives. These delimitations are intended to ensure that the study remains manageable and provides in-depth understanding within the specified boundaries.

1.6. Limitations of the study

The researcher encountered several limitations that may affect its findings. Key constraints included lack of computer, lack of availability of required materials, methodological limitation, insufficient time, energy, and financial resources, which hindered the depth and breadth of the investigation. These limitations restricted the ability to collect extensive data and perform a more comprehensive analysis. Furthermore, challenges in obtaining accurate and relevant information from various informants posed significant obstacles, including

difficulties in accessing reliable data and securing cooperation from all potential sources. As a result, these constraints may impact the overall reliability and applicability of the research findings, potentially limiting the study's capacity to provide a thorough and nuanced understanding of how khat chewing influences youth work culture and productivity. In order to minimize this limitation on the research process and its findings, the researcher tried to read different related research and contact with advisor and co_ advisor to get professional and technical efforts.

1.7. Significance of the Study

This study holds considerable significance for multiple stakeholders in Shabe Sombo Woreda and beyond. Primarily, it offers valuable insights to the Shabe Sombo Woreda Youth and Sport Bureau by providing a detailed analysis of how khat chewing impacts youth work culture and productivity. This information is crucial for developing targeted interventions and policies aimed at addressing these issues.

Additionally, the study is vital for raising awareness among the youth and relevant organizations about the effects of khat addiction. Since much of the data were collected from young people, the findings can help enhance understanding and build capacity for effective awareness campaigns. The study's results will also serve as a resource for the chief administrators of the woreda, offering foundational information on the impact of khat and contributing to informed decision-making. To ensure accessibility, a copy of the study will be displayed in the town's public library, making it available to the broader community.

Furthermore, the research will provide a benchmark for future studies on the topic, serving as a reference for other researchers interested in exploring the effects of khat. Overall, the significance of this study lies in its potential to inform policy, improve work culture, enhance public health efforts, and contribute to a deeper understanding of khat's impact on youth productivity and work habits.

1.8. Organization of the Study

The research paper is structured into five distinct chapters, each addressing a critical aspect of the study. Chapter one serves as the introduction, outlining the background of the study, the statement of the problem, the objectives of the research, the scope, limitations, and the significance of the study. This chapter sets the foundation for understanding the purpose and importance of the research. Chapter Two reviews the related literature, providing a comprehensive overview of existing research and theoretical perspectives relevant to the study. This literature review contextualizes the research within the broader academic discourse.

Chapter Three is dedicated to the research methodology, detailing the methods and instruments used for data collection and analysis. This section explains how the research was conducted and the rationale behind the chosen approaches. Chapter four focuses on the analysis and presentation of data. It includes the examination of collected data, interpretation of findings, and presentation of results in relation to the research questions and objectives. The final Chapter Five presents the conclusion of the research, summarizing key findings, and offers recommendations based on the study's outcomes. This chapter aims to provide actionable insights and suggestions for future research and practical application.

CHAPTER TWO

2. REVIEW LITERATURES

2.1. The socio_ economic impacts of khat consumption among Ethiopian youth.

Khat(*Catha edulis*) is a perennial plant native to the Horn of Africa and the Arabian Peninsula, with its historical roots traced back to Ethiopia around the 13th century. The cultivation and use of khat have been predominant in Ethiopia, Yemen, and Kenya, and its use has been documented since the 15th century (Belwal & Teshome, 2005). Traditionally, the leaves and buds of khat are chewed socially in various communities across East Africa and the Arabian Peninsula. This practice has expanded globally, reaching the United States and Western Europe due to migration from Yemeni, Somali, and East African communities (Gebissa, 2010). The surge in khat production and consumption since the 1990s and early 2000s can be attributed to its high profitability compared to other crops. Smallholder farmers, who grow khat for sale, benefit from more stable and lucrative market prices. It has been reported that income from cultivating half a hectare of khat can be up to six times greater than Ethiopia's per capita income (Belwal & Teshome, 2005; Gebissa, 2010). In Ethiopia, khat use is widespread among various demographic groups. For instance, a study by Haile and Lakew (2011) found that 68.8% of khat users were rural residents, who were more likely to start using khat compared to urban dwellers. Additionally, research conducted at Jimma University indicated that 74.3% of khat chewers began their habit before attending university, often for study-related or social reasons (Jimma University Study, 2012).

Despite its economic importance, contributing 13.4% to Ethiopia's export earnings and providing substantial income for millions (Megersa et al., 2014), khat's psychoactive components, cathinone and cathine, pose significant health and social risks. The deep integration of khat chewing into Ethiopian socio-cultural practices has been linked to negative impacts on labor productivity and economic activities. Youth, particularly those aged 18-30, are heavily involved in khat use, which has been associated with reduced agricultural productivity and increased time spent on non-productive activities due to its depressive effects (Megersa et al., 2014). This widespread use among the youth underscores the need for addressing the socio-economic and cultural factors driving khat

2.2. Empirical framework

Khat consumption reveals a multifaceted interplay between socio-economic factors and health outcomes, particularly among youth. Studies consistently highlight that environmental influences, such as community norms and peer pressure, significantly contribute to the prevalence of khat chewing. For instance, research indicates that high unemployment rates often drive young individuals to seek escape through khat, reinforcing its status as a coping mechanism within marginalized communities (Khalid et al., 2018). Health implications are equally concerning, with findings showing a lack of awareness regarding the adverse effects of khat, including dependency and cognitive impairments (Mansour et al., 2020). Moreover, economic analyses demonstrate that khat consumption detracts from financial stability, as significant portions of income are diverted toward its purchase, exacerbating cycles of debt and hindering savings (Mansour & Al-Hamadi, 2019). Importantly, cultural acceptance of khat complicates efforts to address its use; many young individuals view it as socially sanctioned, making intervention challenging (Al-Qudah et al., 2021). Overall, the empirical literature underscores the urgent need for targeted educational initiatives and policy measures to mitigate khat's detrimental effects on youth productivity and well-being.

2.3. Theoretical framework

Khat consumption encompasses various frameworks that explain its prevalence and impact on society, particularly among youth. Social learning theory posits that behavior is acquired through observation and imitation, suggesting that young people may be influenced by peers and family members who engage in khat chewing (Bandura, 1977). This aligns with findings that highlight the role of social norms in normalizing khat use within communities, where it is often viewed as a rite of passage or a means of social bonding (Shama et al., 2020). Additionally, the strain theory articulates how socio-economic pressures, such as unemployment and poverty, can lead individuals to seek alternative coping mechanisms, including khat consumption, as a form of escapism (Merton, 1938). The health belief model further elucidates this issue by indicating that a lack of awareness regarding the health risks associated with khat may deter individuals from making informed choices, perpetuating its use despite potential consequences (Rosenstock, 1974). Collectively, these theoretical perspectives underscore the complex interplay between cultural acceptance, socio-economic factors, and individual behavior, highlighting the necessity for comprehensive intervention strategies to address khat-related challenges.

2.4. Khat Consumption Habit, Time Management, and Work Culture

Investigating the relationship between khat consumption habits and work culture involves evaluating its effects on work hours, productivity, and overall economic performance.

2.4.1. Impact on Work Culture

Khat consumption is associated with negative consequences for work culture and productivity. Evidence suggests that khat users often exhibit behaviors that detract from work performance. Taye and Aune (2022) found that khat consumption leads to lateness, frequent breaks, and decreased working capacity, resulting in lower wages compared to non-users. This reduction in work efficiency is largely attributable to the time dedicated to khat consumption and related activities.

2.4.2. Economic Consequences:

The economic ramifications of khat use are substantial. Taye and Aune (2022) noted that khat users allocate a significant portion of their income to purchasing khat, diverting funds from essential goods and services. This financial strain not only affects individual household budgets but also has broader economic implications. The reduced working hours associated with khat consumption can lead to job loss or decreased employment stability, ultimately jeopardizing household financial security.

2.4.3. Broader Economic Implications:

The cumulative effect of khat consumption on individual work habits and economic stability extends to the wider economy. The reduction in work efficiency and income among khat consumers contributes to diminished overall productivity. While more research is needed to determine the specific turnover rates between khat consumers and non-consumers, the evidence suggests that widespread khat use could adversely impact national productivity levels, thereby affecting families and communities (Taye & Aune, 2022).

2.5. Production and Marketing of Khat in Ethiopia

The production of khat (*Catha edulis*) in Ethiopia has seen a significant increase over time, driven by a combination of economic and agricultural factors. Feyisa and Aune (2021)

highlight that key reasons for the rising production include the crop's economic value, favorable market opportunities, and stable or increasing prices, contrasted with the decreasing productivity of traditional crops. Historically, during the 1980s, Ethiopian farmers faced challenges such as a lack of oxen for plowing, soil erosion, weed infestation, and pest and disease prevalence. These issues, coupled with fluctuating coffee prices, motivated farmers to transition from food crops to khat cultivation.

The price stability and increasing demand for khat, both locally and regionally, have further incentivized its production. Unlike coffee and other crops, khat's price has either remained steady or increased, making it a more reliable source of income for farmers (Feyisa & Aune, 2021). Additionally, khat offers several advantages: it can be cultivated year-round, thrives in various soil types, including terraced hillsides and marginal lands, and is resistant to pests. The crop requires minimal inputs and provides secondary benefits such as wood for fuel, construction materials, and medicinal uses (Feyisa & Aune, 2021; Yonas, 2022). This multifaceted utility underscores khat's growing appeal and its role in Ethiopian agriculture and economy.

