



Influence of drug and substance abuse among students in government day secondary school Birnin Kebbi, Kebbi state

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Abstract

The study aimed at finding out the influence of drugs and substance abuse the effects of this practice with reference to Government Day Secondary School Birnin Kebbi. The study was guided by the following objectives; peer group influences on drug abuse; parent's type of income as influence to the prevalence of drug and substance abuse. The design is a descriptive survey. The targeted population of 1264 students was derived from Government Day Secondary School Birnin Kebbi. The sample consisted of 100 respondents. Simple random sampling was used to select the students. Data was collected using questionnaires which was validated by experts and had a reliability value of 0.76. The data collected was analyzed and presented using both qualitative and descriptive methods: frequencies and percentages are presented in tables. It was established among other findings that most students are driven into taking drugs by peer group pressure. Among the recommendations are: stakeholders are to be involved in curriculum review and reform to address drug and substance abuse related issues in other to find out ways to discourage students from drug and substance abuse; guidance and counseling sessions in schools should be enhanced to change student's behaviour and character.

Keywords: drugs, substance, abuse

Introduction

Ekandayo (2010) see drug abuse as over dependence and misuse of one particular drug with or without a prior medical diagnosis from a qualified health practitioner. He further identified dangerous drugs like cocaine, Indian hemp (Marijuwana), morphine, heroin, ephedrine, tobacco, valium five, tramadol and Chinese capsules as few among drugs used by secondary school students. The youths in Nigeria like many countries of the world are increasingly developing addiction to psychoactive substances or engage in drug abuse. The National Drug Law Enforcement Agency (NDLEA, 2011) collected drugs/substance use and abuse data from schools, records of patients admitted at mental health institutions for drug problems and interview of persons arrested for drug offences. The result showed that youths constitute the high risk group for drug abuse. Friends and school mates account for about 90% of the source of influence of the use and abuse of various psychoactive substances. In Nigeria, alcohol and cigarette are legal substances but, the two have been discovered to cause physical damage to human bodies. Martin (2016) ^[17] of the National Drug Law Enforcement Agency (NDLEA) noted that the new trend in substance abuse in Nigeria is becoming more worrisome due to the increasing number of secondary school and tertiary institution students who are getting involved in drug abuse. These are future leaders of Nigeria!

Amadi and Akpelu (2017) ^[5] observed that the Society of Doctors and Pharmacists frowned at the uncontrollable ways and manners in which the drugs are sold to the public in our markets and medical stores which are contributory factors to drug abuse. The use of drugs in a manner that deviates from medically approved way or method constitutes an abuse. It seems that not only the uses of drugs that create problems but their misuse and until

strictest preventive measures are employed or adopted things would be worsened.

Amadi and Akpelu (2017) ^[5] the issue of drug abuse is a well-known phenomenon being condemned by all and sundry including the Federal, State and Local governments. It is a common thing among adolescents and even adults to abuse drugs of various types. The consequences of drug abuse pose a great concern because the chief culprits and victims are the youths who are the future leaders of the nation. People generally misuse or abuse drugs because the substance alter the mode of behaviour of an individual. Over the years, the use of hard drugs like alcohol, sedatives, cocaine, cocoa leaves, heroin, Indian hemp, tobacco, morphine and others have drastically been on increase especially among secondary school students.

The students today are the leaders of tomorrow and they deserve good education in the right direction. The constant abuse of drugs among this group of persons can cause psycho-social problems in society. One may hope that this obnoxious practice and its associated problems would not lead to the breeding of deranged generation of youths. This fear is not unfounded because of what happens to be the frequent and rampant drug crises in many secondary schools in Nigeria (Amadi and Akpelu, 2017) ^[5]. They added that at the school level, use of drugs and substances abuse among pupil's impacts education processes and outcomes negatively. Drugs and substances abuse is associated with poor academic performance, class repetition and may result in increased school dropout rates. The effects of drugs and substances abuse on academic performance may be through

several channels, including its negative impacts on overall health and cognitive ability. As an example, long term consumption of alcohol can lead to lowered levels of mental or physical function. The consequences of drug abuse, as stated by Ajayi and Ekundayo (2010)^[3], aid crime rates, cultism, mental illness, low self-esteem and self-respect, injuries to one's health, and becoming a social outcast and bringing shame to their kin. The consequence of chewing kola nut - taking black coffee and other substances that enhance one to stay awake at night - could lead to addiction and substance abuse which may result in negative health implications and adversely affect performance in examination contrary to the expectation of the students (Ojikutu, 2010)^[19].

