



Perceived Influence of Drug Abuse among Secondary School Adolescents in Government Secondary Schools, Osun State, South-West, Nigeria

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ABSTRACT: Substance abuse is a global problem that causes a considerable threat to the health of the individuals, social and economic status of families, societies and nations. The influence of drug abuse among Nigerian adolescents has been a feature of a morally bankrupt, corrupt and wasted generation and loss of our societal values and ideals. This study examined the perceived influence of drug abuse among secondary school adolescents in government secondary schools Osun State Nigeria. This is with a view of reducing drug abuse among Nigerian Adolescents. The study employed the use of descriptive survey research design. The sample consisted of 400 adolescents who were selected using simple random sampling technique. The instrument used for data collection was a self-developed structured questionnaire titled "Perceived Influence of Drug Abused Questionnaire (PIDAQ)". Data collected were analyzed using percentages and frequency counts and cross-tabulation. The results shows that majority (89.3%) of secondary school adolescents had good knowledge about drug abuse and agreed that drug abuse can influence physical (69.6%), psychology (76.9%), social (73.5%) and academic (77.0%) aspects of secondary school adolescents. Also, there is a significant relationship between knowledge of drug abuse and perceived influence of drug abuse such as physical, psychological, social and academic performance of secondary school adolescents. In conclusion, the results call for the need to continue to educate secondary school adolescents on the ill effect of drug abuse and asking them to desist from abuse of drugs

KEYWORDS: Drug Abuse, Adolescent, Secondary School, Perceived Influence, Knowledge

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I. INTRODUCTION

Adolescence is a phase of rapid physical growth, psychosocial development, and sexual transformation. At this period, Adolescents are with full of energy and have significant drive and new ideas, always in search of a sense of identity and it is the period of both exploration and exploitation [1] and [2]. In both developed and developing countries, adolescents face overwhelming problems, among which early pregnancy, substance abuse, and violence are making them more vulnerable to life threatening disease conditions [3]. Globally, substance abuse is a serious public health and social issue associated with changes lifestyle, globalization in substance marketing, erosion of powers of censure that have existed in traditional societies, and an increased acceptance of such substances [4]. It is clear that illicit use of drug is growing in low and middle income countries, particularly among the children, adolescents and the youth [5].

The challenges of substance abuse as a public health problem warranted its inclusion as a target 5 (Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of

alcohol) under goal 3 of the Sustainable Development Goal (SDG) [6] and [7]. Almost every country of the world is affected by substance abuse. Substance abuse has brought problems such as increase in violence and crime, increase in HIV/ AIDS diseases, and collapse in the social structure [8]. Moreso, substance use leads to health problems, social problems, physical dependence, and psychological addiction [8]. Majority of the Nigerian adolescents ignorantly depend on one form of drug or the other for their various daily activities—social, educational, political, moral etc. Such drugs include: Tobacco, Indian hemp, cocaine, morphine, Heroine, Alcohol, ephedrine, Madras, Caffeine, Glue, Barbiturates, and Amphetamines [9] [10] [11] and [12].

Drug abuse in Nigeria has become an issue of great concern because of its negative effect on the affected people, the drug addicts who engage in drug abuse sometimes are usually depressed and confused, and they show dependency on drug to solve their social, health and to students' academic problems [6]. According to [13] drug abuse is a national and international sensitive challenge that needs urgent attention, however, studies have shown that illicit use of drug is a common problem among the secondary school adolescents in Nigeria and it is a matter of grave concern to educational stakeholder, medical practitioners, sociologist, religious leaders', counselors and parents. It has also been noted that in Nigeria today especially in secondary school drug abuse has destroyed many lives, and many of Nigeria youth had developed mental illness as a result of incessant use of unprescribed drug or stimulants [14].

[15] in their studies on perception of drug abuse amongst Nigerian undergraduates identified dependence and addiction as one of the major consequence of drug abuse, characterized by compulsive drug craving seeking behaviours are use that persist even in the face of negative consequences. These changes are maladaptive and inappropriate to the social or environmental setting, therefore place the individual at risk of harm [16]. Drug use among youths and adolescents should be a matter of concern to all Nigerians especially the society, government, school heads, religious leaders, groups and other NGOs. Despite the effort of many concerned individuals and organizations to curb this menace, many individuals still present these drugs as though they are harmless with a slogans that “for greatness” “for brighter life”[9]. Reports about this menace of drug abuse are severe as the British officer for National Statistics reports that 12 percent of pupils aged (11–15) had used drugs [10].