2.6. Prevalence of Khat Chewing in Ethiopia

The prevalence of khat chewing in Ethiopia varies considerably based on demographic factors and geographic regions. According to a comprehensive survey involving 30,625 adults aged 15 to 59 years, 15.3% of the population reported chewing khat in the 30 days preceding the survey (Feyisa & Aune, 2021). Gender differences are evident, with a higher prevalence among men (22.6%) compared to women (9.1%). This gender disparity reflects broader cultural and social norms influencing khat use (Feyisa & Aune, 2021).

Geographical factors also play a significant role in khat consumption patterns. The survey highlights that khat chewing is more prevalent in rural areas (16.6%) compared to urban settings (11.2%) (Feyisa & Aune, 2021). This difference is likely due to the traditional practices prevalent in rural communities and the easier availability of khat in these areas. Regional differences further illustrate the variability in khat use across Ethiopia. The Harari Regional State reports the highest prevalence, with 53.2% of the population engaging in khat chewing, followed by Dire Dawa at 44.9%. Oromia and the Somali Regional State also have significant khat use rates, at 26.4% and 26.0%, respectively. In contrast, Tigray has the lowest prevalence at 1.1% (Haile & Lakew, 2022).

2.7. Causes for Khat Consumption among Youths

2.7.1. Social Causes

Qualitative research conducted within the Somali community indicates that khat consumption is closely linked with social integration. Participants revealed that khat chewing is a significant social activity, making it challenging to interact with individuals who do not partake in this practice. As one focal group member noted, "it is impossible to chew khat and at the same time to mix and interact with other Somalis who do not chew, even those from your own village let alone to interact with non-Somalis" (Saddichha et al., 2021). The isolation resulting from altered sleep-wake cycles and the specific environments where khat is consumed contribute to poor social engagement (Saddichha et al., 2021). In Jimma Zone, research by Megersa et al. (2022) found that 78.2% of respondents view khat chewing as a vital part of social and cultural activities, including ceremonies like weddings, and that 85.2% prefer to chew in groups rather than alone (Megersa et al., 2022). Furthermore, the presence of family and friends who use khat also significantly influences youth to start chewing, with a study in Sidama Zone highlighting the role of familial and peer influences, alongside other behaviors such as smoking and drinking, in increasing the likelihood of khat use among high school students (Kimiko, 2017).

2.7.2. Academic and Other Causes

Several studies have explored the reasons youths, particularly students, engage in frequent khat consumption. Common motivations include academic purposes, enhancing energy levels, boosting self-esteem, and improving confidence. According to Dersso and Dagne (2020), peer pressure, academic stress, and the desire for stress reduction are significant factors driving khat use among youths. Khat's stimulant effects are reported to increase energy and alertness, enhance self-esteem, and improve communicative and imaginative abilities (Derso & Dagne, 2020). A cross-sectional study at Jimma University in 2008 revealed that 46.3% of students chewed khat to focus and concentrate on their studies (Girma et al., 2020). Additionally, Gerfu (2019) found that many chewers start using khat for mild euphoria and excitement, akin to the effects of strong coffee, which enhances mood, energy, and work performance (Gerfu, 2019). Kalix (2021) also noted that youths use khat to increase energy and elevate mood, aiming to improve their work efficiency (Kalix, 2021).

2.8.3.Unemployment

Unemployment is a critical factor contributing to khat consumption among Ethiopian youths. A study conducted in Jimma City with 1,200 participants found that 21.0% of khat chewers were unemployed (Saddichha et al., 2021). Unemployment also correlates with negative social impacts such as family breakdown and poor social integration (Saddichha et al., 2021). Sebsibie (2022) identified unemployment as a key cause of drug addiction among youths, along with academic failure, family conflicts, and peer pressure. Furthermore, Megersa et al. (2022) observed that the significant amount of time spent on khat chewing, with 84% of youths dedicating substantial hours daily, leads to decreased economic productivity, malnutrition, and financial diversion, contributing to higher unemployment rates and impacting national economic productivity (Megersa et al., 2022). In a broader context, Kimiko de Freytas-Tamura (2017) highlighted that in Ethiopia, where khat is legal and a major revenue source, its widespread use among underemployed youth poses a risk to the country's economic development goals. Similarly, a study in Garowe, Somalia, found that idleness and unemployment were significant factors driving khat use among youth, with 64.45% of respondents acknowledging these as major reasons (Kimiko, 2017). The National Census of Kenya also reported high khat consumption rates among the unemployed or underemployed, with 31.3% of the population being unemployed and 32.3% economically inactive (Kenya National Bureau of Statistics, 2021).

2.8. Khat Chewing Consequences

2.8.1. Socio-economic Consequences

Attitudes towards khat use vary widely, with some users aware of its adverse effects yet continuing to consume it, while others remain unaware of its negative impact. A study by Habtamu (2022) highlighted these differing attitudes by presenting contrasting views from khat users. One respondent from Addis Ababa, who had chewed khat for twenty-two years, expressed a positive view, claiming khat fosters peace, tolerance, and social bonds, and argued that its effects are benign when used responsibly and not combined with other substances (Habtamu, 2022). Conversely, another respondent, who had chewed khat for eight years, stressed the importance of channeling the energy gained from khat use constructively (Habtamu, 2022). However, Gebissa (2021) critiqued this perspective, noting that while traditional khat use may be culturally accepted, issues arise when khat is combined with other addictive substances. Gebissa emphasized that contemporary khat use, particularly when

paired with alcohol, poses significant problems (Gebissa, 2021). Economically, khat consumption incurs substantial costs. Megersa et al. (2023) reported that male khat chewers spent approximately \$1.50 per day on one bundle of khat, while female chewers spent \$0.75 on half a bundle, totaling annual costs of \$270 and \$78, respectively. This financial burden diverts funds from potentially more beneficial uses (Megersa et al., 2023). Similar concerns are noted in Yemen, where regular khat users spend significant amounts of money, impacting family budgets (Ambye, 2020).

2.8.2.Age-relatedConsequences

Khat consumption among youths, particularly those aged 18-30, negatively affects labor productivity. Megersa et al. (2023) found that 84% of young khat chewers spent an average of 6.1 hours daily chewing khat, resulting in reduced time allocated to agricultural activities and increased vulnerability to risky behaviors like alcohol use, cigarette smoking, and exposure to HIV/AIDS (Megersa et al., 2023). This age group, considered productive, experiences adverse socio-economic outcomes due to their khat use, including decreased productivity and engagement in risky behaviors.

2.8.3. Academic Consequences

The impact of khat on academic performance among students has been a topic of concern. A study by Tadesse et al. (2021) revealed that 24% of university students had chewed khat, with 12% reporting use during the academic year. At Jimma University, khat use varied significantly across different student categories, with 35% of students engaging in khat chewing (Tadesse et al., 2021). Additionally, studies have shown that students use khat to enhance focus and energy for studying, despite evidence indicating that khat consumption is associated with poor academic performance (Kassa et al., 2022). Abdeta et al. (2023) identified withdrawal symptoms such as depression and craving, and factors like male gender and substance use, as significantly associated with poor academic outcomes. These findings underscore the negative impact of khat on students' academic performance (Abdeta et al., 2023).

2.8..4. Health Consequences

Khat chewing, despite being legally tolerated in some regions, poses several health risks. Regular khat use is associated with problematic behaviors such as smoking, alcohol consumption, and excessive caffeine intake, which exacerbate health issues (Hoffman et al., 2022). Khat's stimulant effects can lead to cognitive deficits, impaired executive function, and attention issues. Health consequences include decreased appetite, elevated blood pressure, and increased heart rate (Hoffman et al., 2022). These adverse effects highlight the need for greater awareness and intervention regarding khat's impact on health.

2.9.Khat Consumption Status in Ethiopia

Khat is widely consumed in Ethiopia and is believed to have originated there. Its use is prevalent across the country, particularly among the youth. According to the Ethiopia Demographic and Health Survey (EDHS) 2011, the prevalence of khat use among the general population was 27.3% for men and 11.0% for women aged 15–49 years (EDHS, 2011). Studies focusing on adolescents show that khat use among out-of-school adolescents was 23.0%, whereas among in-school adolescents it was 7.5% (Tadesse et al., 2020). In Butajira, Ethiopia, the prevalence of khat chewing among adults was found to be 50% (Taye et al., 2022). Among college students in North West Ethiopia, the prevalence was reported to be 17.5% (Yohannes et al., 2023). Similarly, a study in Bahir Dar town found that 19.6% of college students chewed khat (Girma et al., 2022). In Jimma town, the prevalence was 30.6% (Desta et al., 2021).

The central stimulant effects of khat are attributed to its psychoactive component, cathinone, which is similar to amphetamine. Khat chewing is prevalent for social, psychological, and religious reasons (Hassan et al., 2021). Studies have shown that khat is used to elevate mood, increase confidence, alertness, and cognitive abilities (Mohammed et al., 2020). Perceived mental consequences of khat use include headaches, dizziness, impaired cognitive function, tremors, insomnia, dependence, tolerance, and anxiety (Ali et al., 2021). Other studies have reported psychological impacts such as sleep disturbances, anxiety, depression, and sedation (Zewdie et al., 2022). For instance, 65% of users reported sleeping problems, 51% reported loss of appetite, and 44% felt a persistent urge to chew khat (Bekele et al., 2023).

