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6 **Abstract**

7 Introduction-Since the early times, medicinal plants have been used in healing and preventing
8 diseases. The chronic use of substance(s) can cause some irreversible physical and
9 psychological development 1 . The use of substance could be beneficial or harmful depending
10 on how it is been used. Substance(s) could bring about a change in the biological function of
11 living organism through its chemical composition 4 . It can also modify perception, cognition,
12 mood, behaviour, and general body function 9 . They could thus be considered as chemical
13 modifiers of the living tissues that could bring about psychological and behavioural changes 11
14 . The use and abuse of substance(s) by youths have become one of the most disturbing health
15 related phenomena in society; several youths have become insane, irresponsible and liability to
16 the society. Substance(s) can be used for treatment or prevention of disease in man or animals;
17 it also alters the body function, either positively or negatively, depending on the body
18 composition of the user, type of substance(s) used, dose used, or combination with other
19 substance(s) at the same time 3 . NAFDAC explains the term substance abuse as the
20 excessive and persistent usage of a substance without regard to the medically or culturally
21 accepted patterns.

22

23 *Index terms—*

24 **1 Assessment of Substance Abuse among Students of College 25 of Health Sciences and Technology Ijero Ekiti**

26 Boluwaji Akinsefunmi ? , Ogboh Rita ? , Hassan Aminat ? & Babalola Rufus ? Chapter One I. Introduction
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28 of substance(s) can cause some irreversible physical and psychological development 1 . The use of substance
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33 substance(s) by youths have become one of the most disturbing health related phenomena in society; several
34 youths have become insane, irresponsible and liability to the society.

35 Substance(s) can be used for treatment or prevention of disease in man or animals; it also alters the body
36 function, either positively or negatively, depending on the body composition of the user, type of substance(s) used,
37 dose used, or combination with other substance(s) at the same time 3 . NAFDAC explains the term substance
38 abuse as the excessive and persistent usage of a substance without regard to the medically or culturally accepted
39 patterns. It could also be viewed as the use of substance(s) to the extent that it interferes with the health and
40 social function of an individual 8 . In essence, substance abuse may be defined as the arbitrary over dependence
41 or misuse of substance(s) with or without prior medical diagnosis from qualified health practitioners. Substance
42 abuse can plainly be seen as the recurrent use of illegal substance(s) or misuse of the legal ones.

1 ASSESSMENT OF SUBSTANCE ABUSE AMONG STUDENTS OF COLLEGE OF HEALTH SCIENCES AND TECHNOLOGY IJERO EKITI

43 Substance abusers who exhibit symptoms of stress, anxiety, depression, behavioural changes, fatigue, and loss
44 of appetite should be treated by medical experts and counsellors. Since the beginning of history, humans have
45 searched for substances that would sustain and protect them and also act on the nervous system to produce
46 pleasurable sensations 10 . Drugs are believed to provide pleasure because they give inner peace and satisfaction,
47 relax the muscles and heighten sensation 2 . Students in Nigeria experiment with drugs without knowing which
48 drug to take, when to take it and how to take it 7 , and presently, risky alcohol use among students has become
49 a serious public health issue in Nigeria ?? .

50 The campus environment is free and young people often use substance to reassure themselves that they are
51 able to express their freedom, some for the first time in their lives, which is a part of normal adolescent processes
52 and perception of drugs as socially acceptable are all denominators of alcohol expectancy. Many adolescents use
53 alcohol experimentally, sometimes frequently and sometimes consuming multiple drinks per occasion, without
54 engaging in other problem behaviour's or experiencing immediate negative consequences 3 . It is a popular belief
55 and equally a strong conviction among higher education students that the campus is a place of freedom and the
56 perceived freedom ranges from academic to social, relationship, religious, and speech. The use of substance is
57 most prominent in tertiary institutions where we have academic freedom and students do things at their own free
58 will. Youths who are exposed to or who observe adults who drink and smoke may want to experiment to see how
59 it feels 10 . If intervention is not quickly provided, this may signal the beginning of drug use and subsequently
60 substance abuse and dependence.

61 A major factor in the use of substance by adolescents is concerned with sensation seeking and risk-taking
62 tendencies and these tendencies are part of the normal developmental process for young people 10 . Youths or
63 college students are in the stage of their lives where they experiment and look for new experiences, they want
64 to try things out for themselves rather than relying on information provided by others. This sets them up to
65 be vulnerable to the temptation to experiment with drugs/substance especially psychoactive ones. Many college
66 students use legal drugs such as caffeine, nicotine or alcohol without much thought because their use is socially
67 acceptable. The use of tobacco, alcohol, stimulants and other substances is a worldwide phenomenon. Youths
68 get "high" from abusing substances such as inhalants, alcohol and cannabis among others 3 .

