



## Teachers' Opinion of Causes and Consequences of Drug Abuse among Secondary School Adolescents in Kaduna State

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### **Abstract**

*The study examined teachers' opinion of the causes and consequences of drug abuse among secondary school adolescents in Kaduna State. The study objectives were to determine the causes of drug abuse, consequences of drug abuse and ways to reduce drug abuse among Secondary School Adolescents in Kaduna State. To do this, four research questions were raised to guide the study. The study employed the descriptive survey design. The target population was secondary school teachers in Kaduna State, where a sample of 399 was drawn through the simple random sampling technique. The instrument used for data collection was a researcher-developed questionnaire. The questionnaire was on a 4-point Likert scale options of 4, 3, 2 and 1 for strongly agree, agree, disagree and strongly disagree respectively. The questionnaire was validated by experts (lecturers) in Measurement and Evaluation, and Educational Psychology. The instrument had a coefficient of 0.80 obtained using a Cronbach method. The data collected was analyzed using descriptive statistics, specifically, percentages, mean and standard deviation. The results obtained from the study identified the most commonly abused drugs to be alcohol and cigarette while major causes of drug abuse among secondary school adolescents was curiosity and peer group influence. Furthermore, the consequences were identified as depression and aggressive behavior, and suggested that drug abuse could be reduced through monitoring and caution. The study concluded that menace of drug abuse should be seriously looked into by all the stakeholders such as parents, teachers and school management. Finally, the study recommended that qualified guidance counselors and therapists should be used to counsel adolescents and proper monitoring.*

**Key Words:** Causes, Consequences, Drug, Adolescents, Abuse

### **Introduction**

Drugs are substances that when taken by a living organism is capable of modifying one or more of its functions, and this modification could be in the positive or negative. They can be foodstuffs, medicines, liquids and products used to achieve positive results and when and only when used in compliance with the prescriptions of medical experts, suppliers or

retailers or when used in line with the ethical standards. Tobacco, alcohol, stimulants such as cocaine, opium, sedation and soothing are a number of types of medications. For Ezech (2005) drugs mean anything that affects the metabolism of the body and creates momentary agitation and changes in behaviour.

Drugs are legally and illegally or unlawfully classed. Any legal medicines such as vaccines, vitamins, antacids or analgesics are used for medicinal purposes and such medications are not dangerous to the body if they are not violated. Illegal medications, often called hard drugs, refer to such medicines used to relieve tension or enjoyment. To Ezech (2005), these usually abused medicinal products are of some interest to parents because their effects have a negative impact on people, their families and culture as a whole. The term drug abuse refers to indiscriminate use of substance which is capable of modifying the chemistry and functions of the body. Okorodudu (2006) opined that drug abuse depicts the persistent or sporadic or excessive use of drug which is inconsistent with the acceptable medical practice. For example, self-administration of any quantity of drug or taking it without medical prescription is known as drug abuse (Egbuke, 1998).

The drugs that are commonly abused are: narcotics or depressants such as morphin, heroin, codeine, pethidine, methadone and marijuana (Indian hemp). It has been noted that ‘the most abused drugs are those which bring about behavioural changes. They are grouped into four (4) major groups based on their effects. They are stimulants, marijuana (cannabis), depressants (downers) and Hallucinogens (psychedelics). Another group of drugs that are commonly abused in the society are the sedatives often used to induce sleep. Such group of drugs include tranquillizers (Valium) barbiturates, alcohol and nicotine (Okorodudu 2006). Other drugs commonly abused by the adolescents are the stimulants which produce alertness. The drugs that stimulate the Central Nervous System (CNS) include cocaine and the amphetamines such as dexamphetamine. Drug abuse is therefore when somebody decides to take drugs that are not prescribed by a medical personnel and also engages in narcotics or depressants and alcohol due to one reason or the other.

Drug abuse is an unnecessary or misuse of illegal or permissible substances (Nwadinobi, 2004). Drug abuse may also be considered illicit drug use for reasons other than social or medicinal uses such as Indian opium, meth, cocaine, tobacco and alcohol. Drug addiction is one of the most severe abnormal behaviors among young people today, including adolescents (Oyakilome, 1990; Kaltung, 1997). Drug misuse can have a negative impact on users and culture. It can lead to crime, immorality, school drops, disguise, misery, suicide and sexual assault. Medicines are characterized by the chemical or physical component or existence to be any material other than foods that modify the structure or function of the living organism (Nwadinobi, 2004).