The socio-economic impact of khat consumption is significant. Daily expenses on khat can detract from household income, affecting nutrition, home improvements, education, and leading to financial problems and family breakdowns (Gudata et al., 2019). Time spent buying and consuming khat impacts work hours and academic performance, resulting in absenteeism, unemployment, and poor academic outcomes (Yohannes et al., 2023). Additionally, khat use is linked to higher mortality rates due to chronic illnesses such as heart disease and stroke (Hassan et al., 2021). Gudata et al. (2019) found that khat consumption significantly impacts household economies by inducing financial strain and influencing work and saving cultures. This habit often leads to borrowing and indebtedness, illustrating the broader societal impacts of khat use.

Ezekiel (2022) describes khat culture as involving social gatherings where users relax in private spaces, reflecting on social issues while under the influence. The complexity of khat use necessitates a nuanced approach in addressing its impacts. Policymakers face challenges in formulating effective regulations due to the ambiguous legal status of khat, which falls between legality and illegality (Cochrane & Girma, 2023). This state of "quasilegality" reflects the difficulty in balancing political, economic, social, and cultural factors related to khat consumption (Cochrane & Girma, 2023).

3. Conceptual Framework

The adverse effects of khat use can be understood through a framework that categorizes impacts into psychological, social, health, and economic domains. This framework aims to explore various dimensions of khat consumption, including usage patterns, socio-demographic factors, and the influence of policy and service availability.

3.1. Patterns of Khat Use

Understanding the patterns of khat use—such as excessive consumption, increased frequency, and the reasons behind use (e.g., social interaction or self-medication)—is essential for grasping its adverse effects. Research indicates that higher levels and more frequent use are correlated with severe negative outcomes. For instance, excessive khat consumption has been linked to significant health problems and social issues (Mekonnen et al., 2022). Moreover, combining khat with alcohol intensifies its detrimental effects, resulting in impaired cognitive function and a heightened risk of addiction (Ahmed et al., 2021).

3.2. Socio-Demographic Factors

Socio-demographic elements, such as gender and age at first use, influence the likelihood of developing khat addiction. Studies demonstrate that males are more prone to engage in and develop dependence on khat compared to females (Mohammed et al., 2020). Additionally, early initiation of khat use, particularly during adolescence, serves as a significant predictor of subsequent problematic use and addiction (Abdeta et al., 2023). Recognizing these factors is crucial for tailoring effective prevention and intervention strategies.

3.3. Policy and Service Availability

The presence of effective policies and support services plays a critical role in mitigating the negative impacts of khat use. Policies that restrict access to khat or offer addiction treatment support can help alleviate adverse effects. For instance, countries with stringent regulations and comprehensive support services report lower levels of problematic use and better management of addiction (Cochrane & Girma, 2023). Thus, effective policy implementation and service provision are vital for addressing the multifaceted impacts of khat consumption.

CHAPTER THREE

3. METHODOLOGY AND RESEARCH DESIGN

3.1. Description of the Study Area

Shabe Sombo Woreda is located in the Jimma Zone of the Oromia Regional State in Ethiopia. It borders the Southwest Regional State to the south and encompasses a total area of 755.43 km², representing 3.8% of the Jimma Zone's total area (Jimma Zone Administration, 2023). The woreda is administratively divided into 20 kebeles and two town administrations, with an estimated total population of 112,267, of which approximately 25% are youth (Central Statistical Agency of Ethiopia, 2022).

The woreda is notable for its Belete Cheka (Belete Forest), and is well-regarded for its coffee and khat production. The Jimma-Mizan asphalt road crosses the woreda, facilitating transport and trade (Jimma Zone Infrastructure Office, 2023). In terms of educational and health infrastructure, Shabe Sombo Woreda houses three high schools, four health stations, and various other public institutions (Education Bureau, Oromia Region, 2023).

Shabe Sombo Woreda experiences a tropical highland climate, which is typical of the southwestern highlands of Ethiopia. Average temperatures range between 15°C and 25°C (59°F to 77°F) (National Meteorological Agency of Ethiopia, 2023). The fertile highland soils and favorable climate support diverse agricultural activities. Key crops cultivated include maize, teff, beans, and barley. Khat (*Catha edulis*) and coffee are particularly significant cash crops, with khat being highly valued for its market demand.

Agriculture is the main economic activity in the woreda, with crop farming and livestock raising being predominant. Livestock such as cattle, goats, sheep, and poultry are important for both subsistence and market purposes (Agricultural Office, Shabe Sombo Woreda, 2023). Despite the rich agricultural resources, the woreda faces infrastructural challenges, particularly in rural kebeles.

The cultivation of khat is a critical component of the local economy, providing substantial income for many households. Coffee production also supports the local economy significantly due to the region's favorable conditions for coffee cultivation. However, khat chewing, especially among the youth, influences behavior and productivity, making it

important to assess its impact on local economic activities and youth employment opportunities (Economic Development Department, Jimma Zone, 2023).

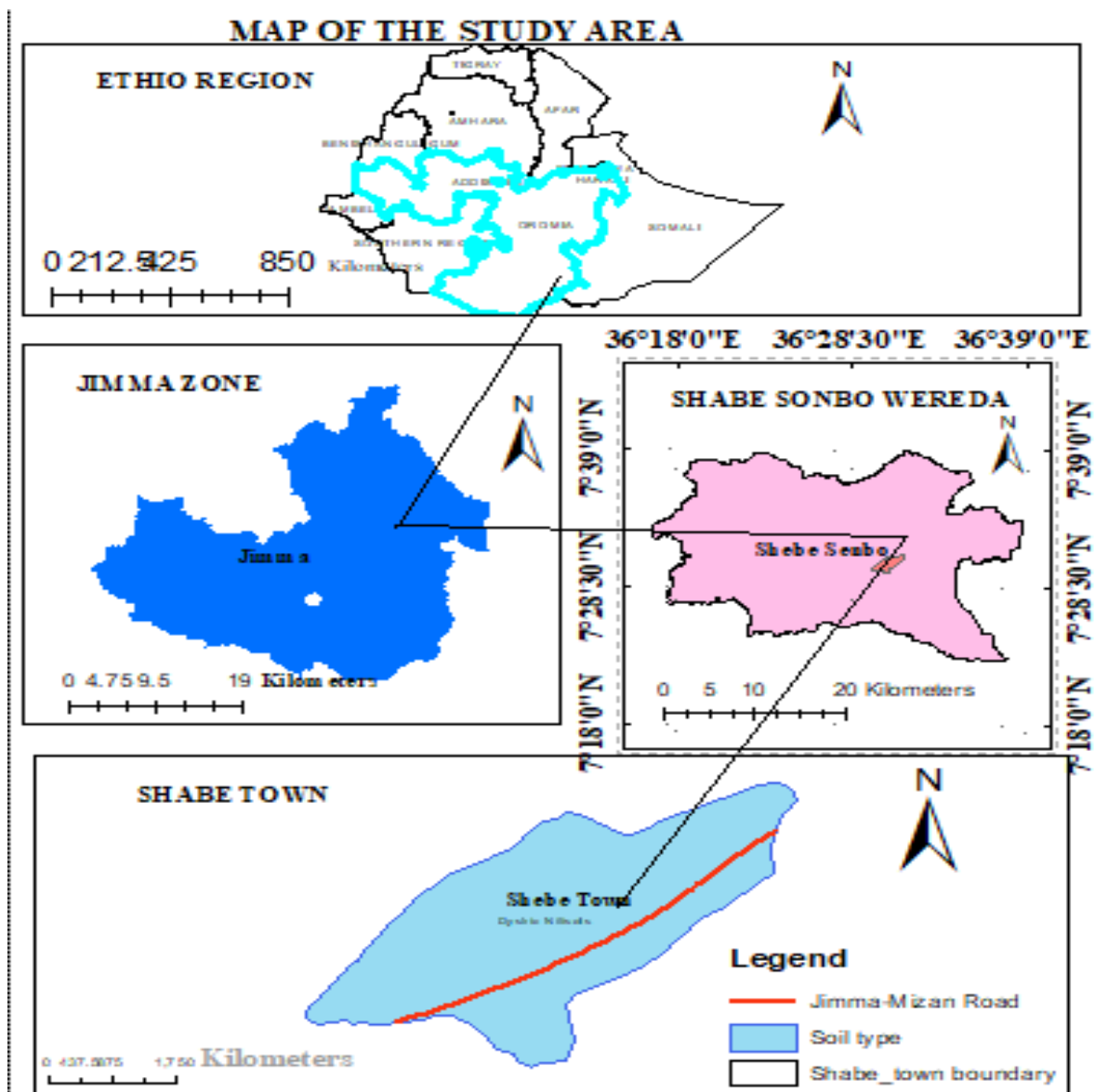


Figure: 1 Map of study area.