69 The negative consequences of substance abuse on the well-being of Nigerian youths in all ramifications, has
70 necessitated a clarion call for the Nigerian society to live up to its responsibility. Presently, youths vividly
71 express high level of morally bankruptcy, decadent and helplessness detrimental to their growth and national
72 development 1 . The Nigerian youths, considering the high level of competitiveness among nations of the world
73 due to globalization are supposed to serve as the nexus of development and technological advancement. However,
74 this expectation could be a mirage if the Nigerian youths with their challenge of drug abuse are not helped,
75 re-orientated, revitalized and collectively salvaged together in order to prevent the total degeneration and loss
76 of our societal values and ideals and a potential human capital developmental disaster. This is premised on the
77 fact that the menace of substance abuse has eaten very deep into the fabrics of our society 5 . Majority of the
78 Nigerian youths ignorantly without being aware of the consequences depend on one form of drug or the other for
79 their various daily activities -social, educational, political, moral, etc. However, the consequences of substance
80 abuse are so devastating and very shameful to the extent that both national and international organizations
81 are also worried about the spread of this scourge among the Nigerian youths resulting to social violence among
82 youths, armed robbery, mental disorders, 419 syndrome, social miscreants (Area boys and girls), school dropout,
83 lawlessness, lack of respect for elders, rape, and many more of the social evils ?? .

84 Therefore, the growing concern is that youths in Nigeria are highly involved in substance abuse at an alarming
85 rate. For young people, substance abuse interferes with their cognitive and emotional development, increases
86 the chance of accidental injury and death, and magnifies the likelihood of drug dependency. Substance abuse is
87 a major gateway to crime and this undermine development by eroding social and human capital development.
88 This degrades quality of life and has negative impact on the functioning and productive ability of youths 14 .

89 This brings to bear the fact that though substance abuse is a major public health problem all over the world
90 11 . The use and abuse of substance have become one of the most disturbing health related phenomena in Nigeria
91 and other parts of the world. It could also be viewed as the use of a drug to the extent that it interferes with the
92 health and social function of an individual. Drug abuse is defined as the non-medical use of a drug that interferes
93 with a healthy and productive life ??3 . Drug abuse is the excessive, maladaptive or addictive use of drugs for
94 non-medical purpose ??2 . It can also be viewed as the unlawful overdose in the use of substance.

95 Majority of Nigerian youths ignorantly depend on one form of substance or the other for their various daily
96 activities -social, educational, political, moral etc. Such drugs include: Tobacco, Indian hemp, cocaine, morphine,
97 Heroin, Alcohol, ephedrine, Madras, Caffeine, Glue, Barbiturates, Amphetamines, etc. ?? in their studies on
98 perception of Drug Abuse amongst Nigerian undergraduates identified dependence and addiction as one of the
99 major consequence of drug abuse, characterized by compulsive drug craving seeking behaviours that persist
100 even in the face of negative consequences. These changes are maladaptive and inappropriate to the social or
101 environmental setting and could place the individual at risk of harm. In view of this context therefore, drug use
102 among young people should be a matter of concern to all Nigerians, especially the government, parents, school
103 heads, the leaders of religious groups and other NGO's 7 .

104 2 a) Background of the Study

105 The consumption of substance(s) such as alcohol, amphetamine, cannabis, marijuana, caffeine, tobacco among
106 others are now been taken frequently in large quantities by youths as they constitute the high risk of drug abusers.
107 Today more youths are becoming drug dependent; those who are mainly from well-to-do homes are increasingly
108 identified with the big boy ?? .

109 The history of using mind-altering substance in excess, or in a manner disapproved by society, is as old as
110 the human race. Fermented beverages were probably used by prehistoric humans, who depicted their effects on
111 cave walls. Opium and marijuana have been in worldwide use for centuries and the Indians of South America
112 recognized the stimulant properties of the coca plant long before the Spanish conquest. It is stated that all
113 naturally occurring sedatives, narcotics, euphorants, hallucinogens and excitants were discovered thousands of
114 years back 8 .

115 Each society develops rules and guidelines for the use of substance. Although the Bible frequently mentions
116 wine in approving terms, it warns against drunkenness. In some cultures, men may drink fermented beverages
117 to intoxication; women and children who do so may be punished. Alcohol use is widely accepted in western
118 society, but its use is prohibited and condemned in Islamic cultures. In the eastern world, opium was once a
119 widely accepted recreational drug. In the United States and England, it was available on grocery store shelves
120 until the late nineteenth century. Cocaine, the ingredient that was responsible about 100 years ago for making
121 Coca-Cola "the pause that refreshes" is now an illegal drug in the United States. In the last decade or so, the
122 growing rate of substance abuse has been causing a lot of concern in schools, government circles and the society
123 at large. Substance abuse is not limited to any social and economic group neither is it limited to a particular
124 sex or religion. Investigation into dimensions of this phenomenon has become necessary for it has become a
125 cankerworm amongst youths especially students in many institutions in Nigeria. 19 .

