

Drug Abuse among Secondary School Students in Ikere Local Government Area of Ekiti State, Nigeria

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Abstract

The study was carried out to investigate drug abuse among Secondary School Students in Ikere Local Government Area of Ekiti State, Nigeria. In course of this study, sixty students were selected each in five Secondary Schools in Ikere Local Government Area of Ekiti State. There consisted the study sample of three hundred students which were randomly selected. The data collected were analyzed using percentage to test the stated research questions. Based on the results, recommendations were made that government should intensify her campaign against drug abuse by Nigerians. Parents-Teacher Association (P.T.A) should also be active in curbing their children and warn them to deviate from drug abuse films which misinform or miseducate youth on the use of drug should not be shown on television screen. Secondary School should develop intensive in-service programmes with the assistance from specialist with experience and background in developing drug educational programme.

Keywords: Drug, abuse, Drug Abuse, Secondary School, Secondary School students.

Introduction

Drug abuse has been defined as "persistent" or sporadic excessive and improper use of drug without the regard of accepted medical practice (Odejide, 1932). Drug abuse Occurs in all social and economic classes, it is not limited to the slum areas of major cities or countries, it can crop up anywhere without reference to economic level ethnic origin intellectual or educational attainment religious identity or social status.

The commonly abused drugs produce different effects and those drugs include:

- (1) Narcotic used to treat pain relief.
- (2) Sedatives and hypnotics used To treat insomnia
- (3) Tranzquilizers used to relieve mild depression and keen patients awake.

Drug abuser is so widespread that everyone is exposed to, youth and adults alike, drugs are used for various purposes such as social purposes, therapeutic to escape from psychic state or to gain an experience and of curiosity. In recent time, drug abuse among the secondary school students has become a popular, sensitive and mystifying problem.

The World Health Organization (WHO) technical report series No. 516 (1973) defined drug as "any substance which when taken into living organism may modify one or more of its functions

On the other hand, drug abuse could be defined as the use of drugs for reason, beside medication in an attempt to influence -the body and mind to alter emotions and senses to escape from reality or the actual experience of a normal life.

To corroborate the assertion raised above, Ray (1973) viewed drug abuse as the continuous or occasional use of drug by the individual of his or her own choice to achieve his or her own objective which is not therapeutic or within legitimate use for purpose social or out of curiosity or to obtain an experience, regardless of whether dangerous effect are caused or accompanied its usage on the individual or not.

The following are also tantamount to drug abuse but people usually fail to take cognizance of it:

- (a) Alcoholism (Excessive consumption of alcohol) turns consumer to be an addict.
- (b) Smoking or snuffing hemp (common among students).
- (c) Hard drug pushing, drug peddling could be equal to drug abuse.

However, anybody who has gone neck deep in the attitude of drug use has become a victim of societal ills and should be really helped in order to save the society. Attempts at solving; social phenomena in human societies generally have always been approached from different perspective. But to meaningfully tackle social problem such as drug abuse among secondary school students the most usual thing to do is to look at its underlying causes with an objective of devising strategies to solving it, hence, the need for this study.

Literature Review

Odejide (1982) maintained that drug is said to be abused when it is used not medically necessary against legal prohibition and excessively used as in the case with socially acceptable drug.

A study by Kramer & Corner (1975) suggests that young people who use Marijuana might learn it from friends or peers. Kendal and associates (1973) note that the highest rate of Marijuana usage was found among adolescents whose parents and friends were drug abusers.

Gustain (1970) identified some common sign of drug abuse among post primary and secondary schools as follows:

- (i) Sudden and drastic change in attendance the last including changes in legibility and neatness.
- (ii) Unusual flare-up or outburst temper changes in physical appearance.
- (iii) Sun glasses worn at inappropriate time and place.
- (iv) Borrow to finance drug purchase.

Earp (1987) maintained that the following symptoms are suggestive of drug addict:

- 1. Loose interest in life.
- 2. Show less interest in personal interest
- 3. Achieve less at school.
- 4. Be absent from schoolwork.
- 5. Tell lies, be evasive.
- 6. Enjoy long period of time alone.
- 7. Drop old friends and keep company with new bad ones.