Amadi and Akpelu (2017)^[5] Drugs and substance abuse is a growing socio-economic challenge that affects many societies across the globe. The challenge has particularly adversely impacted on young persons, families and communities. Some of the social effects of drug use and substance abuse include: emotional damage, antisocial behaviour, brain damage, and death. Economically, drugs impact adversely on individual productivity, leads to dependence and exacerbate poverty. Abuse of drugs and substances is associated with declines in consumption of essential goods and services such as education and health. Consequently, drug use and substance abuse tend to hamper attainment of development goals.

Drug abuse has some social, economic, psychological, cultural, physical, moral, and health consequences that may lead to poverty, disability, maladjustment or death of the abusers. Chinyere and Mayowa (2011)^[9] emphasized that in addition to chronic diseases that may affect drinkers after many years of heavy use, alcohol contributes to traumatic outcomes that kill or disable one at a relatively young age. They confirmed that alcohol is estimated to cause about 20-30% (worldwide) disease of esophageal cancer, liver cancer, and cirrhosis of the liver, homicide, epilepsy and motor vehicle accidents.

In their own contributions, Adamson, Onifade and Ogunwale (2010) lamented that the trend of more adolescents using drugs (with the age of drug users getting younger) has been reported earlier. Early drug abuse has been associated with more severe addiction, delinquency, criminality, and psychological and behavioural problems. Igwe and Ojinnaka (2010)^[15] also reported that the rates of psychiatric disorders are much higher among adolescents with current substance abuse and have been replicated in many studies. They concluded that substance-abusing adolescents seem to have a high prevalence of mental health symptoms compared to their peers who do not use substances.

Sanni, Udoh, Okediji, Modo and Ezech, (2010)^[22] identified vandalism, drug abuse, weapon carrying, alcohol abuse, rape, examination malpractices, school violence, bullying, cultism, truancy and drop-out as anti-social behaviours often associated with juvenile delinquents. Therefore, core values to live, such as honesty, tolerance, peace, responsibility are lacking and this affects their social skills development. Since most of the students are in their adolescence stage of development, if they engage in drug abuse they also lose their identity (Kyalo and Mbugua 2011)^[16].

The factors contributing to youth substance abuse have been identified and promulgated by the electronic and print media worldwide. These factors have been further authenticated by

researches Hong Kong Narcotic Division, (2010)^[14]. Ali (2010)^[4]; Bamberg *et al.* (2008)^[6]; Community Anti-Drug Coalitions of America, U.S. (2008) and Bradford, Burns Vaughn, and Barber, (2008); The factors include: Dysfunction families due to unstable low income, poor marital relationship, conflicts, divorce, separation, single parenthood, long working hours of family members, limited family time, ineffective communication, easy access to drugs within immediate neighbourhood, failure of school achievement, feeling boredom, undesirable peer influence, intergenerational addiction and negative peer's include boyfriend who abuse drugs.

The primary goal of most teenagers during puberty is to belong to a peer group. The need to fit in and be socially accepted is very strong at this stage of development. As a result, peer influence contributes a huge part in guiding the experiences and interest of teenagers. During years when teens are searching for their identity they desire to associate themselves with their group through social interaction. These two factors can assist to form the teen into what they want to be. Peer pressure and influence can lead to behaviours like drug abuse, risk taking, and immoral sexual activity (Eneh and Starnley, 2004). Behaviours such as these can harm the health of the teenager.