Majority of youth are not aware of the consequences of drug abuse before they venture into it and this has really affected their academic performance in school, it has led some to addiction, crime, sexual immorality, cultism, deviant behaviour and drop out of school [17]. Despite effort put in place to create awareness about drug abuse among secondary school adolescents, there is still lack of evidence on perceived influence of drug abuse among secondary school adolescents. The aim of this study is therefore to determine the level of knowledge of adolescents on drug abuse and evaluate perceived influences of drug abuse among secondary school adolescents in Osun State. This study was guided by the following research questions

- i. What is the level of knowledge of adolescents on drug abuse?
- ii. What are the perceived influences of drug abuse on secondary school adolescents?

II. MATERIALS AND METHODS

Design: The study employed the descriptive survey research design where the variables were surveyed and described. The study population comprised senior secondary school (grade level 10-12) students from Osogbo Local Government Area of Osun State. The sample consisted of 400 (180 males and 220 females) senior secondary school students who were selected from 10 senior secondary schools (40 students selected from each school) using simple random sampling technique. The sample size was calculated according to Leslie Formula, $n = \text{sample size}$, $z = 1.96$ which corresponds to 95% confidence level, $P = \text{prevalence rate } 30\%$ [18], $d = 0.05$ margin of error.

Settings: The study was conducted among senior secondary school II students in ten (10) selected Government secondary schools. The schools were purposively selected because of the age of the schools which must between 10-19 years and the number of students in the chosen schools which must be more than the number used (forty).

Instrument: The instrument used for data collection is a structured questionnaire titled “Perceived Influence of Drug Abused Questionnaire (PIDAQ)”. The instrument was divided into two sections. Section A was used to elicit information on the demographic variables of the samples such as age, gender, class, religion, types of family, state of the family, family size, position in the family, parents' level of occupation, fathers and mothers occupation; while section B was used to elicit information on knowledge of adolescents on drug abuse and perceive influences of drug abuse among secondary school adolescents. This consists of four (4) concepts such as physical influence, psychological influence, social influence and academic influence of drug abuse. The knowledge of drug abuse includes 10 items, the highest possible score was 10, the higher the score the greater the knowledge about drug abuse. Score between 1-5 is considered poor knowledge while score between 6 -10 is considered good knowledge. Face and content validity of the instrument was done by experts in test and measurement who checked the psychometric properties of the questionnaire and confirmed that the contents and the structure of the questionnaire were satisfactory. In addition, a pilot study was conducted among 40 senior

secondary school Physics students who are selected outside the study sample. Internal reliability of the questionnaire was determined using Cronbach Alpha coefficient and the value was found to be 0.82.

Statistical Analysis: Data obtained were coded and analysed using statistical package for social sciences (IBM SPSS) version 21.0; variables were analyzed using descriptive statistics of table and percentages while hypothesis were tested using chi-square and ANOVA.

Ethical Consideration: Ethical approval for the study was taken from Ministry of Education, Osun State Secretariat with reference number 2018/322. Also, the researcher had obligation to the subjects by getting their informed consent consistent with the principle of individual autonomy. Their voluntary participation, anonymity, privacy and confidentiality when collecting the data were also guaranteed. Their right to participate and not to participate was duly respected and any respondents that want to opt out during the study were allowed.

III. RESULTS

Table 1: Socio-demographic characteristics of Adolescents (n = 400)

Variable	F (%)
Age	
10-12 years	10 (2.5)
13-15 years	196(49.0)
16-18 years	190 (47.5)
19 years and above	4 (1.0)
Mean age 15.41 + 2.87	
Class in school	
Grade 10	130(32.5)
Grade 11	210(52.5)
Grade 12	60(15.0)
Religion	
Christianity	224(56.0)
Islam	176(44.0)
Types of family	
Monogamy	165(41.3)
polygamy	235(58.7)
Position in the family	
First	127 (31.8)
Second	127(31.8)
Third	71 (17.8)
fourth	37 (9.3)
Fifth	34 (8.5)
Sixth	2 (0.5)
Seventh	1 (0.3)
eighth	1 (0.3)
Living with	
Both parent	367(91.8)
Divorced parent	29(7.3)
Living alone	4(1.0)
Educational level of the father	
Tertiary level	231 (57.8)
Secondary school level	99 (24.8)
Primary school level	61 (15.3)
No formal education	9 (2.3)
Educational level of the mother	
Tertiary level	127(31.8)
Secondary school level	206 (51.5)
Primary school level	58 (14.5)
No formal education	9 (2.3)
Occupation of the father	
Civil servant/salary earner	56 (14.0)
Self-employed	300 (75.0)
Retiree	29 (7.3)
Unemployed	15 (3.7)
Occupation of the mother	
Civil servant/salary earner	37 (9.3)
Self-employed	128 (32.0)
Trading	235 (58.8)
Family size	
1-4	144 (36.9)
5-8	236 (59.0)
More than 8	20 (5.0)