Drug abusers as seen by Qviagu (1972) were under the age of 20years which he put at 68.8%, more than 50% of abusers were *seen* by Lambo (1990) in support of Oviagu's submission Most of these youths have died of unidentified ailments, which were believed to be as a result of drug abuse

The use of sedatives and analgesics produced temporary reduction of body activity. In line with the findings of this work, Fawole (1982) has identified analgesics as being the most commonly abused drugs by Nigerian youths. This unguarded use of drugs according to him can cause certain Kinds of Kidney disease, which have an adverse effect on blood clotting fume and why lead to gastro-intestine bleeding

Purpose of the study

The study is to identify the cause and effect of drug abuse among secondary school students m Ikere Local Government Area of Ekiti State and proffer possible solution to the problems.

Research questions

This research was guided by the following research questions:

- (i) What are the modes of living of the students?
- (ii) What are the drug being abused by the students?
- (iii) What are the reasons for taking drugs?
- (iv) What is the behaviour of students under the influence of drug?
- (v) What strategies can be used for eradicating the incidence of drug abuse?

Methodology

This study is a descriptive research in which the survey method was used to collect data on drug abuse among secondary schools students in Ikere Local Government Area of Ekiti State.

Selection sample

Five (5) secondary schools out of the eight secondary schools in the area of study were randomly selected. Stratified random sampling technique was employed in selecting the subject from each school used for the study in all, three hundred students were randomly selected for this study.

Research Instrument

Questionnaire was used for this study and it contained 36 statements to be responded to by the students the questionnaire was divided into two main parts, the first past was designed to elicit demographic information from respondents, the other part is for the questionnaire

proper covering five areas (i) self-medication (ii) drug abuse (iii) causes (iv) effect of drug abuse (v) solutions to drug abuse.

Validation and reliability of instrument

The instrument was presented to experts in test and measurement who ascertained the content and face validity. To ensure the reliability of the instrument test-retest method was used the questionnaire was given to (50) fifty students. The questionnaire were collected and scored. The same set of questionnaire was administered to the same set of respondents a week later and they were also retrieved and scored. Responses on the two occasions were correlated using the Pearson Predict Movement Correlation Method, the correlation co-efficient was 0.74, this was considered high enough for reliability.

Procedure

The research personally administered the questionnaire. All questionnaires administered, were duly completed and returned to research.

Analysis of findings

Research question 1: What are the modes of living of the students?

Table 1: mode of living of students

S/N	Items	Frequency	Percentage(%)
1.	Living with parents	26	8.7
2.	Living in hostels	37	12.3
3.	Living with relatives	50	16.7
4.	Living alone	60	20.0
5.	Living with peer groups	127	42.3

In table 1, item 1 above revealed only 8.7 of the subjects lived with their parents. Item 2, revealed that 12.3% of the respondents who were involved in drug abuse lived in hostels. Item 3 revealed that 16.7% living with their relative while item 4 revealed that 20.0 & of the students who were drug abuses lived alone, in item 5, a large number of subjects to the tune of 42.3% were found guilty of drug abuse as a result of living with their peer groups.

Research question 2: What are the drugs being abused by the students?

Table 2: Categories of drugs abused

S/N	Category	Items	Frequency	Percentage (%)
6.	Stimulants	Kolanuts	26	8.7
7.		Hemp	22	7.3
8.		Alcohol	34	11.3
9	Sedative	Cigarettes	26	8.7
10		Valium	36	12.0
11	Analgesic	Librum	25	10.5
12		Panadol	17	8.3
13		Paracetamol	16	5.3
14		Codein	48	16.0
15		Mestrogen	50	16.7

In table 2, item 6 was being abused by 8.7 % of the respondents. In item 7, 7.3% of the subjects were found involved in abusing smoking hemp. Item 8, 11.3% of the students were found involved in drinking alcohol It was observed in item 9 that 8.7% smoked cigarettes. In item 10, 12.0% abused the use of valium and item 15, 16.7% of subjects abused Mestrogen drug.