3.2. The Research Design

For this research, a descriptive research design was employed to provide a detailed account of the phenomenon without manipulating variables. This approach is particularly suited for studying the effects of khat on work culture and productivity. It allows for an understanding of how widespread khat use is among youth and provides insights into its prevalence. Additionally, it facilitates the observation and documentation of the characteristics of work culture among youth who chew khat. By measuring and describing any associated changes in productivity and work output, this design effectively captures the current practices and trends related to khat use. Through detailed documentation and analysis, a descriptive research design offers an in-depth understanding of how khat chewing impacts work culture and productivity among youth.

3.3. Research Approach

For the study on the effects of chewing khat on youth work culture and productivity, the researcher employed both quantitative and qualitative approaches to gain a comprehensive understanding of the phenomenon. The study applied a survey method by selecting youth, through sampling, with the objectives of making inferences about the study population.

Quantitative Approach: This method utilized structured tools to collect numerical data from a large number of participants. It focused on gathering information about khat use patterns, perceived effects on productivity, and general work culture among youth. By employing surveys and other quantitative instruments, the research aimed to capture broad trends and measurable impacts.

Qualitative Approach: In contrast, the qualitative approach provided non-numerical insights into concepts, thoughts, and experiences related to khat use. This approach was crucial for understanding deeper meanings, attitudes, and motivations. Through detailed interviews, respondents were able to express their personal experiences and perceptions in their own words. This method offered a richer understanding of the contextual impact of khat on work culture and productivity.

By combining both approaches, the study integrated numerical data with in-depth qualitative insights. This combination allowed for a more nuanced analysis of how khat chewing influences youth work culture and productivity. The quantitative data from surveys provided a broad overview, while the qualitative insights from interviews added depth and context.

Overall, this mixed-methods design was instrumental in building a comprehensive picture of the effects of khat chewing. The descriptive research method, which focuses on describing existing conditions and phenomena in their natural settings, was employed to detail the impact of khat chewing on youth work culture and productivity. This approach is well-suited for capturing and analyzing the complex interplay between khat use and its effects on work-related outcomes.

3.4. Sources of Data

The study on the effects of chewing khat on youth productivity utilized both primary and secondary sources of data to ensure a comprehensive understanding of the issue.

Primary Sources of Data: The primary sources of data for this study were youths aged 15 to 30 years. This demographic was chosen because they are directly impacted by khat consumption and their experiences and perceptions are crucial for understanding the phenomenon. Data collection from these individuals involved gathering firsthand accounts of how khat use affects their work culture, productivity, and overall work experience. Methods such as surveys, interviews were employed to collect detailed information. These methods allowed participants to share their personal insights and experiences regarding the influence of khat on their daily work routines and productivity levels. Their perspectives are invaluable for capturing the nuanced effects of khat consumption, including any changes in work performance, motivation, and engagement in their tasks.

Secondary Sources of Data: Secondary data was also used to supplement the primary data and provide a broader context for the study. This included published documents and records available within Shabe Sombo Woreda. These sources included:

Reports and Publications: Documents from local government offices, such as the Kebele Administration and Youth and Sports Bureau, which may contain statistical data, policy documents, and reports related to youth productivity and substance use.

Academic and Research Publications: Previous studies and academic articles that provide background information on khat consumption and its effects on productivity, both in Ethiopia and in other regions.

Government and Institutional Records: Data and reports from regional and local authorities that discuss economic activities, youth employment trends, and the role of khat in the local economy.

By combining data from these primary and secondary sources, the study aimed to build a comprehensive picture of how khat chewing affects youth productivity. Primary data provided direct insights from those most affected, while secondary data offered context and background that helped in interpreting the primary findings.

3.5. Sampling Techniques and Procedures

The population of this study consists of all youths in Shabe Sombo Woreda. The sampling was conducted in five kebeles, with each kebele having an estimated youth population of 1,250. Thus, the total estimated youth population across the five kebeles amounts to 6,250. From this population, a sample of 98 youths, along with five kebele administrators and three workers from the sports and youth bureau, was selected, resulting in a total sample size of 106 individuals.

A cluster sampling method was utilized to identify the kebeles in Shabe Sombo Woreda, using maps from the Woreda Land Administration Bureau. The kebeles were divided into five clusters based on transportation, infrastructure, and settlement patterns, and letters were assigned to each cluster. Following this classification, a simple random sampling method was employed to select clusters from which kebele data would be collected. The selection process continued until the required sample size was achieved, leading to the inclusion of five kebeles from five clusters in the study area.

Shabe Sombo Woreda has an estimated total population of approximately 112,267 residents, which informed the determination of the sample size and selection methods used in this study. Sample size determination involved selecting different sample sizes for quantitative and qualitative data collection to meet the research objectives. For the quantitative survey, a sample of 98 youths aged 15-30 years was chosen to ensure statistical significance and

manageability, providing a representative view of the youth population in Shabe Sombo Woreda. For qualitative insights, the study included 12 youths participating in questionnaires and 8 stakeholders for in-depth interviews to gather detailed personal perspectives.

The sampling techniques employed comprised two primary methods: probability sampling, using simple random sampling, and non-probability sampling, through purposive selection of stakeholders. Simple random sampling was implemented to guarantee that every youth in the selected kebeles had an equal chance of being included in the sample. This approach minimizes selection bias and enhances the representativeness of the sample. Specifically, youths were randomly selected from a comprehensive list of all eligible individuals in the chosen kebeles, ensuring that the sample accurately reflected the broader population.

The selection of kebeles was based on varying levels of khat cultivation and consumption to capture a diverse range of experiences and perspectives within the woreda. The selected kebeles included Dirre Guddina, Yanga, Kishe, Halo Godante, and Sombo. This selection process aimed to ensure diversity in the sample and provide a comprehensive understanding of khat use across different contexts within Shabe Sombo Woreda.

The sampling procedure began with selecting the kebeles through cluster sampling and simple random sampling from a complete list of kebeles in Shabe Sombo Woreda. This method ensured that each kebele had an equal chance of being chosen, thereby promoting a representative sample that accurately reflects the diversity of experiences related to khat use in the region.

Determining Sample Size for Each Kebele: Each kebele has an estimated population of 1,250 individuals, with youths constituting approximately 25% of the population. To determine the sample size for the study area, the researcher utilized Slovin's formula:

$$n = \frac{N}{1 + Ne^2} \quad n = \frac{1250}{1 + 1250(0.1)^2}$$

Where n is the sample size, N is the total population, and e is the margin of error. Accordingly:

$$\begin{aligned} n &= \frac{1250}{1 + 1250(0.1)^2} = \frac{1250}{1 + 1250(0.01)} = \frac{1250}{13} \approx 96.15 \\ n &= \frac{1250}{13} \approx 96 \end{aligned}$$

Finally, using proportional allocation, the researcher decided to sample youths from the selected kebeles. The youth were drawn for data collection using the simple random sampling method. In addition to surveying youths, 20 key informants were purposefully selected from those who regularly consume khat and from stakeholders. The qualitative data collected during this process provided additional insights, revealing a more contextualized picture of the negative effects of khat chewing on youth productivity.

The sampling kebeles and the sample youths from the five kebeles are listed in the table below.

Table 1:

Number	Sample Kebeles	Total Population	Sample Youth	Sampling Method
1	Dirre Guddina	1,250	20	Simple random sampling
2	Yanga	1,250	20	Simple random sampling
3	Kishe	1,250	20	Simple random sampling
4	Halo Godante	1,250	20	Simple random sampling
5	Sombo	1,250	18	Simple random sampling

The total population of each kebele is proportionally 5,000, with youth expected to make up 25%. Therefore, the researcher determined the youth: sample size from the five selected kebeles using probability sampling methods. In summary, the total sample size for this study comprises 98 youths and 8 stakeholders, amounting to 106 respondents. The choice of Shabe Sombo Woreda, over other woredas in Jimma Zone, was made to facilitate closer investigation of the problem while minimizing costs, as the researcher is familiar with the study area.

3.6. Methods and Instruments of Data Collection

The following data instruments were used in this study. A structured self-administered questions and interview guide was used for data collection. As the researcher moved from kebele to kebele, it offered a good opportunity to observe the environment where production, marketing and consumption of khat by youth. A checklist of who and what to observe was prepared to make the observation consistent throughout all data collection.

Lastly, key informant interviews were also conducted. The interviews mainly focused on the youth who chew khat out of workplace and stakeholders who play a role to manage the youth like, kebele administrative, and youth and sport bureau workers in order to get a better understanding on the effects of khat from different perspectives.

In this descriptive research on the effects of khat chewing on youth productivity, a combination of surveys, questionnaires, and interviews was employed to gather comprehensive and detailed information.

Surveys and questionnaires were designed to collect quantitative data from a broad sample of 98 youth selected through simple random sampling from five kebeles. These instruments aimed to capture a wide range of data, including the frequency and patterns of khat use self-reported changes in work habits and productivity, and perceptions of how khat use impacts work performance and overall work culture. The surveys included closed-ended questions to gather numerical data and qualitative insights, and were administered either in person or digitally to accommodate participants' preferences and accessibility.