On the other hand, there is positive peer pressure that is, beneficial to the development of the teen. For instance, teens can influence each other to participate in school sports, volunteer in community service activities and helping others. Factors contributing to this effect include fear of isolation, inadequacy, shame and ridicule and intuitional need to bond. There are adolescents very few wants to deal with problems of not conforming to the demands of the peer group. Generally, adolescents like to identify with friends from the same age group. This is because they have similar ideas and they feel comfortable hanging out together. Sense belongingness is the most significant aspect that pushes adolescents to conform to a peer group and share ideas and beliefs that sometimes harm the identity of the youth (Haynie, 2002).

Countries of the world have developed and operationalized different strategies to minimize substance abuse among youths. In Hong Kong the anti-drug prevention efforts cover youth events through use of seminars, drama, movies, drug –to sting, school curriculum and media campaign (The Hong Kong Federation of Youth Groups, 2010). In UK the family is at the center of their drug strategy. "Think Family" approach is used, whereby the target is bringing efforts in service integration to minimize intergeneration cycles of poor outcomes. Engagement of parents in programs that target not only drugs but also other issues, meaningful engagement of young people, drug education in school, use of mass media campaign and national hotline, all involved combating the battle against drugs (Home Office, United Kingdom, 2008).

Parents have been shown to play a major role in the way children turn out to be, later in life. For instance, when parents behave negatively, children are likely to behave in the same way, and end up with problematic behaviours later in life (Carlson, 2012). There are several ways in which youth behaviour is affected by parental sources of income. Parental involvement and monitoring of children have been reported to be preventive measures against drug use among adolescents (Rusby, Light, Crowley, & Westling,

2018). On the other hand, parents exhibiting neglectful behaviour have been associated with worse substance use among adolescents (Berge et. al., 2016).

Theoretical Framework

A new psychosocial model, peer group pressure, suggests that the socialization factors that accompany adolescent development interact to produce peer clusters that encourage drug involvement or provide sanctions against drug use. These peer clusters are small, very cohesive groupings that shape a great deal of adolescent behaviour, including drug use. Peer cluster theory suggests that other socialization variables, strength of the family, family sanctions against drug use, religious identification, and school adjustment influence drug use only indirectly, through their effect on peer clusters. Correlations of these socialization variables with drug use confirm the importance of socialization characteristics as underlying factors in drug use and also confirm that other socialization factors influence drug use through their effect on peer drug associations. Peer cluster theory suggests that treatment of the drug-abusing youth must alter the influence of the peer cluster or it is likely to fail. The use of alcohol, tobacco, cannabis and other psychoactive substances constitutes one of most important public health problems among adolescents worldwide (Oshodi *et al.*, 2010).

Statement of the Problem

Some students are addicted to previously prescribed or unprescribed drugs and substance which results to drug abuse. This may be as a result of unregistered drug vendors in the society and selling of Indian hemp, alcohol, cigarette, cocaine, marijuana and so on that can easily be purchased in the community and especially in school neighbourhood. The rising level of students abusing drugs is making stakeholders in education, parents, religious leaders and the mass media quite uncomfortable. This indicates that the schools which have been putting in place measures to eliminate drug and substance abuse have not been working effectively. Government Day Secondary School Birnin Kebbi is not an exception and which is what prompts the research to be carried out. This is with the hope to minimize the menace among secondary school students. The problem of drug abuse has various adverse effects on student learning process. Specifically, it has adverse impacts on the student's discipline. Unless this menace of drug abuse is minimized, the schools would become unmanageable since indiscipline cases would become very overwhelming.

The study therefore, looked at the influence of drug and substance abuse among students in Government Day Secondary School Birnin Kebbi, Kebbi State.

Objectives of the Study

The study is guided by the following objectives:

1. To determine how peer group pressure influence drug and substance abuse among students of Government Day Secondary School Birnin Kebbi
2. To establish the extent to which parents type of income influence the uses of drug and substance abuse among students of Government Day Secondary School Birnin Kebbi

Research Questions

1. How does peer group pressure influence drug and substance abuse among students of Government Day Secondary School Birnin Kebbi?
2. To what extent do parents' type of income influence the use of drug and substance abuse among students of Government Day Secondary School Birnin Kebbi?