A number of studies have been conducted with respect to drug abuse. For example, Effiom, Ejue and Effiong (2005) carried out a study on the prevalence and types of drugs and substance abuse as expressed by youths in Calabar. The subjects (2,500) were drawn

from 15 post primary schools in Calabar through stratified random sampling. A questionnaire on drug types and rate of use was constructed and used for the study. Data analysis was done using t-test and the result revealed significantly high-value for kolanut, coffee, beer, palm wine, local gin, and factory gin. It was revealed also that the above drugs and substances were the most used and abused while snuffs and marijuana were the least abused substances.

In another study carried out by Nwadinobi (2004) on psychopathological Manifestations of Secondary School drug abuses. The study population comprised of 100 students drawn from Onitsha Education Zone of Anambra State through random sampling technique. A questionnaire was used for data collection and data was analyzed using mean score. Results of the analysis showed that drugs being used by students are analgesics, hormonal drugs, antibiotics, stimulants, depressants, hard drugs, alcohol, antacid, cigarette, anti-malaria and arthritics. Also the result revealed that they manifest psychopathological behaviour such as mischief, anxiety, aggression, withdrawn attitude, stubbornness, non-compliance to school work, examination malpractice, truancy, fighting, stealing and bullying due to their drug abuse

Again a descriptive survey study on family, peer and gender influences on substance abuse among secondary school students in Thika district Nairobi, Kenya was carried out by Maduakonam and Mungai (2006). In that study they attempted to find out the extent parental, peer and gender influences can contribute to substance abuse among secondary school students. The sample consist 332 form four students made up of 166 males and 166 females. Mean, percentages, ranking and standard deviation were used to answer the research questions while t-test analysis was used to test the hypotheses. The results revealed that: (1) There is significant difference between family and peer influences as factors that contribute to substance abuse among secondary school students in Thika district. (2) That gender does not significantly influence the risk of adolescents engaging is substance abuse.

## **Statement of the Problem**

Many sudden and chaotic developments in contemporary life have brought teenagers face to face with challenges and choices, and circumstances under which adolescents and their parents have little or no influence and which have made growing up very different from those of ancient times. Oniyama and Oniyama (2001) posit that Nigerian youth are suffering from social, emotional and psychological problems due to parents and caregivers for neglect combined with their unfitnes for freedom. The inability of parents or guardians to adapt into the world of teens makes them depressed, sad, and ultimately develop inappropriate behaviors that create trouble for themselves and the wider community. In adolescence, youth rely on their parents for lack of experience and submissiveness, while parents defend and guide them, but as they reach puberty, these roles shift. Adolescents seek individuality, try to assert their independence while parents on the other hand resist the latter's autonomy. The struggle between parents and adolescents for these changes often leads to disobedience,

arguments, conflicts and rebellion on the part of the adolescents especially when they are forcefully brought under adult control (Onuorah, 2001).

According to Agulanna (2012), Nigerian students with behavioral disorder indulge in drug abuse that degenerate into activities such as violence, peer violence, battling, harassing or abusing others, rioting, robbery, cheating, drug misuse, rape, smoking, lateness, breach of rules and regulations, vandalization of school property, among other items. It has also been documented that the incidence of conduct disorder among Nigerian teenagers has risen over the last three years in terms of the level of reported delinquent crimes and the number of adolescents involved.

### **Objectives of the Study**

The aim of the study was to examine the opinion of teachers regarding the causes and consequences of drug abuse among secondary school adolescents in Kaduna state. Specifically, the study sought to:

- i. identify the most commonly abused drugs among secondary school adolescents in Kaduna state
- ii. find out the causes of drug abuse among secondary school adolescents in Kaduna State.
- iii. examine the consequences of drug abuse among secondary school adolescents in Kaduna State.
- iv. suggest ways to reduce drug abuse among secondary school adolescents in Kaduna State.

### **Research Questions**

The following research questions were raised to guide the study:

1. What are the most commonly abused drugs among secondary school adolescents in Kaduna state?
2. What are the causes of drug abuse among secondary school adolescents in Kaduna state?
3. What are the consequences of drug abuse among secondary school adolescents in Kaduna state?
4. In what ways can drug abuse be reduced among secondary school adolescents in Kaduna state?

### **Methodology**

The study adopted the descriptive survey design. Descriptive survey research design is an investigative method, framework and technique that involves a systematic attempt to describe the characteristics of a population of interest in a factual form. The descriptive survey was considered appropriate as it sought the opinion of teachers on the causes and consequences of drug abuse among secondary school adolescents. The population consisted

of secondary school teachers in Kaduna State, while the sample was 399 selected through the simple random sampling technique.