Interviews provided a complementary qualitative approach to gain deeper insights into the personal experiences and impacts of khat use on work life. Semi-structured interviews were conducted with 12 youth who chew khat and 8 stakeholders (from kebele administratives and sport and youth bureau), allowing for flexibility and depth in exploring individual attitudes, perceived effects on productivity, and work culture. The interviews were guided by a prepared interview guide but remained adaptable to uncover richer details through participants' personal anecdotes. Recorded with participants' consent, these interviews were transcribed and analyzed thematically to identify recurring patterns and themes. By integrating both quantitative and qualitative methods, the research aimed to offer a nuanced understanding of how khat chewing affects youth productivity and work culture, balancing broad statistical trends with in-depth personal experiences.

3.7. Methods of Data Analysis

In this descriptive research study, the data analysis aimed to provide an overview of patterns and trends regarding the effects of khat chewing on youth productivity.

Quantitative Data Analysis: The quantitative data from the questionnaires were analyzed using descriptive statistics, which included calculating frequency distributions to summarize responses related to khat use patterns, work habits, and perceived changes in productivity. Descriptive tables and figures were created to visually represent these distributions, facilitating the identification of overall trends and patterns. This analysis provided a broad understanding of the extent of khat use among youth and its associations with work-related outcomes.

Qualitative Data Analysis: The qualitative data from interviews with 20 key informants, including youths who chew khat and stakeholders, were analyzed thematically. Transcriptions of the interviews were coded to identify recurring themes related to personal experiences with khat and its perceived effects on work performance. This thematic analysis helped group and examine responses to understand how khat use influences work culture and productivity. Additionally, narrative analysis provided detailed accounts of individual stories, enriching the quantitative findings with qualitative insights.

The integration of both data types was achieved through comparative analysis and triangulation, enhancing the reliability of the results. The data were meticulously organized, labeled, and interpreted to address the study's objectives, ultimately offering a comprehensive view of khat use among youth and its effects on productivity.

3.8. Ethical Considerations

Throughout the research process, several ethical considerations were carefully addressed to ensure the integrity and respect for participants. Prior to data collection, permission was sought from relevant departments and authorities to conduct the research, ensuring compliance with institutional and regulatory standards. The research instruments, including questionnaires and interview formats, were reviewed and approved by the research advisor to confirm their appropriateness and adherence to ethical guidelines. This step was crucial in maintaining the scientific rigor and ethical integrity of the study.

During data collection, stringent measures were implemented to protect participants' privacy and maintain confidentiality. Interviews were conducted in private settings to ensure that participants felt secure and comfortable while sharing their experiences. The anonymity of respondents was preserved by omitting their names and personal identifiers from the questionnaires and other data collection forms. These measures were designed to safeguard participants' personal information and encourage honest and open responses, thereby upholding the ethical standards of the research and ensuring that participants' rights and privacy were respected throughout the study.

CHAPTER FOUR

4.RESULT AND DISCUSSION

4.1.DATA ANALYSIS ,INTERPRETATION AND PRESENTATION

In this chapter, data collected from both primary and secondary sources through questionnaires and interviews is presented, analyzed, and interpreted in relation to the research questions and objectives. The primary data were gathered from 98 youth respondents, selected to provide insights into the impact of khat chewing on their productivity and work culture. Additionally, information was obtained from 20 key informants such as, youths chewing khat regularly without work place, kebele administrative and sport and youth bureau workers to supplement and contextualize the findings. The integration of both quantitative and qualitative data allowed for a comprehensive analysis of how khat chewing affects youth productivity and work culture. The results were interpreted to address the research questions and objectives, providing a detailed picture of the impact of khat use on work habits and overall productivity among the youth in Shabe Sombo Woreda.

4.2. Demography of respondents

Table 2

No	Items	Responses	No of responses	%of responses
1	Sex	Male	106	100
		Female	—	—
2	Age	15_18	15	14.15
		19_25	40	37.7
		26_30	43	40.6
3	Educational status	5_8	15	14.15
		10 completed	50	47.2
		12 completed	38	35.8
		Degree	3	2.8
4	Occupation	Students	15	14.15
		Farmers	40	37.7
		Employed	3	2.8
		Unemployed	48	45.3

Source: own survey 2024

As indicated in table 2 ,106(100%) of the respondents are male.This shows that males are more vulnerable by the impact of khat chewing.A notable 43(40.6%) respondents are

between 26_30 age. This shows that the most productive section of population vulnerable to khat addiction, this leads to low production and low work culture. A majority of respondents 50(47.2%) education status are ten completed. This shows that most of the respondents are unemployed, this leads the youth to engage in khat chewing because, in order to pass the time they chewing khat. Additionally 48(45.3%) of the respondents are unemployed. This shows that how unemployment drive's the youth towards khat consumption.

4.3. Data Analysis and Interpretation from Questionnaire Responses with integrating interview responses.

The analysis of the questionnaires distributed to the youth and interview responses focuses on understanding the factors that influence their engagement in khat chewing. The responses provide insights into various motivators and contextual influences. The following table summarizes the key findings from the questionnaire and interview data:

4.3.1. Pushing and pulling Factors of Youth Engagement in Khat Chewing

This section investigates the various factors that influence youth engagement in khat chewing, focusing on both push and pull elements. Through a structured questionnaire, we gathered insights from respondents regarding environmental, social, and economic influences. The data presented in Table 2 highlights the complex interplay of factors such as unemployment, peer pressure, family background, and socio-demographic elements that drive youth towards khat consumption. Understanding these dynamics is crucial for developing targeted interventions to address the challenges associated with khat use among young people.

Table 2:

N	Items	Alternative Responses	No Of Respondents	% Of Responses
1	Do you think the environment they live in pushes the youth to engage in chewing khat?	yes	73	74.5
		no	23	23.5
2	Do you agree loss of job or unemployment pushes the youth to engage in chewing khat?	yes	85	87
		no	13	13.3
3	Do you think other related factors like friend pressure and family back ground pushes the	yes	50	51
		no	48	48.9

	youth to engage in?			
4	Do you think chewing khat reinforce for the development of other habits?	yes	58	59.1
		no	40	40.8
5	Do you think socio-demographic factors associated with chewing khat?	yes	70	70.1
		no	28	28.6
6	Do you think family awareness towards khat chewing drive the youth to khat consumption?	yes	63	64.3
		no	35	35.7
7	Do you think educational level associated with khat chewing?	yes	50	51
		no	48	48.9

Source: own survey 2024

The analysis of factors influencing youth engagement in khat chewing reveals several significant insights. A substantial 74.5% of respondents indicated that their living environment encourages khat chewing, highlighting the role of immediate surroundings in motivating this behaviour. This finding aligns with qualitative insights, where local community norms and cultural acceptance were emphasized as key drivers of consumption. A notable 87.0% of respondents believe unemployment is a major factor, suggesting that economic instability plays a critical role in this practice, with many youths potentially relying on their families and seeking ways to pass the time. Qualitative data supports this, with one youth sharing that limited job opportunities lead young people to chew khat as an escape from frustrations. Additionally, 51.0% of respondents perceived peer pressure and family background as influencing factors, reinforcing the significance of social dynamics. Regarding awareness, 65.3% reported a low understanding of khat's effects, indicating a pressing need for education on health risks, further supported by qualitative findings that over 90% engage in khat use at varying levels. The availability and affordability of khat also drive consumption; one kebele administrator noted that its widespread accessibility in Shabe Sombo Woreda makes it a convenient stimulant for youth. Qualitative insights reveal that many use khat as a coping mechanism for stress and anxiety, providing temporary relief from personal challenges, particularly aimed limited employment opportunities. To address this issue, interventions should focus on increasing awareness of health risks, developing culturally sensitive programs that respect traditional practices, and establishing support systems for youth facing stress or mental health issues. By understanding and addressing

these interconnected factors, targeted strategies can be developed to manage and potentially reduce khat consumption among youth in Shabe Sombo Woreda.

4.3.2. Awareness of the youth towards the effects of chewing khat

This section explores the level of awareness among youth regarding the effects of khat chewing. By conducting a survey, the researcher aimed to assess individual perceptions of khat use and its implications. The findings, summarized in Table 3, indicate a significant gap in awareness, with many respondents acknowledging the lack of information and education on the negative impacts of khat. Furthermore, despite the recognition of these issues, there is strong support for initiatives aimed at increasing awareness among youth and the broader community.

Table 3

1	Do you think the awareness of the youth is low or poor towards the effects of chewing khat	yes	64	65.3
		no	34	34.5
2	Do think the community awareness is low towards the effects of chewing khat?	yes	55	56.1
		no	43	43.9
3	Do you think khat chewing is acceptable by stakeholders?	yes	98	100
		no	-	-
4	Is there any awareness creation towards the effects of chewing khat by stakeholders?	yes	-	-
		no	98	100
5	Would you support if awareness created towards the effects of khat chewing?	yes	98	100

Source: own survey 2024

The analysis of youth awareness regarding the effects of khat chewing reveals a complex landscape, as illustrated in Table 3. A significant 64% of respondents acknowledged that youth awareness of the negative effects of khat is low, while 55% believed that community awareness is similarly lacking. This suggests a widespread recognition of insufficient knowledge surrounding the consequences of khat use, particularly its economic implications. Interestingly, despite this awareness, many youths expressed a paradoxical dependence on khat for social engagement. As one youth articulated, “If we stop chewing khat, where do we go? How can we pass the time? How can we participate in social life?” This sentiment underscores the cultural normalization of khat chewing in Shabe Sombo Woreda, where it is not only a common practice but also integral to social interactions.