The mean age of the respondents was 15.41 (\pm 2.87), 52.5% were in grade 11 class (n=210), 56.0% were Christians (n=224), 58.7% were from polygamous family setting (n=235), 31.8% were first and second position in the family (n=127), 91.8% were living with both parents (n=367), 57.8% of participants' father had tertiary educational level (n=231), 51.5% of participants' mother had secondary school level of education (n=206), 75.0% of the participants' father were self-employed (n=300), 58.8% of participants' mother were traders (n=235) while 59.0% had family size of 5-8 (n=236). Descriptive statistics of Socio-Demographic Characteristics are presented in Table 1.

Table 2: Knowledge of Adolescents on drug abuse (n = 400)

Variable	F (%)
Knowledge on drug abuse	
Good knowledge	357(89.3)
Poor knowledge	43 (10.7)

Eighty-nine point three percent of the respondents had good knowledge about drug abuse as presented in Table 2.

Table 3: Perceived influence of drug abuse among secondary school adolescents (n= 400)

Perceived influence of drug abuse	Adolescents' Response	
	Agree F (%)	Disagree F (%)
Physical influence		
Lack of sleep	250 (62.5)	150 (37.5)
Hyperactivity	280 (70.0)	120(30.0)
Cause somatic diseases	305 (76.3)	95 (23.7)
Psychological influence		
Anxiety and tension	310 (77.5)	90 (22.5)
Depression	300 (75.0)	100(25.0)
Absent mind/poor concentration	320 (80.0)	80 (20.0)
Mental problems	300 (75.0)	100 (25.0)
Social influence		
Self-confidence	260 (65.0)	140 (35.0)
Acceptability by friends	201 (50.3)	199 (49.7)
Risk of cultism	355 (88.8)	45 (11.3)
Social vices	359 (89.7)	41 (10.3)
Academic influence		
Loss of memory and learning ability	259(64.7)	141 (35.3)
Risk taking behaviour in school	309 (77.2)	91 (22.8)
Poor academic performance	354 (88.5)	46 (11.5)
Expulsion from school	345 (86.2)	55 (13.8)
Poor assimilation	274 (68.5)	126 (31.5)

Seventy-six point three percent of the respondents agreed that drug abuse can cause somatic diseases while 70.0% and 62.5% agreed that drug abuse lead to lack of sleep and hyperactivity respectively. Eighty percent, 77.5%, 75.0%. 75.0% agreed that drug abuse had psychological influence of anxiety and tension, depression, poor concentration and mental problems respectively. Eighty-nine point seven percent indicated social vices, 88.8% risk of cultism, 65.0 self-confidence, and 50.3 acceptability by friends as social influence of drug abuse. Additionally, poor academic performance (88.5%), expulsion from school (86.2%), risk taking behaviour in school (77.2%), poor assimilation (68.5%) and loss of memory and learning ability (64.7%) were identified as academic influence of drug abuse on Adolescents as presented in Table 3.

Table 4: Relationship between knowledge and perceived influence of drug abuse among secondary school adolescents (n = 400)

Perceived influence of drug abuse	Knowledge of drug abuse			X ²	df	p-value
	Good knowledge F (%)	Poor knowledge F (%)	Total F (%)			
Physical influence						
Yes	248 (62.0)	30 (7.5)	278 (69.5)	109.786	1	0.000
No	109 (27.3)	13 (3.2)	122(30.5)			
Psychological influence						
Yes	277 (69.3)	33 (8.2)	310 (77.5)			
No	80 (20.0)	10 (2.5)	90 (22.5)	165.951	1	0.000
Social influence						
Yes	260 (65.0)	32 (8.0)	292 (73.0)			
No	96 (24.0)	12 (3.0)	108 (27.0)	131.930	1	0.000
Academic influence						

Yes	275 (68.8)	33 (8.2)	308 (77.0)			
No	82 (20.5)	10 (2.5)	92 (23.0)	161.299	1	0.000

Table 5: ANOVA showing relationship between knowledge and perceived influence of drug abuse
ANOVA^a

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	15.922	4	3.980	70.018	.000 ^b
Residual	22.456	395	.057		
Total	38.378	399			

a. Dependent Variable: Knowledge of drug abuse

b. Predictors: (Constant), Perceived influence of drug abuse

There is a significant relationship between knowledge of drug abuse and perceived influence of drug abuse on physical, psychological, social and academic aspects of the Adolescents with p-value less than 0.05 level of significant as presented in Table 4 and 5.