The study used a researcher-developed questionnaire as instrument for the collection of data. The questionnaire consisted of two parts: A and B. Part A of the instrument focused on the demographic characteristics of the respondents. Whereas, the B part of the instrument had items on common drugs abused, causes, consequences and ways to reduce drug abuse among secondary school adolescents. The items in the second part of the questionnaire were on a 4-point Likert scale of Strongly Agree (SA) as 4, Agree (A) as 3, Disagree (D) as 2, and Strongly Disagree (SD) as 1. The face and content validity of the instrument was done by experts in the fields of Educational Psychology and Measurement and Evaluation. Also, to determine the reliability of the instrument, a test-re-test was done and a reliability coefficient of 0.80 was obtained indicating the instrument as very reliable. Descriptive statistics, specifically, percentages, mean and standard deviation were used to analyse the data. The mean for every item was computed as  $(4.3.2.1)/4=2.50$ . Hence, items with means of 2.50 and above were accepted. While those with 2.49 and below were rejected.

## Results

### Demographic variable analysis

	Frequency	Percentage
Gender: male	280	70.2
Female	119	29.8
<b>Total</b>	<b>399</b>	<b>100.0</b>
Age: 18 – 25	42	10.5
26-30	109	27.3
31 – 40	149	37.3
41-50	63	15.8
Above 50	36	9.0
<b>Total</b>	<b>399</b>	<b>100.0</b>
Class: JSS1	29	7.3
JSSII	105	26.3
JSSIII	68	17.0
SSI	77	19.3
SS2	70	17.5
SS3	50	12.5
<b>Total</b>	<b>399</b>	<b>100.0</b>
Religion: Christianity	174	43.6
Islam	225	56.4
<b>Total</b>	<b>399</b>	<b>100.0</b>

The table above showed the distribution of demographic variables in frequencies and percentage. By gender status 280 or 70.2% are males and the rest 119 or 29.8% are females. On the age status, while 42 or 10.5% are between 18-25 years, 109 or 27.3% are between 26-30 years while 149 or 37.3% are between 41-50 years and the rest 36 or 9.0% are above 50 years. The teachers were picked from all classes from JSS1 up to SSSII with 29

or 7.3% who teach JSSi, as against JSS II teachers represented by 105 or 26.3% while 68 or 17.0% who teach JSSIII as against 77 or 19.3% teaching classes SSI while 70 or 17.5% who teach SSII and the rest 50 or 12.5% who teach SSII classes. On religious beliefs 174 or 43.6% are of Christianity and the rest 225 or 56.4% are of Islamic religion.

**Research Question 1:** What are the most commonly abused drugs among secondary school adolescents in Kaduna state?

**Table 1:** Commonly abused drugs among secondary school adolescents

S/N	Drugs abused	Yes		No		Ranking
		Freq	%	Freq	%	
1	Alcohol	345	86	54	14	1 <sup>st</sup>
2	Cigarette	328	82	71	18	2 <sup>nd</sup>
3	Goskolo	313	78	86	32	3 <sup>rd</sup>
4	Whiskey	222	56	177	44	4 <sup>th</sup>
5	Marijuana	150	38	249	62	5 <sup>th</sup>
6	Others	76	19	323	81	6 <sup>th</sup>

Table 1 above provides the commonly abused drugs among secondary school adolescents. The data shows alcohol as the most commonly abused drug with a frequency of 345 representing 86%. Cigarette came second with a frequency of 327 representing 82%, while, *goskolo* came third with 313 or 78% as against whiskey with 222 or 56% abuse rate and marijuana came 5<sup>th</sup> with frequency of 150 or 38%. This shows that the mostly abused drugs among the adolescents include alcohol, cigarette and *goskolo* in that order.

**Research Question 2:** What do you think are the major causes of drug abuse among secondary school adolescents?

**Table 2:** Major Causes of drug abuse among secondary school adolescents

S/N	ITEM	SA	A	D	SD	Mean	Remark
1.	Curiosity	276	102	16	5	3.62	Accept
2.	Peer pressure	269	113	10	7	3.61	Accept
3.	Stress	232	150	7	10	3.51	Accept
4.	Emotional struggles	214	176	5	4	3.50	Accept
5.	A desire to escape	193	199	4	3	3.45	Accept
6.	Lack of parental care	183	206	5	5	3.42	Accept
7.	Poverty	67	129	200	3	2.65	Accept
8.	Watching and observing parents and others abuse drugs	159	152	51	37	3.08	Accept
9.	Media influence e.g. glamorous advertisement of alcohol and cigarette on TV	20	169	192	18	2.47	Reject
10.	Culture	302	88	5	4	3.52	Accept
11.	Jealousy	276	104	5	14	3.60	Accept
12.	Lack of self-esteem	242	133	9	15	3.50	Accept
13.	Low social skills	211	148	27	13	3.39	Accept

