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Influence Of Drug Abuse On Academic Performance Of Senior Secondary School Students In Sokoto Metropolis, Sokoto State

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ABSTRACT

This study investigated the influence of drug abuse and retention on academic performance among senior secondary school students in Sokoto Metropolis, Sokoto State, with implications for counseling. Five research objectives, questions and hypotheses guided the study, which adopted a descriptive survey design. The population comprised 18,671 SS II students across 42 secondary schools, from which 357 respondents were selected using a multi-stage sampling technique. Data were collected using a validated and reliable questionnaire titled *Influence of Drug Abuse and Retention on Academic Performance among Senior Secondary School Students Questionnaire (IDARAPSSQ)*, with a reliability index of 0.87. Data were analyzed using descriptive and inferential statistics. Findings revealed a strong and statistically significant relationship between drug abuse and students' academic performance, significant differences in the influence of types of drugs commonly abused and a significant negative effect of drug abuse on academic performance and retention. Additionally, a significant difference was found between male and female students in their involvement in drug abuse and academic performance. The study recommended integrating drug education into school curricula, establishing functional guidance and counseling units, involving parents and community leaders in monitoring students, enforcing anti-drug policies within and around schools, and introducing extracurricular and academic support programs to promote students' engagement and learning interest.

Keywords: Drug, Drug abuse, Academic Performance, Retention

INTRODUCTION

Drug abuse has become a global phenomenon affecting almost every country; though the extent, causes, effects and characteristics vary from one country to another. A drug refers to a substance that could bring about a change in the biological function of a human being through its chemical action (Dankano & Garba 2017)

Drug abuse is assuming an epidemic dimension. It has become one of the central issues of our time. Parents, teachers, government and various bodies concerned are now disturbed more than ever by the rapid and alarming rate at which youth are being drawn into drug abuse. In every human society, whether primitive or civilized, there are different cases of drugs abuse. There is a general belief among members of the human society that the intake of certain drugs is capable of assisting man in various ways such as in the reduction of tension, prevention, cure, management of diseases and ailments, alleviation of suffering

and pains in the affected part of the body. In fact, the use of drugs has always been part of man's civilization. (Adeniyi F. A. 2020)

Adeniyi (2022), defines "drug abuse" as a phrase "wrong use of" or makes a bad use of any drugs without the prescription of a qualified medical doctor, or taking drugs to an extent that can cause social or medical harm. The World Health Organization (WHO) explained that drug abuse is a persistent or sporadic excessive drug use inconsistently with or unrelated to acceptable medical practice. Drug Abuse involves self-administration of drugs in a manner that deviates from the approved medical and social patterns within a given culture. It is the wrong use of drugs for purposes other than medical reasons, thus affecting the individual in a negative way socially, cognitively or physically. Social effects may be reflected in an individual's enhanced tendency to engage in conflicts with friends, teachers, and school authorities. (Adeniyi, 2022). Much emphasis needs to be placed about Alcohol, it is a type of commonly used and legitimized drug whether brewed locally from sugar cane, raffia palm or from cereals in terms of Burukutu are highly intoxicating.

If the use of the term drug is limited to only hard drug or dangerous /illegal drug, it means that a substance like alcohol which cause addiction, dependence and tolerance will not be in the picture, it will be realistically existent but without being aware of its effects, such a mistake of unawareness will blindfold the society and deprive it aware of part of its duty.

Consequently drug Abuse according to Awake (in Dankano & Gabra 2017), costs the United States of America an estimated 100 million dollars a year in health care, reduces job productivity, lost earning and instigates crime, but perhaps, it is the youth who pay the highest price. The effects of drugs on students are not farfetched. Drugs are chemical substances that destroy the body cell, depending on how the drugs are used. This is why Orija (2018) stated that a drug dependent person unknowingly damages his/herself and the society. The effect is a deteriorating health, which may cause mental ill health, deformed babies and the untimely death of the individual involved. He goes further to say that people who have become dependent on drug become more irritable, moody, absent minded, experience a drop in academic performance and a change in mode of dressing, become more demanding with regard to funds, increase in appetite and complain often of aches and pains in the body.

Statement of the Problem

Problems of drug abuse seem to be very growing concern globally as well as in our contextual setting among students in secondary schools. Some of the researchers have shown that consumption of drugs by secondary school students do not only decreases their academic performance, but also lowers their Intelligence Quotient and thus make them vulnerable to crime. Furthermore, drug abuse exposes some students to health risks among other myriad problems which have escalated to levels that are very disturbing.

Over the years, the abuse of drugs such as tobacco, sedatives, Marijuana (Indian hemp), cocoa leaves, alcohol, heroin, morphine, cocaine, inhalants (such as glue), amphetamines to mention but a few have drastically been on the increase in secondary schools students. It is reported in studies that the effect of these menace is responsible for deviant behaviour, juvenile delinquency, abs condiment from school etc. Despite worldwide concern and education about the dangers of drug abuse, many secondary school students ignorantly or knowingly depend on one drug or the other for their daily lifestyle. It therefore becomes necessary to carry out this study in order to find out the influence of drug abuse and retention on academic performance among secondary school students in Sokoto State.

Objectives of the Study is to

1. Determine the causes of drug abuse among senior secondary school students in Sokoto Metropolis.
1. Identify the common forms of drugs abused by senior secondary school students in Sokoto Metropolis.

Research Questions

1. What are the causes of drug abuse among senior secondary school students in Sokoto Metropolis?
1. What are the common forms of drugs abused by senior secondary school students in Sokoto Metropolis?

Research Hypothesis

1. There is no significant relationship between the causes of drug abuse and students’ academic performance among senior secondary school students in Sokoto Metropolis.
2. There is no significant difference in the types of drugs commonly abused and their influence on students’ academic performance in Sokoto Metropolis.