Research Question 3: What are reasons for taking drugs'?

Table 3: Respondent's reason for taking Drug

S/N	Item	Frequency	Percent ages (%)
16	To make we feel high	66	22.0
17	To forget worries due to excessive academic	56	18.7
I8	As a matter of habit	17	5.7

19	It keeps me awake	32	10.7
20.	For social satisfaction	20	6.7
21	To induce sleep	27	9.0
22.	For emotional disturbances	53	17.7
23.	For studying purpose	29	9.7

In the table above, item 16, 22.0% of the students abused drugs to make them feel high. In item 17, 18.7% students were involved in drug abuse to make them relax from excessive academic load. In item 18, 5.7% of the respondents take drug in abusing manner as a habit. In item 22, 17.7% of the respondents take drugs for emotional disturbances. In item 23, it was observed that 9.7% of the subjects abused drugs for the purpose of studying

Research Question 4 : What are the behaviours of the students under the influence of drugs?

Table 4. Behaviours of students under the influence of drugs.

S/N	Items	Frequency	Percentages (%)
24.	Fighting	107	35. 7%
25	Having fun	44	14.7%
26.	Listening to music	125	41.7%
27.	Cracking jokes	50	16.7%
28,	Always serving punishment	89	29.7%
29.	Associate with sex scandal	110	36.7%
30.	Sleeps in class or at breaks	140	46.7%
31.	Becoming a bully to junior	121	40.3%
32.	Encounter with security	96	32%.

On table 4, item 24, 35. 7% of the sample results to fighting under the influence of drugs. In item 26, a total number 125 (41.7%) of the subjects enjoy listening to music, while in item 29, 36.7% the subjects were associated with sex scandals. In item 30, 46.7% of the sample sleep in the class during school lessons or break times. In item 31, 40. 3% of the subjects become bully to the junior students.

Research Question 5.

What strategies can be used for eradicating the incidence of drug abuse?

Table 5: Respondents solutions for eradicating drug abuse

S/N	Item	Frequency	Percentage (%)
33	Abstaining from taking drags	156	52. %
34	Avoid mixing with people who take drugs	267	89.0%
35	Treatment from doctors to overcome the habit	112	37.3%
36	A void self –medication	87	37.3%

Table 5 indicate that in item 33,52% of the subjects as need that abstaining from taking drugs will help to eradicate drug abused .In item 34, 89% agreed that avoiding mixing with people who take drugs will help in the indication of drugs abuse. In item 35, 37.3% indicated that willingness to get treatment from doctors to get over the habit..,

Discussion of Findings

- (1) Students that moved away from the close-eye monitoring of their parents were prone to drug abuse. It was revealed that the highest number of subjects 167(55.7%)who lived with their peer groups were involved In drugs abuse
- (2) Velium alcohol, cigarettes, kolanuts and Librium were the mostly abused drugs in a broad sense stimulants (i.e alcohol, cigarettes, kolanuts and sedatives like velium and Librium were abused.
- (3) Students abused drugs mostly to enable them to study, feel high and forget worries of excessive academic load.
- (4) The best way towards eradicator drug abuse is to avoid mixing with people who take drugs.
- (5) Complete abstaining from Taking drugs recommendations.

To curb the prevalence of drug abuse among secondary school students, the following recommendation are hereby made:

- (1) The government should intensity her campaign against drug abuse by Nigerians.
- (2) The ministries of education and information should embark on school-to-school campaign to let student to know the evils involved in taking drugs not recommended by the doctor or physicians.
- (3) The Parent -Teacher - Association (PTA) should also be actives in curbing their children and warn them to deviate from Drug abuse.
- (4) Every home should rise to its responsibility in the growth and development of their offspring Parents and guardians should not save their children in the hands of people who are less caring and who lack affection, guardians and parental attention which are paramount in the formation stage.

- (5) Films which misinform or miseducate youth on the use of drug should not be shown on television screens.
- (6) The school should develop intensive in service programmes with the assistance from specialists with experience and background in developing drug educational programmes.

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