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Causes And Prevalence Of Drug Abuse Among Secondary School Students In Sokoto Metropolis: Implications For Counselling And Behaviour Change

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ABSTRACT
The study focused on the causes and prevalence of drug abuse among secondary school students in sokoto metropolis: implications for counseling and behavior change. The study employed a descriptive survey research design with 19624 secondary school students in Sokoto metropolis as population and 364 respondents as sample, researchers designed questionnaire was used in collecting data for the study, simple frequency, percentages, T-test and ANOVA were used in analyzing the data generated in the study, after the findings the result indicated that deception that drugs enhances academic performance, peer group influence, feeling fearless and feeling high and bold are the major causes of drug abuse among secondary school students in Sokoto metropolis. and there is no significance difference on the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their gender, there is significance difference on the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their school types and there is significance difference on the prevalence of street begging among secondary school students in Sokoto metropolis on the basis of their age, conclusion and recommendation were put forward to include; Government and non- governmental organizations should come up with programmes and activities that are geared towards educating youths particularly secondary school students on the danger of drug abuse so as to reduce the causes of drug abuse among secondary school students in Sokoto metropolis and Nigeria in general.
Keywords: Drugs, prevalence, causes, students

INTRODUCTION

Drug abuse is a social problem that has assumed an unprecedented dimension in educational institutions especially among secondary school students in Nigeria. This problem is considered as an issue of serious concern as it adversely affects the lives and performance of students involved as well as the entire society they live (Ogbodo, 2010). She also confirmed that drugs are being abuse by both junior and senior secondary school students, with both male and female students involved in the phenomenon. Recent researches according to Enakpoya (2009) confirm that drug abuse has no known boundaries or social class. Drug abuse makes many brilliant students to drop out from school. Prevalence of drug abuse is consuming a lot of financial resources of many governments. This is

because of the heavy investments many government are putting in place to tackle this unwanted menace that is engulfing the life of many youths and destroying human potentials.

Harry (2000) define drug as a substance which by it chemical nature affects living processes. Drug: is anything which when taking into the body has the effect of changing the body's function. In essence, it suggests that drugs can help the body as well as damage the body function. Drug is any chemical substance, which when used affects the body and minds either positively or negatively. Drug can heal or destroy the life of our children, youths and adults in our society, all these depend on how one uses it, it produce both good and bad effects in human life.

Drug: it is any chemical substance other than food which when taken has an effect on the structure and function of the body (Ogbodo, 2010). Drug abuse is traditionally a medical concern, but it also has educational and social relevance as it has gained enormous attention over the years within and outside community. Drug abuse refers to when the use of the drug endangers the physical and mental health of the individual or those around him. It is a pattern of use of substance that places the users on unacceptably high level of health risk. Drug abuse is also regarded as failure to take drugs according to a medical doctor prescription as well as overdose of drugs.

To sum it all some of drug commonly abused include alcohol, Marijuana, Cocaine, tobacco, caffeine, pills, opiates, amphetamines, hallucinogens, depressants, inhalants, club drugs etc. Some commonly used drugs in the society: alcohol – beer, wines, spiritetc**,** tobacco – cigarettes, snuff etc**,** cannabis – marijuana, hashish etc, stimulant – cocaine, cow leaves, synthetic stimulants and depressants – barbiturates, benzodiaze pines etc.

Types of substance abused and effects

To Tambuwal (2009) most commonly abused substances are analgesics antidiarrheal, antibiotics, alcohols, cigarette, coffee, cannabis (Indian hemp), heroin, cocaine, the hypnoseddetives (valium, librum, reactivan) and the barbiturates which are used and abused by young men and women. Common symptoms of Drug Abuse among Students according to Denga & Akuto, (2014).changes in school attendance, poor quality of take home work/assignment**,** poor physical appearance, dirty and sloppy**,** sudden change of peer groups and other association patterns**,** Maladaptive behaviors such as stealing.

Specific Drug Symptoms Denga and Akuto (2004) mention the following as specific glue, excessive nasal secretion and watering of eyes, odour of substance inhaled on breath and clothing, slow response and speech and drowsiness, poor muscular control etc

Stimulants: restlessness, excessive activity, nervous, argumentative, sleeping for a long period of time.

Depressants: lack of interest in pleasure activities, drowsy and disoriented behavior and staggering or stumbling walk

Marijuana: animated and hysterical behavior with loud speech, sleepy or stuporous appearance

Poor color perception

Hallucinogens: fearful behavior, dreamy, trance like state, distorted sight, hearing, touch and or time and change of behavior.

Narcotics: traces of white powder around nostrils, scares (trace marks) as a result of injection

Constant wearing of long sleeves shirts to hide and Lethargic behavior (Denga & Akuto, 2004: 93-95).

Causes of Drug Abuse

Generally, youths tends to take drugs because of the following reasons:-

peer group influence (their friends lure them into the habit, enjoying false pleasure they derive from using drugs, they want feel high, bold and challenge the authority or feel fearless enough to attack lives and destroy them without showing any human feelings, Being deceived with notion that drugs enhance performance in academic task and social relationships and Taking drugs for fun purposes.