14. Learning from Parents	209	169	9	12	3.44	Accept
15. Academic failure	189	182	11	17	3.36	Accept
16. The urge to exercise power and control on other children	243	122	17	17	3.48	Accept
17. Rejection by peers	229	138	17	15	3.45	Accept
<b>Cumulative Mean</b>					<b>37</b>	

*Decision/Standard Mean = 2.50*

The outcome of the Table 2 showed the respondents' response regarding what they believe to be the major causes of drug abuse among secondary school adolescents. Their overall or cumulative mean agreement of 3.37 is above the decision/standard mean of 2.50. Specifically, most believe that curiosity is the major cause of drug abuse among secondary school adolescent as it has the highest mean agreement level of 3.62 with a total of 378 were in agreement as against 21 that disagreed. Another cause of drug abuse includes peer pressure with the second highest mean of 3.61 with a total of 382 agreed and the rest 17 disagreed. Also, culture is another cause of drug abuse. In summary, the major causes of drug abuse among our adolescents include curiosity, peer group influence and culture.

**Research Question 3:** What do you consider to be the effects of drug abuse among secondary school adolescents?

**Table 3:** Effects of drug abuse among secondary school adolescents

S/N	ITEM	SA	A	D	SD	Mean	Remark
1.	High risk of mental health problems	291	93	8	7	3.67	Accept
2.	Depression	300	94	3	2	3.73	Accept
3.	Personality disorders	272	114	7	6	3.63	Accept
4.	Suicidal thoughts	250	135	7	7	3.57	Accept
5.	Attempted suicide/ Suicide	235	147	9	8	3.52	Accept
6.	It destroys their self-esteem	250	137	4	8	3.57	Accept
7.	Violence and other criminal tendencies	129	105	160	5	2.89	Accept
8.	Dropping out of school	209	125	35	30	3.28	Accept
9.	Creates hatred	81	179	125	14	2.82	Accept
10.	Develops in them aggressive personality	322	62	8	7	3.75	Accept
11.	Can lead to retaliatory violence	309	71	12	7	3.70	Accept
12.	Can lead to constant stress	292	92	9	6	3.67	Accept
13.	Can also lead to fear	290	104	3	2	3.70	Accept
14.	May even lead to suicidal tendencies	304	78	5	12	3.68	Accept
15.	Can lead to negative attitude towards school	244	143	8	4	3.57	Accept
16.	May also affect their academic performance	145	104	147	3	2.98	Accept
	<b>Cumulative Mean</b>					<b>3.48</b>	

*Decision/Standard Mean =2.50*

Research Question Three looks at the effects of drug abuse among secondary school adolescents. As can be seen from Table 3 above, there is high, serious and great concern, reason being that their cumulated mean response of 3.48 is greater than the decision mean of

2.50. Specifically, drug abuse develops in adolescent's aggressive personality, as this view had the highest mean of 3.75 with a total of 384 in agreement as against only 15 in disagreement. In the same vein, drug abuse leads to depression as this view had their second highest mean response of 3.73 with a total of 394 agreeing and only 5 disagreeing with this view. In summary, drug abuse has very high serious effect among secondary school adolescents especially as it leads to depression and develop aggressive personality

**Research Question 4:** What ways can you suggest towards reducing drug abuse among secondary school adolescents?

**Table 4:** Ways to reduce drug abuse among secondary school adolescents

S/N	ITEM	SA	A	D	SD	Mean	Remark
1.	Monitor students' activities	302	82	8	7	3.70	Accept
2.	Caution students on the kind of friends they keep	298	90	3	8	3.69	Accept
3.	Keep track of prescription drugs	255	133	8	3	3.60	Accept
4.	Provide support	285	98	8	8	3.65	Accept
5.	Set a good example	240	148	7	4	3.56	Accept
6.	Providing educational programmes	150	68	119	62		Disagre
						2.34 :	
7.	Raising awareness on the negative effects of drugs	160	99	130	10		Accept
						3.02	
8.	Model positive behaviour	178	127	56	38		Accept
						3.11	
9.	Speaking out about drug use at home	61	169	143	26		Disagre
						2.39 :	
10	Provide love and support to adolescents at home and in school	269	94	22	14		Accept
						3.54	
11	Learn to report adolescents who abuse drugs	254	109	20	16		Accept
						3.50	
12	Punishing and shaming drug abusers publicly	238	125	22	14		Agree
						3.44	
13	Providing counseling services to adolescents who abuse drugs	223	138	23	15		Accept
						3.42	
	<b>Cumulative Mean</b>					<b>3.36</b>	