The data also indicates that khat chewing is perceived as acceptable by stakeholders, with an overwhelming 100% affirming this view. However, the stark contrast is evident when examining community efforts for awareness creation; 100% of respondents stated that there is no active awareness creation regarding the effects of khat by stakeholders. This disconnect reveals a significant gap in initiatives aimed at educating the youth and community about the potential risks associated with khat consumption.

While most respondents were aware of some negative impacts of khat, such as its effect on income, qualitative insights reveal that many do not fully grasp the broader health implications. Some youths reported that they chew khat because it is modelled by their role models or elders, suggesting that the practice is viewed as normal and culturally accepted. This cultural acceptance fosters an environment where the negative effects of khat are downplayed or ignored, making it challenging to shift perceptions and behaviours.

Additionally, the majority expressed support for increased awareness initiatives, indicating an openness to change. However, the entrenched social significance of khat poses a significant barrier. The intertwining of khat consumption with social life in Jimma Zone, particularly in Shabe Sombo, highlights the need for culturally sensitive interventions that recognize the social aspects of khat chewing while promoting healthier alternatives.

In summary, while quantitative data reflects a general awareness of the negative impacts of khat, qualitative insights reveal a deeper complexity, where social norms and cultural acceptance play crucial roles in sustaining this behavior. Effective strategies to increase awareness and promote healthier lifestyles must take these factors into account, fostering a dialogue that addresses both the risks of khat and the social needs of youth in the community.

4.3. 3.Questionnaires on the Impact of Khat Chewing on Youth Work Culture"

This section examines the effects of khat chewing on the work culture and financial behaviours of youth. Utilizing a structured questionnaire, the researcher gathered responses from participants to assess their perceptions of khat addiction and its implications for time management, saving habits, family budgets, dependency, and employment status. The findings reveal significant concerns regarding the negative impact of khat use on youth productivity and financial stability, highlighting the need for targeted interventions and

awareness programs. The data presented in Table 4 summarizes the key responses from participants regarding these critical issues.

Table 4

no	items	Alternative responses	No of responses	% of responses
1	Do you think chewing khat addiction leads to the wastage of time?	yes	65	66.3
		no	33	33.7
2	Do you think chewing khat addiction negatively affects the saving culture of the youth?	yes	80	81.6
		no	18	17.6
3	Do you think chewing khat addiction the youth in to debt?	yes	60	61.2
		no	38	37.2
4	Do you think chewing khat addiction decreases family budget?	yes	72	73.5
		no	26	26.5
5	do you think chewing khat addiction leads to dependency?	yes	50	51
		no	48	48.9
6	Do you think chewing khat addiction makes the youth unemployment?	yes	63	64.3
		No	35	35.7

Source: own survey 2024

As shown in Table 4, the impact of khat chewing on youth work culture and time management is significant. A majority of respondents, 66.3% (65 individuals), believe that

chewing khat wastes working time, indicating a widespread recognition of its negative effect on work efficiency. Users often find themselves engaged in khat-related activities during work hours, which undermines productivity. This sentiment is echoed in qualitative responses where individuals reported losing several hours daily to khat chewing, with one noting, "I lose several hours every day to khat chewing, which affects my work and family time."

Furthermore, 81.6% (80 respondents) agreed that khat chewing adversely affects saving habits, aligning with qualitative insights that reveal khat consumption often leads to financial strain. Many reported spending a significant portion of their income on khat, with comments like, "I spend a significant portion of my income on khat, and it's becoming unaffordable." This financial burden was further illustrated by 61.2% (60 respondents) who reported that khat use forces individuals into a cycle of borrowing, creating reliance on loans and contributing to indebtedness. As one individual remarked, "Even though it's costly, I feel like I can't stop because of the craving," reflecting the psychological dependency that can develop alongside the economic impacts.

In terms of family dynamics, 73.5% (72 respondents) noted that khat chewing decreases the family budget, directing household income toward purchasing khat instead of meeting essential needs. Additionally, 51% (50 respondents) felt that khat leads to dependency, highlighting its disruptive influence on regular income and work patterns. This economic dependency is compounded by the belief that khat chewing contributes to youth unemployment, as indicated by 64.3% (63 respondents), who recognized that decreased job performance can lead to higher unemployment rates among long-term users.

Qualitative insights further reveal that khat consumption can result in low production due to health issues or the need to participate in social khat sessions, negatively affecting overall productivity. Many respondents acknowledged that when they are not chewing khat, they experience a loss of focus and commitment to work tasks. The mixed perceptions of khat's effects were evident, with some individuals expressing enthusiasm, stating, "I feel more energized and able to concentrate better when I chew khat," while others reported negative outcomes, such as, "After chewing khat, I feel exhausted and less able to focus on my work the next day."

The cultural justification for khat consumption is also significant, with some respondents indicating that it fosters social bonding, stating, "It's part of our tradition, and it helps me

bond with others, so I don't mind spending the time and money." This cultural aspect complicates the narrative, as some individuals see khat as enhancing their social interactions despite the financial burden it brings.

To address the challenges associated with khat consumption, recommendations include encouraging individuals to monitor and reduce their spending, coupled with education about the financial and time-related consequences of regular use. Awareness programs should focus on the long-term effects of khat on productivity and work performance, while employers could develop supportive workplace policies, such as counseling or flexible work schedules, for those affected. Additionally, promoting healthier alternatives to boost productivity—such as stress management techniques, proper rest, or dietary improvements—could provide more sustainable solutions for individuals seeking to enhance their work performance without relying on khat.

4.3.4. Questionnaires for the youth towards stakeholder's commitment to make youth free from chewing khat and encouraged to create a good work environment.

This section explores the perceptions of youth regarding the commitment of local government bodies to combat khat chewing and promote a supportive work environment. The data presented in Table 5 captures respondents' views on government facilitation, awareness of khat's effects, regular engagement with youth, and the existence of legal measures to address khat consumption. Understanding these perspectives is essential for assessing the effectiveness of current policies and identifying areas for improvement in stakeholder involvement.

Table 5:

No	Items	Alternative Responses	No Of Respondents	% Of Respondents
1	Does the woreda government body facilitate and encourage the youth to work hardly?	yes	80	81.6
		no	18	18.4
2	Do you think the woreda	yes	78	79.6

	government body underestimates the effects of chewing khat on individuals and community life?	no	20	20.4
3	Does the woredas concerned body contact the youth regularly?	yes	90	91.8
		no	8	8.2
4	Is there any legal means to reduce or stop the youth from chewing in your woreda?	yes	98	100
		no	-	-

Source: own survey 2024

Table 5 provides insights into youth perspectives on the commitment of local government bodies to reduce khat consumption and foster a productive work environment. A significant majority, 81.6% (80 respondents), indicated that the woreda government does not actively facilitate or encourage youth to work hard and improve their lives, with only 18.4% (18 respondents) feeling there is any support. This suggests a troubling lack of government engagement in youth development, leading many to believe that resources are focused more on wealthier individuals rather than addressing the needs of young people.

Moreover, 79.6% (78 respondents) believe the government underestimates the effects of khat chewing on individual and community well-being. This perception is reinforced by the fact that 91.8% (90 respondents) noted the government does not regularly communicate with youth, often engaging only when issues directly impact governmental interests. This disengagement points to a significant gap in efforts to tackle the broader consequences of khat consumption.

All respondents (98 or 100%) affirmed that there are no legal measures in place to restrict or reduce khat chewing, highlighting its acceptance and unregulated status within the community. This absence of legal frameworks further exacerbates the challenges associated with khat addiction and underscores the need for increased government involvement to mitigate its pervasive impacts.

Qualitative feedback reveals that khat use is widely accepted in some areas, with comments like, "Khat use among the youth is widespread here, with many young people using it regularly." In regions with moderate prevalence, responses indicate that khat use is noticeable but not as extensive, while areas with low prevalence report it as rare. These varying levels of acceptance and use highlight the complexity of the issue, influenced by economic, cultural, and social factors, including peer pressure and community norms.

To address these differing prevalence rates, targeted interventions are essential. In areas with high khat use, intervention programs should focus on substance use among youth. Education campaigns can raise awareness about the effects of khat across all prevalence levels. Engaging community leaders and youth in discussions about the underlying factors driving khat consumption is crucial for developing effective strategies.

Perspectives on khat's impact on work productivity reveal a range of opinions. While some respondents believe khat helps youth stay alert, as noted in comments like, "Khat helps some youth stay alert and focused during work hours," others report negative effects, stating that it reduces work efficiency and leads to fatigue. These sentiments align with the quantitative data showing that perceptions of khat's impact on productivity are varied, with some expressing mixed effects—acknowledging a temporary boost followed by a drop in productivity.

Factors influencing these perceptions include the nature of the work environment, the frequency and amount of khat consumed, and individual differences in reactions to khat. To counteract the negative impacts on productivity, communities should consider implementing support programs for youth experiencing challenges related to khat use, as well as awareness campaigns educating them about its potential impacts on work performance.

Responses regarding the support and encouragement for youth working hard varied significantly. Some individuals reported active involvement, stating, "I regularly mentor and provide resources to youth to help them achieve their goals." This reflects a proactive approach to supporting youth development. Conversely, others indicated moderate support, with comments such as, "I offer advice and encouragement when asked, but I don't have a structured program for supporting youth," suggesting a more reactive stance.