Reasons for Using Drugs: Denga and Akuto (2004) opined that**,** seeing parents using drugs, peer and other adults**,** outlet for happiness, frustration, depression, emotional upset and boredom**,** rebellion, bullying as well as being involved in other criminal activities such as cultism, arm robbery etc**,** lack of self-confidence and misinformation and Socialization with friends, relaxation, peer pressure, curiosity as well as experimentation.

Objectives of the Study

The objectives of this study are to find out the following:

1. Causes of drug abuse among secondary school students in Sokoto metropolis.
2. Prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their gender.
3. Prevalence of drug abuse among secondary school students in Sokoto metropolis 0n the basis of their school types.
4. Prevalence of drug abuse among secondary school students in Sokoto metropolis on the basic of their age range.

Research questions

1. What are the Causes of drug abuse among secondary school students in Sokoto metropolis?

Research Hypothesis

1. There is no significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their gender.
2. There is no significant difference in the prevalence drug abuse among secondary school students in Sokoto metropolis on the basis of their school types.
3. There is no significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their age range.

METHODOLOGY

The research employed a descriptive research design of survey types, with 19624 SS2 students across 34 senior secondary schools in Sokoto metropolis. 364 respondents were selected as sample using research advisors (2006) as well as proportionate sampling techniques. A researcher designed questionnaire titled causes and prevalence of drug abuse among secondary school students (CPDASS), which consist of three (3) parts, part A, bio data of the respondents, part B, on the causes of drug abuse, Part C, on the prevalence of drug abuse, with four (4) point likert scale of strongly agree, agree disagree and strongly disagree with 4, 3, 2 and 1, as the score value of the likert scale.

The content validity of the instrument was obtained after correction of the questionnaire items by some lecturers in the faculty of education and extension services Usmanu Danfodiyo university, Sokoto and School of general education, Shehu Shagari College of Education, Sokoto and adjudged to have content of validity. where by the reliability was obtained using split-half method by administration of the instrument items to one hundred and fifty (150) secondary school studentsand splitting the test score into even and odd numbers and analyzed using Pearson product moment correlation coefficient that yielded 0.70 index. The data was collected with the help of research assistant on direct delivery techniques in administration and collection, simple frequency and percentage, T- test and analysis of variance were used in analysing the data collected in the study at 0.05 significance level.

RESULTS

Research question 1, **what are the causes of drug abuse among secondary school students in Sokoto metropolis?**

Table 1: Causes of drug abuse among secondary school students in Sokoto metropolis.

Causes	Frequency	Percentage
Peer group influence	50	13.7%
Enjoying false pleasure	28	7.7%
Feeling high and bold	38	10.4%
Feeling fearless	48	13.2%
Deception that it enhances Performance	58	16.0%
For fun purposes	20	5.5%
Seeing parents abusing drugs	32	8.8%
Lack of self-confidence	36	9.9%
Relaxation	25	6.9%
Bullying	29	7.9%
Total	364	100%

Table I above on the Causes of drug abuse among secondary school students in Sokoto state, indicated that peer group influence account for 50 (13.7%), enjoying false pleasure 28 (7.7%), feeling high and bold 38 (10.4%), feeling fearless 48 (13.2%), deception that it enhances performance 58 (16.0%), for fun purposes 20 (5.5%), seeing parents and teachers abusing drugs 32 (8.8%), lack of self-confidence 36 (9.9%), relaxation purposes 25 (6.9%) and bullying 99 (7.9%). The result confirmed that deception that drugs enhances academic performance, peer group influence, feeling fearless and feeling high and bold are the major causes of drug abuse among secondary school students in Sokoto metropolis.

Ho1 There is no significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their gender.

Table 2: differences on the prevalence of drug abuse among secondary school students base on their gender.

Gender	**N**	**Mean**	**SD**	**T-cal**	**T-crit**	**Decision**
Male	225	31.5	3.8			
				1.82	4.303	Accepted
Female	139	22.6	2.5			

Table 2 shows that calculated t-value is 1.82 while the critical t-value is 4.303, since the calculated values is less than the critical t-value, the hypothesis accepted. This means that there is no significant difference on the prevalence of drug abuse among secondary school students on the basis of their gender.

Ho2 There is no significant difference in the prevalence drug abuse among secondary school students in Sokoto metropolis on the basis of their school types.

Table 3: Analysis of variance showing prevalence of drug abuse among secondary school students in Sokoto state on the basis of their school types.

Source	**SS**	**DF**	**MS**	**F-cal**	**F-crit**
Between	3210.184	2	16.5.092		
groups				1.216	.298
Within groups	433110.49	361	1320.459		
Total	**436320.674**				

@ 0.05 level of significant

Table 3 shows that the calculated F-ration is 1.216 while the critical F-ration is .298. Since the calculated F-value is greater than critical F-Value, the hypothesis is therefore rejected. This means that there is significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their school types.