IV. DISCUSSION

Socio-demographic distribution of respondents shows that 49.0% of the respondents were between the age ranges of 13-15 years with a mean of 15.41 years (± 2.87 standard deviation). The implication is that majority of the sampled population are teenagers (Adolescents). This age distribution is comparable to the finding of [19] in Nigeria, [20] and [21] in Ghana. This is within the usual age range of students in secondary school or high school. The findings from the study shows that majority of the adolescents came from polygamous family with average family size of 5-8 people, most of them are Christians and they are living with both parent. Highest percentage was in grade 11 class.

The result from the study shows that there is good knowledge of drug abuse among secondary school adolescents which is supported by [22] who reported high level of awareness of drug abuse among adolescents and knowledge of different varieties abused drugs available in their community. Moreso, [23] stated that inclusion of drug education in school curriculum is associated with high level of knowledge on drug abuse among the adolescents. Furthermore, majority of secondary school adolescent agreed that drug abuse have significant influence on physical status of an individual such as development of somatic diseases and at the same time lead to lack of sleep and hyperactivity.

The result from the study further showed that majority of the respondents indicated that drug abuse can have influence on psychology leading to anxiety, depression, absent mind, poor concentration, and mental problems. The result also revealed that social influence of drug abuse is self-confidence, acceptability by friends, risk of cultism, and social vices. Moreso, the result from the study showed that poor academic performance, expulsion from school, risk taking behaviour, poor assimilation as well as loss of memory and learning ability were indicated as influence of drug abuse on academic performance of adolescents. Nevertheless, [24] stated that effects of drug abuse on adolescent include coughing and chest pain, loss of weight, early pregnancy, prostitution, mental illness, school dropout, harassment by police and sexually transmitted diseases including HIV/AIDS.

However, [25] found out that absenteeism, school dropout, poor performance, aggressive behaviours, bullying, fighting, suppressed anger, criticism, isolation, rejection, cheating, stealing, lying, truancy, low self-esteem, loneliness, guilt, feeling of helplessness, fear of abandonment, and chronic depression are significant influence of drug abuse on the adolescents. In other words, drug abuse can cause delinquent behaviours including unsafe sexual practices, drug trafficking, prostitution, physical and sexual abuse, and growing number of adolescent's murders [26]. Moreover, National Institute on Drug Abuse classified effect of drug abuse as physical and psychological effect. physical effect of drug abuse include distorted vision, hearing and coordination, impaired judgment, altered perception and emotions, loss of appetites, sexual impotence, damage to heart and central nervous system including memory loss while psychological effect are violent, erratic and paranoid behaviour, hallucination, confusion, anxiety, depression, loss of interest in food and other productive activities [27]. [28] in their study on awareness and knowledge of consequences of drug abuse reported that substance abuse is likely to lead to liver diseases, lung diseases, stroke and cancers, mental health illness. Moreso, adolescents are aware that substance use is associated with absenteeism, poor performance at school which could either be short or long term effect depending on the duration of drug use [29] [28] [30].

The finding further showed a significant relationship between knowledge of drug abuse and perceived influence of drug abuse on physical, psychological, social and academic performance of secondary school adolescents. This is supported by [27] who reported association between knowledge of drug abuse and its influence on adolescents as reflected in disease burden.

V. CONCLUSION

Drug abuse is a worldwide public health issue affecting people of all ages especially the adolescents in developing countries including Nigeria. This study revealed high level of awareness and knowledge of drug abuse as well as perceived influence of drug abuse among secondary school adolescents. Therefore it is recommended that secondary school adolescents should be made aware that substance abuse cannot provide any positive result but rather cause negative impact on their physical and psychological health, academic and social lives. Also, parents should pay close attention to their adolescents and disabuse their mind from drug abuse.

Limitation of the study: The study focused on secondary school Adolescents in the study area. The result cannot be generalized to other adolescents that are not privilege to be in school. Therefore, this study will provide a foundation for further study that will include all the categories of the adolescents.

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