A portion of respondents expressed minimal or no support, highlighting limitations due to time, resources, or personal commitment. Others noted uncertainty about specific efforts to encourage youth, indicating a gap in awareness or involvement. These varying levels of support are influenced by factors such as resource availability and community structures.

To enhance support for youth, developing or strengthening programs that actively encourage hard work is essential. Providing training and resources for individuals involved in youth support can improve the effectiveness of these initiatives. Additionally, fostering community-wide initiatives can create a supportive environment, promoting a culture of hard work and achievement among young people.

4.3.5. Questionnaires for the youths towards their khat consumption status.

This section examines the khat consumption patterns among youth, as reflected in Table 6. It highlights key aspects such as the prevalence of khat use, the age at which individuals began chewing, social influences, frequency and duration of use, as well as the contexts in which khat is consumed. Understanding these dynamics is crucial for identifying the factors driving khat use and its implications on youth health and productivity.

Table 6:

No	Items	Alternative responses	No of respondents	% of respondents
1	Do you chewing khat?	Yes	78	79.6
		No	20	20.4
2	When do you started chewing khat?	When I was a childhood	10	10.2
		When I was primary school	25	25.5
		When I was high school	43	43.9
3	How do you start chewing khat?	Peer pressure	34	34.7
		I have a family chewing khat	15	15.3
		Environment	29	29.6
4	What look like your chewing	Daily	58	59.2
		Twice a week	15	15.3.1

	status?	Once a week	5	5.1
5	For how much hours do you chewing khat ?	8:00_12:00 o'clock	34	34.7
		9:00_12:00 o'clock	34	34.7
		8:00_2:00 in the evening	10	10.2
6	Where do you chewing khat?	In my work place	20	20.4
		Out of my work place	58	59.2
7	With whom do you chewing khat?	Individually	20	20.4
		With my friends	58	59.2
8	What do you use when chewing khat?	Sealed water is common	78	79.6
9	Why do you chewing khat?	For life style	20	20.4
		For socialization	25	25.5
		For academic purpose	3	3.1

Source: own survey 2024

Table 6 summarizes the responses regarding khat consumption among youth in the study area. A substantial majority, 79.6% (78 respondents), reported that they engage in khat chewing, while 20.4% (20 respondents) do not, indicating a high prevalence of this practice among the youth.

In terms of initiation, 10.2% (10 respondents) began chewing khat in childhood, 25.5% (25 respondents) during primary school, and 43.9% (43 respondents) in high school. This suggests that many young people start this habit at a formative age, potentially hindering their future aspirations due to the negative consequences associated with khat use.

Social influences play a significant role in initiating khat chewing, with 34.7% (34 respondents) attributing their start to peer pressure, 15.3% (15 respondents) to family members who chew, and 29.6% (29 respondents) to their environment. Such social dynamics underscore the importance of community and peer relationships in shaping consumption behaviours.

The frequency of khat use is concerning, as 59.2% (58 respondents) reported chewing khat daily, while 15.3% (15 respondents) do so twice a week, and 5.1% (5 respondents) once a week. This regular consumption suggests significant working hours are lost to khat chewing. Regarding the time spent chewing, 34.7% (34 respondents) reported chewing from 8:00 AM to 12:00 PM, another 34.7% (34 respondents) from 9:00 AM to 12:00 PM, and 10.2% (10 respondents) from 8:00 AM to 2:00 PM, further illustrating the extensive time commitment that negatively impacts productivity.

In terms of location, 20.4% (20 respondents) reported chewing khat at their workplaces, while 59.2% (58 respondents) did so outside of work, often in local gathering spots. This suggests that khat chewing frequently occurs during work hours, significantly reducing overall productivity. Additionally, 20.4% (20 respondents) reported chewing khat alone, whereas 59.2% (58 respondents) do so with friends, indicating that social dynamics often exacerbate the problem.

Most respondents, 79.6% (78 respondents), reported using sealed water, sugar, and lawuz (a local additive) while chewing khat, which adds to the financial burden and contributes to life disorganization. Regarding motivations for khat use, 30.6% (30 respondents) indicated that they chew khat for stress reduction, 20.4% (20 respondents) as part of their lifestyle, 25.5% (25 respondents) for social integration, and only 3.1% (3 respondents) for academic purposes. This highlights that most khat consumption is driven by lifestyle and social factors rather than specific academic or personal goals.

Qualitative responses reveal a spectrum of attitudes toward khat. Some individuals view it positively, describing khat as a means of relaxation and social enjoyment, with comments like, "Khat helps me relax after work, and I enjoy the social aspect of chewing with friends." In contrast, others express negative sentiments, noting the detrimental impacts on health and finances, such as, "Khat is damaging my health and finances, and I regret starting." There are also respondents with a neutral perspective, recognizing both benefits and downsides, as seen in remarks like, "I see both the benefits and the downsides, so I don't feel strongly one way or the other."

Culturally tolerant yet critical views are also present, with some acknowledging khat's cultural significance while noting its harms: "It's part of my culture, but I think it's harmful

and not worth the cost." Additionally, individuals facing addiction issues may admit, "I know I need to quit, but I find it hard to stop due to the cravings."

To address these challenges, several recommendations emerge. Implementing awareness programs to educate users about the health and financial risks associated with khat is crucial. Providing targeted support for those struggling with addiction can assist individuals who wish to quit but feel dependent. Finally, promoting cultural alternatives that do not involve khat can offer healthier avenues for social and cultural engagement, helping to mitigate the negative impacts of khat consumption on youth productivity and overall well-being.

4.3.6. The Impact of Khat Chewing on Work Productivity

Responses to the question about challenges faced in the workplace due to khat use reveal several critical issues. Many respondents indicated that khat consumption leads to decreased productivity, often leaving them feeling sluggish and struggling to meet deadlines. A common complaint is a lack of focus, with individuals noting difficulty in concentrating on tasks after chewing khat. Health concerns also frequently arise; respondents report experiencing anxiety and fatigue as after effects of khat use.

Despite these challenges, some individuals reported positive experiences associated with khat, such as increased energy and alertness. Statements like, "I feel more awake and can work for longer hours after chewing khat," reflect a perception of enhanced focus, as expressed by others who noted, "Khat helps me concentrate on difficult tasks." Additionally, improved social interactions were highlighted, with comments such as, "I find it easier to communicate and collaborate with colleagues after using khat."

However, it is essential to recognize that these perceived benefits may be short-term and subjective, often overshadowed by the more pervasive challenges of decreased productivity and impaired focus. To address these findings, it is crucial to promote healthier alternatives for boosting energy, such as adequate rest and proper nutrition. Furthermore, implementing awareness programs to clarify misconceptions about khat's long-term effects on productivity could help individuals make more informed choices regarding their use of the substance.

4.3.7. The Influence of Khat Chewing on Colleague Interactions

The influence of khat chewing on interactions with colleagues varies significantly among respondents. Some individuals report a positive impact, stating that khat facilitates bonding during breaks and fosters a relaxed team atmosphere. One respondent remarked, "Khat helps me bond with colleagues during breaks and makes team interactions more relaxed." Conversely, others experienced negative effects, noting that khat use can sometimes lead to disagreements or conflicts with colleagues who choose not to partake, as indicated by comments like, "Chewing khat sometimes leads to disagreements with colleagues, especially if they don't use it."

A portion of respondents reported a neutral or mixed influence, suggesting little change in their interactions with colleagues regardless of khat use. Some contextualized their experience by acknowledging khat as part of their cultural practices, stating, "Khat is part of our cultural practices, and it helps during social gatherings at work."

These diverse perspectives indicate a range of experiences, with some expressing satisfaction and enjoyment, while others convey frustration or concern about conflicts arising from khat use. Comparing these findings with data on productivity impacts or personal attitudes toward khat can yield a more nuanced understanding of its effects on work life. For instance, individuals who report negative interactions may also struggle with decreased productivity or health issues.

To mitigate these challenges, it is advisable to offer conflict resolution training or mediation to address disputes stemming from khat use. Encouraging team-building activities outside of khat-related events and providing cultural sensitivity training can enhance workplace dynamics and understanding.

4.3.8. Recommendations for Youth and Policymakers Regarding Khat Chewing Addiction

Addressing khat chewing addiction requires both preventive and intervention strategies tailored to youth and policymakers. For youth, the foremost advice is to educate themselves about the health risks and consequences of khat use. Seeking support from family, friends, or counsellors is essential, as is adopting healthier lifestyle choices. This proactive approach empowers youth to make informed decisions, access necessary support, and redirect their

time and energy towards positive activities, thereby decreasing reliance on khat for stress relief or social interaction.

For policymakers, recommendations include strengthening regulations around khat sales and distribution to limit access. Additionally, developing and funding educational campaigns about the risks associated with khat is crucial. Adequate resources for addiction treatment and rehabilitation should also be made available, along with engagement from community leaders to address cultural attitudes toward khat.

By combining personal responsibility with systemic support and regulation, both youth and policymakers can collaboratively work toward effectively managing and mitigating the impacts of khat addiction. These measures aim to create a supportive environment conducive to prevention and recovery, ultimately fostering healthier communities.