Methodology

This study is a descriptive survey research. The objectives were to determine the influence of peer group pressure and parents sources of income on the use of drugs and substance abuse among students. The population used for this study includes all the 1264 students and 80 teachers (69 males and 11 females) in Government Day Secondary School Birnin Kebbi. Simple random sampling was used to select 100 students, 34 male teachers were selected at an interval of two while 11 female teachers were purposively selected. The instruments used were Key informant (KI) who is the school guidance counseling master, indepth interview schedule (IDI) for teachers and a student questionnaire which was designed as close-ended. Section A of the questionnaire consisted of demographic information of respondents while section B sought information on influence of peer group pressure and parents source of income on drug and substance abuse among students. The instrument was validated by experts from Faculty of Education Kebbi State University of Science and Technology, Aliero. The reliability of the instrument was achieved by using a test re-test method; a pretest was carried on 15 students at an interval of two weeks. The scores obtained were collected using spearman rank order coefficient technique and the index arrived at was 0.78. The researchers visited the school to administer the questionnaires. Frequencies, percentages and content analysis were used for analysis.

Table 1: Population and Sample of the Study

S/NO	Sex	Students		Teachers	
		Population	Sample	Population	Sample
1	Male	1264	100	69	34
2	Female	0	0	11	11
Total		1264	100	80	45

Source: Field work, 2018

Data Presentations
Quantitative Analysis

Research Question 1: How does peer group pressure influence drug and substance abuse among students of Government Day Secondary School Birnin Kebbi?

The analysis to be presented on table two has a frequency of 92 as against 100. This is because eight (8) of the administered questionnaires where returned unfilled.

Table 2: Peer Group Influence on Drug and Substance Abuse

S/N	Peer Group Pressure	Frequency	Percentage
1.	Yes	60	64%
2.	No	32	36%
Total		92	100%

Source; Field Work, 2018

Table two shows that peer group pressure is a contributing factor in drug and substance abuse among students. Peer group pressure as an influence is represented by 64% of the respondents while 34% have a contrary view.

Research Question 2: To what extent do parental type of income influence the use of drugs among students of Government Day Secondary School?

Table 3: Parental Type of Income

S/No	Parental Type of Income	Frequency	percentage
1.	High Income	37	41%
2.	Low Income	55	59%
	Total	92	100%

Source; Field Work, 2018

Table three above shows that students whose parents are low income earners are likely to engage in drugs as represented by 59%. The influence of parents with high income is represented by 41%.

Qualitative Analysis

The instruments used for qualitative data were the key informant and in-depth interviews which were conducted on teachers using schedules. The key informant who is also the Guidance counseling teacher informed the researchers of series of activities being carried out by the school authority to curtail the excesses of students who engage in drug and substance abuse. Thus, the students he stated are made to fill sacks with sand needed to control erosion around the school premises, fetch water in the dining halls or staff offices, invite their parents for interactions, suspended for a period of time from school and in extreme cases expelled.

The key informant highlighted on students views on the commonly abused drugs and substances and the level of awareness of drugs and substances amongst the students. He stated that all students knew of the drugs and substances used within or outside the school, some of students could not acknowledge this as they thought they would be victimized or said to be the ones using the drug. He further indicated that this group of students faked innocence. It was confirmed that on the average, five to six cases of drugs and substance abuse are reported in a month. The cases are mainly about cigarettes and alcoholic drinks. Some students were said to be enforced by their friends while other students imitate their friends or peer group by means of embracing civilization. The sources of money for the purchase of the drugs are said to be from the pocket money given to them from their homes, small businesses being run after school hours by the students and small change received after running errands for family members, neighbours and the elites around them. A respondent added that;

Peer group influence is a major source of concern to most of the students here; while some voluntarily join a group/gang others are forced to associate. This impacts generally on students attitudes towards every school activity (Teacher, Female, 37 years)

On the influence of parent's type of income, the respondents were of the opinion that most students get the money to buy drugs from home. Parents like to show off their wealth through their words where they spend lavishly on them and provide them and provide

them with more than sufficient cash to bring to school. A respondent added that;

In the years past, parents cook breakfast and lunch for their children to take to school; food is served in school dining halls; yet you find a student in possession of N200 and up to N1000 to be used for transport and as break money (Teacher, Male, 40 years).