METHODOLOGY

The study adopts a descriptive survey research design to examine the influence of drug abuse on secondary school students’ academic performance in Sokoto metropolis. The population for this study comprises all Senior Secondary School (SS II) students’ in Sokoto metropolis with total population of 13,547 students. Rao soft sample size calculator was used to select 10 senior secondary schools, then stratified random sampling technique was employed to get the sample of 357 students.

Table 1: Sample of the study

S/N	Name of School	Population	Sample
1	Gov’t Girls Day Secondary School, Runjin Sambo	570	42
2	Yakubu Mu’azu Science Secondary School	204	15
3	Giginya Memorial Secondary School, Sokoto	741	55
4	Gov’t Day Secondary School Minannata Sokoto	449	33
5	Gov’t Day Secondary School, Mabera	554	41
6	Nana Girls Secondary School, Sokoto	750	55
7	Sheikh Abubakar Gummi Memorial College, Sokoto	853	63
8	Sultan Atiku Secondary School, Sokoto	375	28
9	Gov’t Day Secondary School Arkilla	349	26
10	Sani Dingyadi Unity Secondary School	914	67
Total		4846	357

The instruments used for this research is a structured Questionnaire titled “Influence of Drug Abuse and Retention on Academic Performance among Senior Secondary School Students Questionnaire (IDARAPSSQ).” The Instrument was administered to the selected samples. The Instrument was administered in the class room setting during a designated time agreed upon with the schools’ authorities.

RESULTS

From the total population of 4846 Senior secondary school students (SSII) in Sokoto metropolis. A sample of 357 respondents was determine using Rao soft calculator outlined in chapter three of the study. All the 357 questionnaires that were administered are retrieved hundred percent (100%). The demographic profile of the respondents is presented using simple percentage in table 2.

Table 2: Distribution of Respondents According to Demographic Profile

Response	Frequency	Percentage%
Gender		
Male	266	75
Female	91	25
Total	357	100%

Source: Field survey, 2025

The demographic profile of the respondents reveal that 266 (75%) respondents are male as against 91 (25%) that are female.

Test of Hypotheses

Table 3: Pearson Product Moment Correlation statistics showing relationship between the causes of drug abuse and students’ academic performance among senior secondary school students in Sokoto Metropolis.

Variables	N	Mean	S.Deviation	r-Cal	p-Value	Decision
Causes of drug abuse	357	3.15	.908	.836**	.000	H ₀₁ Rejected
Students’ academic performance	357	3.14	.959			

(α= .05)

Table 3 report the result of hypothesis testing in table 3 shows a strong and statistically significant relationship between the causes of drug abuse and students academic performance among senior secondary school students in sokoto metropolis with a correlation coefficient of $r(357) = .836^{**}$, $p < .05$. This finding underscores he significant association between the causes of drug abuse and students’ academic performance among senior secondary school students in Sokoto Metropolis, as the p-value is below the threshold of 0.05. Therefore, the null hypothesis (H₀₁), which posited that no significant relationship exists between causes of drug abuse and students’ academic performance among senior secondary school students in Sokoto Metropolis, is rejected.

H₀₂: There is no significant difference in the types of drugs commonly abused and their influence on students’ academic performance in Sokoto Metropolis

Table 8: ANOVA result comparing the difference in the types of drugs commonly abused and their influence on students’ academic performance in Sokoto Metropolis.

Source of Variation	Sum of squares	Df	Mean square	F	P-value	Decision
Between Groups	112.784	4	28.196	47.504	.000	H ₀₂ : Rejected
Within Groups	208.930	352	.594			
Total	321.714	356				

Source: Field Work, 2025

α= 0.05

The ANOVA results in Table 8 indicate a significant difference in the influence of the types of drugs commonly abused on students’ academic performance in Sokoto Metropolis ($F(4, 352) = 47.504$, $p = 0.000 < 0.05$). The mean square between groups (28.196) is substantially higher than the mean square within groups (0.594), suggesting that the type of drug abused has a strong effect on academic performance. Based on this analysis, the null hypothesis (H₀₂) that there is no significant difference in the types of drugs commonly abused and their influence on students’ academic performance is rejected. This implies that different types of drugs vary significantly in their impact on students’ academic outcomes, highlighting the need for targeted counselling and intervention programs to address specific drug abuse patterns among students.

The key findings are

1. There is strong and statistically significant relationship between the causes of drug abuse and students’ academic performance among senior secondary school students in Sokoto Metropolis.
2. There is significant difference in the influence of the types of drugs commonly abused on students’ academic performance in Sokoto Metropolis.

CONCLUSION

Based on the findings of this study, it can be concluded that drug abuse has a profound and detrimental effect on the academic performance of senior secondary school students in Sokoto Metropolis. The results revealed a strong and statistically significant relationship between the causes of drug abuse and students’ academic achievement, indicating that factors leading to substance use directly impair students’ focus, motivation, and academic output. Moreover, the significant variation in the influence of different types of

drugs on academic performance suggests that certain substances exert stronger cognitive and behavioral effects, which manifest in declining grades, poor classroom participation, and reduced learning retention.

RECOMMENDATIONS

Based on the findings of the study, the following recommendations were made;

1. Schools should integrate drug education into their curricula to sensitize students on the dangers of drug abuse and its negative effects on academic performance, health, and future aspirations. Such programs should involve regular seminars, workshops, and peer education activities facilitated by health and counseling professionals.
2. Secondary schools in Sokoto Metropolis should establish or reinforce functional guidance and counseling units to provide students with emotional, psychological, and academic support. Counselors should particularly focus on identifying at-risk students and offering gender-sensitive interventions that address the specific needs of both male and female students.

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