4.3.9.MAJOR FINDINGS

Results revealed that khat consumption is widespread among youth and has complex effects on work culture. Different factors influencing youth to engage in khat chewing such as, the availability and affordability of khat, their living environment, local community norms and cultural acceptance, and low awareness on khat chewing effects. The negative effects of khat chewing on work culture and productivity are dependency, financial mismanagement, wastage of working time, lack of working habits, and breakdown of family relationships. And also lack of local government commitment, lack of legal measurement to reduce khat chewing effects are contribute to make difficult to minimize the effects of khat chewing.

CHAPTER FIVE

5. CONCLUSION AND RECOMMENDATIONS

5.1. FINDINGS

The study highlights critical issues surrounding khat consumption among youth in Shabe Sombo Woreda, particularly its significant disruption to work and savings culture. Regular khat use impairs disciplined work habits and financial management, leading to a cycle of borrowing and indebtedness as youth divert substantial portions of their income to purchasing khat. This economic strain results in increased daily expenditures and financial hardships, ultimately diminishing their overall economic status. While khat may provide short-term stimulation, its long-term effects are detrimental, reducing cognitive function and productivity, which leads to wasted work hours and inefficient task performance. The youth's lack of awareness regarding the health and economic consequences of khat consumption further perpetuates its use. This financial misallocation also impacts family budgets, diminishing resources for essential needs and fostering dependency on khat. Moreover, the study reveals inadequate support from stakeholders, with the government underestimating the severity of khat's effects, resulting in insufficient policy responses and a lack of communication regarding its implications. The absence of clear regulations exacerbates the situation, leaving youth without a comprehensive framework to manage khat consumption. Overall, these findings underscore the complex and multifaceted nature of khat's impact, emphasizing the need for targeted interventions, including awareness campaigns, policy development, and support systems, to effectively mitigate the negative effects of khat use and improve the well-being of youth in the region.

5.2. Conclusion

The analysis highlights that youth engagement in khat chewing is significantly influenced by environmental, economic, and social factors, creating a culture where khat is perceived as both a social lubricant and a coping mechanism, particularly in the context of unemployment and peer pressure. Despite some awareness of khat's negative impacts, there is a critical gap in education about its health effects, which complicates the challenges of addressing its cultural acceptance. The findings reveal profound negative implications for youth, including reduced productivity, financial instability, and increased dependency, exacerbated by a perceived lack of governmental commitment and the absence of legal measures to regulate khat consumption. This disconnect underscores the urgent need for targeted interventions to mitigate the intertwined issues of khat consumption. The study demonstrates that khat has become central to the lives of many young Ethiopians, significantly impairing their socio-economic and health conditions. Khat consumption diverts funds away from essential needs, heightening socio-economic issues and reducing participation in productive activities. Factors such as environmental influences, peer pressure, and socio-demographic backgrounds contribute to the prevalence of khat use, leading to decreased working hours and increased risk of job loss. Moreover, the habitual use of khat compromises social and economic stability, undermining the ability to allocate resources for nutritious food, education, and home improvements, resulting in financial strain and potential family breakdowns. The time spent on khat further compounds these issues, contributing to absenteeism from work and poor academic performance. Thus, khat consumption imposes substantial financial and time burdens on individuals and households, affecting broader societal stability. To mitigate these adverse effects and promote overall well-being, it is crucial for stakeholders and policymakers to acknowledge the severe impacts of khat and implement effective interventions.

5.3. Recommendation

In light of the findings regarding the adverse effects of khat consumption on youth work culture and productivity, several key recommendations are proposed. It is essential for stakeholders to collaborate on strategies aimed at reducing khat prevalence among youth. This includes implementing targeted training programs to educate young people about the health risks, economic consequences, and overall impacts of khat use. Additionally, establishing clear policies to regulate khat consumption, particularly among the youth, is crucial. The presence of effective policies and support services plays a critical role in mitigating the negative impacts of khat use. Policies that restrict access to khat or offer addiction treatment support can help alleviate adverse effects. All stakeholders—including government bodies, community leaders, and educational institutions—should share responsibility for mitigating khat's impact. Public awareness campaigns must be conducted throughout the woreda to inform communities about khat's detrimental effects on productivity, encouraging youth to engage in more constructive activities and improve their work ethics. The government should enhance communication and support to better engage with youth, providing resources to combat khat addiction. Educational initiatives should be integrated into school curricula to reach students early, especially since many khat users come from less educated backgrounds. Stricter regulations should also be enforced to prohibit khat chewing in educational institutions, thereby reducing its influence and fostering a healthier work culture. Collectively, these proactive measures are essential for enhancing youth productivity and well-being while addressing the complex issues associated with khat consumption.

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APPENDEXS
JIMMA UNIVERSITY
COLLEGE OF LAW AND GOVERNANCE
DEPARTMENT OF CIVICS AND ETHICS STUDIES

Annex 1: Questionnaire Addressed to sample respondents.

The main purpose of this questionnaire is to gather information on the impacts of chat chewing addition on youth work culture and economic productivity, The case of shebe woreda. For the partial fulfillment of the requirement of Master's Degree in civics and ethical studies in Jimma University. The result of this study may be use woreda or other concern bodies to address the issue under investigation. The success of this study depends on your honest and genuine response. So, I request you to give me clear and unbiased information on what you are asked below. I will like to thank you very much in advance for your cooperation.

Instruction

- 1, No need of writing your name.
- 2, Give response by put (✓) sign in appropriate box against close ended question and give brief description of your opinion for open ended question .every response has to be based on your kebele, woreda or environment.

Part one, Personal information;

Name of your woreda_____, kebele_____

Sex; male_____, female_____

Age; 15-30 ☐ 45 ☐ 46-60 ☐

Educational qualification;

Below grade 12 ☐ Diploma ☐ Degree ☐ Masters and above ☐

Job opportunity; employment ☐ unemployment ☐

Part two, questionnaire's that show the effects of chewing chat on youth work culture and productivity related issue;

Table 1: questionnaires for the youth regarding what encourages or pushes the youth to engage in chewing khat.

no	items	Alternative responses	No of respondents	% of responses
1	Do you think the environment they live in pushes the youth to engage in chewing khat?	yes		
		no		
2	Do you agree loss of job or unemployment pushes the youth to engage in chewing khat?	yes		
		no		
3	Do you think other related factors like friend pressure and family back ground pushes the youth to engage in?	yes		
		no		
4	Do you think the awareness of the youth is low or poor towards the effects of chewing khat?	yes		
		no		
5	Do you chewing khat regularly?	yes		
		no		
6	Do you think chewing khat reinforce for the development of other habits?	yes		
		no		
7	Do you think socio-demographic factors associated with chewing khat?	yes		
		no		

Table2: questionnaires regarding the impact of chewing khat on youth work culture.

no	items	Alternative responses	No of responses	% of responses
1	Do you think chewing khat addiction leads to the wastage of time?	yes		
		no		
2	Do you think chewing khat addictin negatively affects the saving culture of the youth?	yes		
		no		
3	Do you think chewing khat addiction the youth in to debt?	yes		
		no		
4	Do you think chewing khat addiction decreases family budget?	yes		
		no		
5	do you think chewing khat addiction leads to dependency?	yes		
		no		
6	Do you think chewing khat addiction makes the youth unemployment?	yes		
		No		

Table3: questionnaires for respondents regarding effects of chewing khat and responsibilities and duties of concerned body.

no	items	Alternative responses	No of respondents	% of respondents
1	Does the woreda government body facilitate and encourage the youth to work hardly?	yes		
		no		
2	Do you think the woreda government body underestimates the effects of chewing khat on individuals and community life?	yes		
		no		
3	Does the woredas concerned body contact the youth regularly?	yes		
		no		
4	Is there any legal means to reduce or stop the youth from chewing in your woreda?	yes		
		no	-	-

Table 4: interviews for respondents regarding on the effects of chewing khat on youth work culture and productivity.

No	Items	Alternative responses	No of respondents	% of respondents
1	do you chewing khat?			
2	when do you started chewing khat?			
3	How do you start chewing khat?			

4	What look like your chewing status?			
5	For how much hours do you chewing khat ?			
6	Where do you chewing khat?			
7	With whom do you chewing khat?			
8	What do you use when chewing khat?			
9	Why do you chewing khat?			

Part two: interview questions for youth and stakeholders regarding effects of khat

Dear respondents, I would like to express my gratitude in advance for your volunteer responses to my interview questionnaires. These interview questionnaires are aimed at obtaining on your view, awareness and confronts on the effects of khat chewing on youth work culture and productivity in case of shabe sombo, Jimma Zone so, you are kindly requested to fill out the question as you are asked indisputably.

1. What are the factors driving the youth towards khat chewing?
2. Do you know the effects of khat chewing on your individual life and your productivity, if you know tell the reason why you are chewing?
3. Do you believe chewing khat affect productivity, if your answer is “yes” how?
4. What challenges do you face due to chewing khat?
5. What look like your experience in khat chewing?
6. What look like your attitude towards khat chewing?
7. What look like your interactions with colleagues when you are chewing and not chewing?
8. How common you’re chewing status?
9. Do you follow support the youth to work hardly?
10. Is there any legal means to reduce or stop khat chewing?
11. What do you advice the youth, Stakeholders, and policy makers?