126 Drug is any chemical substance which when taken into a body organism modify one or more of its functions.
127 In accordance with a definition substance such as alcohol, heroin and caffeine are drugs because these substances
128 bring about modifications in behaviour by influencing co-ordination of the central Nervous System and sometime
129 change the functions of the cell. Any chemical substances other than food that affects living organisms are drugs.
130 Even common plants and animal preparations that are not pharmaceutical products but made for corrective
131 purposes are drugs. To this group belong herbs, plants exudates latex, juice powder. 3 The current trend of
132 indiscipline among students and Nigerian youths in general has become so rampant that successive governments
133 have sought for ways of combating its problems as a result of this unwholesome trend, school Boards, University
134 Communities and Non-governmental Organization (NGOS) such as Youth Clubs, Philanthropic Organizations,
135 Federal and State Governments and their parastatals, particularly the National Drug Law Enforcement Agency
136 (NDLEA) have organized programmes to create awareness about the dangers of drugs and substance abuse ??8 .

137 Major-General Mohammed Buhari's regime (1983) for example, sought for adequate ways to eradicate social
138 slogan popularly known as "War Against Indiscipline" (WAI). Some of the societal ills addresses were: 11 ?
139 Disorderliness in public places ? Criminal activities like armed robbery, drug trafficking, and money laundering;
140 ? Wanton destruction of public property and arson. ? Official corruption in all spheres of nation's life. ?
141 Economic sabotage and graft by public officers, oil bunkering, currency trafficking, fraud, bribery and corruption
142 (the main focus of the regime was to sanitize the polity and restore national values. General Ibrahim Babangida's
143 regime (1985-1993) also tried to curb the influence of drugs which led to the promulgation of Decree IV and V
144 of 1989 establishing the national Drug Law Enforcement Agency 11 .

145 Similarly the Federal Ministry of Health (FMH) with the World Health Organization (WHO) later joined the
146 International Council on Alcoholism and Addiction (ICAA) to curb drug addiction. Since then serious efforts
147 have been made to conduct researches on the problems of drug abuse and the way of combating them by the
148 NDLEA. This notwithstanding, alcohol, and cannabis still remain the most common substances of abuse in Africa.
149 Existing literature on alcohol consumption among adolescents in sub-Saharan Africa suggests that a substantial
150 proportion of adolescents have consumed or currently consume alcohol. Two studies conducted among students
151 and among nationally representative samples of in and out of school youths found that the prevalence of lifetime
152 alcohol use was approximately 25%. Substance misuse is a growing problem in Nigeria, as in many developing
153 countries. Alcohol and cannabis are the most frequent substances of abuse ??8 .

154 The World Health Organization (WHO (2006) also defined drug abuse as a "state" of periodic or chronic
155 intoxication, detrimental to the individual and to the society, produced by the repeated consumption of a drug
156 (natural or synthetic). Drug abuse patterns include all aspect of drug usage by the youths ranging from how
157 much, how often and what sort of drugs, where who, with, what circumstances and so on ??8 .

158 The analysis of contemporary social problem has consistently proved more and more controversial. There is
159 a growing public concern in our country, Nigeria, about involvement of adolescents and young adult in drug
160 abuse, which is defined as the nonmedical use of substances by human beings that may modify one or more of
161 its functions and may impair an individual ability to function effectively and may result in social physical or
162 emotional harm. While it is universally accepted that drugs can be of tremendous benefit to man and society, it is
163 also acknowledged that inappropriate use of drugs can be harmful to man .The personal, social and public health
164 problems associated with psychoactive substance use, have continued to arouse worldwide interest and concern.
165 Various reports and researches conducted have illustrated this phenomenon 15 . Drugs/substance abuse is a

3 B) STATEMENT OF PROBLEM

166 worldwide hazard with dangerous complications that affect many countries around the globe, Nigeria inclusive.
167 The problem varies from place to place.

168 The African seminar on problems of drug dependence held in Lagos, Nigeria declared that "Drug abuse and
169 dependence producing substances are widely prevalent in African countries have continue to increase. These
170 problems affect the individual, the family and the society in general. Substance abuse which was originally
171 conceived as the problem of a selected few is today becoming a problem of a sizeable proportion of the world
172 population 17 . The problem is so grave that it has extended beyond the usual characteristic profile of abusers
173 being male, adult, and urban-based to now include females, youngsters and those who live in rural areas. Its
174 economic effect is so devastating that it is estimated that the annual retail cost of psychotropic substances by
175 prescription is over two billion naira while the alcoholic industry which produces over five billion gallons of
176 alcoholic beverages annually generate more than four billion naira from sales to a consumer population of about
177 30-35 million people 20 . Illicit Drug traffic known to generate huge profit and fortune and that is one reason
178 why it has been very difficult to combat the drug traffic in spite of several laws that have been promulgated.
179 For instance, it has been estimated that the sum of \$400billion is the turnover of illicit drug industry, which
180 is equivalent of approximately 8% of total international trade and therefore larger than the trade in iron steel,
181 motor vehicle, textile, tourism 20 .