Anytime the school guidance and counselor added you draw the attention of parents on why excessive cash, one simply is told I gave him/her. The parents are somewhat too protective of their children. However, the respondents concluded that peer group influence can emanate from the social classes students share and this is strongly determined by parent's type of income. For those with low income, can be found to abuse drugs out of share frustration on the need to acquire, or simply to feel among. In whatever dimension a respondent added;

As teachers we feel worried anytime we are faced with issues of drugs and substance abuse especially during lessons. You don't feel safe even to deliver lessons as expected. (Teacher, Female, 25 Years).

Most of the teachers interviewed were of the opinion that the high rate of drugs and substance abuse is as a result of moral decadence among youths. One of the respondents indicated that a teacher would have to bear the consequences of having an addict in a class during lessons. The slightest interference to guide or caution a student can result to a fight between the two. Another respondent added that in the case were a drug user is not able to retaliate on the teachers within the school premises; the teacher is being targeted and attacked on his/her way home after school hours. This the respondent has added usually resulted into a police case.

Discussions

The study discovered that peer group pressure influence is a strong factor that leads students into drug and substance abuse in Secondary Schools. The findings coincides with that of National Drug Law Enforcement Agency (NDLEA, 2011) which collected drugs/substance use and abuse data from schools, records of patients admitted at mental health institutions for drug problems and interview of persons arrested for drug offences. The result showed that youths constitute the high risk group for drug abuse. Friends and school mates account for about 90% of the source of influence of the use and abuse of various psychoactive substances. In Nigeria, alcohol and cigarette are legal substances but, the two have been discovered to cause physical damage to human bodies.

A new psychosocial model, peer group pressure, suggests that the socialization factors that accompany adolescent development interact to produce peer clusters that encourage drug involvement or provide sanctions against drug use. These peer clusters are small, very cohesive groupings that shape a great deal of adolescent behavior, including drug use. Peer cluster theory suggests that other socialization variables, strength of the family, family sanctions against drug use, religious identification, and school adjustment influence drug use only indirectly, through their effect on peer clusters (Oshodi *et al.*, 2010).

The study also revealed that parental source of income also influence Students into drug and substance abuse, Student from poor family who are struggling for food, cloth and shelter are likely to engage in drug and substance abuse more than a student

from a wealthy family because of the availability of all needs like food, good shelter and clothing. This coincides with Carlson, (2012) who stated that parents play a major role in the way children turn out to be, later in life. For instance, when parents behave negatively, children are likely to behave in the same way, and end up with problematic behaviours later in life. There are several ways in which youth behaviour is affected by parental type of income. Parental involvement and monitoring of children have been reported to be preventative measures against drug use among adolescents (Rusby, Light, Crowley, & Westling, 2018).

Recommendations

In the view of this research, the following recommendations are made;

1. The School Authority should provide measures to curb unethical peer group influence among students and ensure that the students involved in drug and substance abuse are handled appropriately.
2. Parents should take a major step to ensure their children are not engaged in drug and substance abuse. This could be achieved by monitoring the kind of friends their children keep as company.
3. Functional guidance and counseling units should be provided in secondary schools to keep students abreast with the dangers of drug and substance abuse.

Conclusion

In the light of the above findings, this study concludes that peer group influence and parental types of income are factors that cause students to go into drug and substance abuse or misuse of drugs as the case may be. However, it is evident in the literature reviewed that other factors could be responsible for students engaging in drugs and substance abuse.

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