*Decision/standard mean =2.50*

Table 4 above provides the respondents' general opinion on ways through which drug abuse can be reduced significantly among secondary school adolescents. The main way to reduce drug abuse among adolescents include monitoring the students as this view attracted the highest mean response of 3.70 as a total of 384 were in agreement as against only 15 that disagreed with this view. Also, students should be cautioned on the kind of friends/peer group they keep as this had the second highest mean of 3.69 with a total of 388 agreed as against 11 that disagreed. Also, the adolescents should be given support from all meaning people in order to help reduce their drug abuse status, as this view attracted the third highest mean of 3.65 with a total of 383 in agreement with 16 in disagreement

In summary, it is generally and highly believed that drug abuse can be reduced significantly among secondary school adolescents., especially by monitoring the students and cautioned on the kind of friends or peer group they keep.

## Discussion of Findings

In regard to this study a total of four research questions were answered. The first one revealed that the most commonly abused drugs among the adolescents include alcohol and cigarette. These two drugs are easily found and can be accessed by adolescents, in most cases they do not need to buy these drugs as these are freely served in most parties or social gatherings organized by youths. This finding agrees with Decety and Meyer (2008) who opined that adolescents most often try to solve their motion resonance by indulging in notable drugs such as alcohol and cigarettes which are very easy to come by with little no legislation against their sales and provision

The second question showed that the major causes of drug abuse among adolescents include curiosity, peer group influence and culture. These factors have been responsible for the wide abuse of drugs among adolescents. The adolescents by virtue of their ages are very curious in trying any adventure including drug indulgence, peer group and the type of friends attract their going into drugs as they want to feel belong and acceptable among their peers. In the same vein there are some culture who readily accept the use of these drugs. For instance, among some ethnic groups smoking cigarette is an acceptable norm while alcohol is a taboo or sin, on the other hand, in other ethnic groups taking alcohol is a welcome development. This agrees with Essuman, Nwaogu and Nwachukwu (1990) and Ezeh (2005) as well as Hope, Burns, Hyes, Herbert and Warner (2010) who opined that peer group influence and cultural upbringing are responsible for drug addiction of adolescents.

The third question revealed that drug abuse has very high serious effect among secondary school adolescents especially as it leads to depression and develop aggressive personality. The effect of drug abuse cannot be overestimated as it leads to so many costly effects such as depression, aggressive behavior which in some chronic instances may lead to suicide, theft or murders. This outcome was supported by Kaltung (1997) and Kovalski and Horan who believe that the effects of internet-based cognitive restructuring on the irrational career beliefs of adolescent leads to aggressive behavior and other societal evils.

Answer to the fourth question revealed that people generally are of the high belief that drug abuse can be reduced significantly among secondary school adolescents, especially by monitoring the students and cautioning them on the kind of friends or peer group they keep. Many concerned personalities especially counselors and psychologists have suggested several ways to reduce the incidences of drug abuse which include proper and constant monitoring and keeping track of the peer group the adolescents keep at any time. Some have advocated punishment. The ways to reduce drug abuse among adolescent were also corroborated by Vance (2006), Wagaman and Segal (2014) and Yamane (1967) who all

believe that responsible parents, guardians and even teachers should monitor the adolescents especially the type of friends they move with etc.

### Conclusion

The study concludes that the most commonly abused drugs among the adolescents include alcohol and cigarette, with the major causes of drug abuse as curiosity, peer group influence and culture. In addition, the effects of drug abuse among secondary school adolescents were found to be that it leads to depression and develop aggressive personality. While it was suggested that ways to reduce the incidences of drug abuse include proper and constant monitoring and keeping track of the peer group the adolescents keep at any time. Drug abuse among adolescents is a very serious societal problem which needs the attention of every stakeholder such as parents, teachers, guardians and the adolescents themselves to curtail because it can snowball into serious psychological effects such as depression and crimes in the society.

### Recommendations

Based on the findings of the study the researcher presents the following recommendations that will help curtail or reduce incidences of drug abuse among adolescents:

1. Stake holders such as teachers, parents and general public should direct adolescents to see qualified therapists who will counsel them appropriately.
2. Guardians and parents should constantly monitor their adolescents by keeping tracks of their movement and the type of friends they keep
3. Access to some of these drugs should be restricted and controlled through proper legislation and removing cultural or religious acceptance from the issue
4. Dangers and negative effects of drug abuse should be well advertised in schools, religious places and among media houses so as to deter adolescents from indulging into drug abuse

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