Ho3: There is no significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their age range.

Table 4: analysis of variance on the Prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their age

Source	**SS**	**DF**	**MS**	**F-cal**	**F-crit**
Between	697.675	3	348.837		
Groups				1.768	.172
Within	64442.632	362	197.072		
Groups					
Total	**65140.307**				

@ 0.05 level of significant

Table 4 shows that the calculated f-rations is 1.768 while the critical f-ration is .172 the calculated f-value is greater than the critical f-value. The hypothesis is therefore rejected. This means that there is significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their age.

DISCUSSION

From the analysis of the data generated in this study, it is confirmed that the causes of drug abuse among secondary school students in Sokoto metropolis, the result indicated that; peer group influence account for 50 (13.7%), enjoying false pleasure 28 (7.7%), feeling high and bold 38 (10.4%), feeling

fearless 48 (13.2%), deception that it enhances performance 58 (16.0%), for fun purposes 20 (5.5%), seeing parents and teachers abusing drugs 32 (8.8%), lack of self-confidence 36 (9.9%), relaxation purposes 25 (6.9%) and bullying 99 (7.9%). The result confirmed that deception that drugs enhances academic performance, peer group influence, feeling fearless and feeling high and bold are the major causes of drug abuse among secondary school students in Sokoto metropolis. The finding agree with previously existing findings for example; Denga and Akuto (2004) opined that**,** seeing parents using drugs, peer and other adults**,** outlet for happiness, frustration, depression, emotional upset and boredom**,** rebellion, bullying as well as being involved in other criminal activities such as cultism, arm robbery etc**,** lack of self-confidence and misinformation and Socialization with friends, relaxation, peer pressure, curiosity as well as experimentation.

Hypothesis one which state that there is no significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their gender, was accepted because the calculated t-value is 1.82 while the critical t-value is 4.303, since the calculated values is less than the critical t-value, the hypothesis is accepted. This means that there is no significant difference on the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their gender, This indicated that both male and female secondary school students involved into drug abuse, the finding also agrees with previously existing findings for example; To Tambuwal (2009) most commonly abused substances are analgesics antidiarrheal, antibiotics, alcohols, cigarette, coffee, cannabis (Indian hemp), heroin, cocaine, the hypnoseddetives (valium, librum, reactivan) and the barbiturates which are used and abused by young men and women.

Hypothesis two which state that; there is no significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their school types, was also found to be rejected because the calculated F-value is 1.216 while the critical F-value is .298. Since the calculated F-value is greater than critical F-Value, the hypothesis is therefore rejected. This means that there is significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their school types, this means that drugs abuse differ significantly on the basis of school types, This finding agrees with previous findings such as; Harry (2000) define drug as a substance which by it chemical nature affects living processes. Drug: is anything which when taking into the body has the effect of changing the body's function. In essence, it suggests that drugs can help the body as well as damage the body function.

Hypothesis three which state that, there is no significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their age range, was rejected because the calculated F-value is 1.768 while the critical F-value is .172 the calculated F-value is greater than the critical F-value. The hypothesis is therefore rejected. This means that there is significant difference in the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their age range, This finding confirms the previous findings foe example; Ogbodo (2010).confirmed that drugs are being abuse by both junior and senior secondary school students, with both male and female students involved in the phenomenon. Drug abuse is a social problem that has assumed an unprecedented dimension in educational institutions especially among secondary school students in Nigeria. This problem is considered as an issue of serious concern as it adversely affects the lives and performance of students involved as well as the entire society they live

CONCLUSION

The conclusion drawn from this study indicated that deception that drugs enhances academic performance, peer group influence, feeling fearless and feeling high and bold are the major causes of drug abuse among secondary school students in Sokoto metropolis. this confirmed that, secondary school students lack proper awareness on the adverse effects of drug abuse on their health, education and to the entire society, hence government and non-governmental organization should take note, and there is no significance difference on the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their gender, there is significance difference on the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their school types and there is significance difference on the prevalence of drug abuse among secondary school students in Sokoto metropolis on the basis of their age.

RECOMMENDATIONS

Based on the findings of this study the following recommendations were put forward;

1. Government and non- governmental organizations should come up with programmes and activities that are geared towards educating youths particularly secondary school students on the danger of drug abuse so as to reduce the causes of drug abuse among secondary school students in Sokoto metropolis and Nigeria in general.
2. Guidance counsellors and educational psychologists should be incorporated in the organization and implementation of the government programmes that are geared toward reducing drug abuse in Nigeria especially as it relate to youths and secondary school students.
3. Massive nationwide awareness programme should be mounted by professional and religious associations such as JNI, CAN NISEP, CASSON on the consequences drug abuse, as well as educate secondary school students on how best to eradicate the causes and prevalence of drugs abuse among them.
4. NDLEA as well as other drug law enforcement agencies and association should come off with nationwide awareness on the danger drugs and drugs related abuses especially at secondary school levels, through drug days/weeks.

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