182 Substance abuse and other associated problems constitute a major threat to the survival and effective
183 functioning of human societies, lives are lost daily through addiction and activities of addicts. A significant
184 number of deaths from accidents and violent crimes have been traced to the activities of persons under the
185 influence of drugs. Treatment facilities nationwide are now gradually being over burden with drug-related
186 problems and cases. The need to prevent drug abuse among the general population and by the growing generation
187 of Nigeria thus becomes imperatives. Nigeria which once served only as transshipment route for drugs soon
188 became a "consumer" country when it was observed that the increasing incidence of drug abuse among students
189 is a contributory factor in the ugly confrontation between school administrators and students ??2 .

190 The problem of substance abuse poses a far greater health hazard than most imagine. Psychoactive drugs
191 and substances have the primary effect on the mind such as altering mood, feelings, perceptions and behaviors.
192 These drugs are usually taken to give insulation from the real world and its difficulties. This is accompanied by
193 the feeling that varies according to the drugs used. This is common to those whose personality development is
194 insufficient to enable them cope with the normal life 15 . One of the hazards of using of drugs/ substance to
195 alter mood and feeling is that some individuals eventually develop dependent on the drug. They have diminished
196 flexibility in terms of their behavior toward a particular drug or substance. They became dependent on the drug
197 for their feeling well being. The intensity of this need or dependent may vary from mild desire to a craving or
198 compulsion to use the drug/ substance and when the availability of the drug is uncertain they may exhibit a
199 pre-occupation with its procurements ?? . In extreme form, their behavior exhibits the characteristics of a chronic
200 relapsing disorder, this is a state referred to as "addiction or dependence". The substances commonly abused
201 include tobacco, alcohol, stimulants like caffeine, nicotine, cannabinoids, amphetamine, volatile solvents like glue,
202 petrol, diethyl ether, chloroform correction fluid, psychotropic medicines such as sedatives, anxiolytics, hypnotics
203 etc. Most of the drugs being abused are beneficial, but also have devastating after effects such as psychosis,
204 paranoid schizophrenia, and chronic addiction with all the implications of mental and physical dependency ??3
205 . Some of the social and environmental contributory factors associated with substance/drug abuse include living
206 away from home, relaxed parental control, alienation from family, early exposure to drugs, peer influence, easy
207 access to the drugs and their availability etc.

208 3 b) Statement of Problem

209 The population of students in Nigeria's tertiary institutions has increased tremendously in recent time's
210 .Statistical data shows that about one million five hundred thousand students are enrolled in more than 344
211 institutions in the country. Survey has revealed that Nigeria has about 63 Colleges of education, 50 polytechnics,
212 61 Monotechnics, 70 professional institutions which includes (school of Nursing, colleges of health technology,
213 vocational institutes and the rest...) Figures in the last few years shows that Nigeria has over 100 universities
214 altogether 33% accounts for the federal university while 44% accounts for the state university and 23% accounts
215 for the private university ?? .

216 The Nigerian youths constitutes (70%) of the entire population which is (124.95million) out of (178.5million)
217 the general population and about (43%) of this population are affected with substance abuse and (28%) are
218 students of various institutions.Globally, there were about 190 million substance abusers. Out of these substance
219 abusers, around 40 million serious illnesses or injuries were identified each year; the trend is increasing as period
220 goes. Recent trends indicate that the use of substances have dramatically increased particularly to claim the
221 lives of 15 million people annually ?? . In recent years, the Federal government has approved billions of naira
222 to drug enforcement agency (NDLEA) in collaboration with World Health Organization (W H O) to establish
223 and maintain rehabilitation centres to cater for drug abusers that has been affected psychologically and has been
224 mentally derailed 11 .

225 Consequently, about 14% out of the 28% of the students that are involved in substances abuse usually
226 becomes mentally derailed and they undergo rehabilitation and the remaining percentage of people exhibit

227 deviant characters. Statistical analysis conducted by the W.H.O shows that a total of 15% deaths that can
228 be traced to substance abuse are recorded annually 7% also accounted for youths ?? .

229 Today, drug misuse and abuse is a major problem worldwide. Its extent and characteristics however vary from
230 region to region although trends among the youths especially have begun to converge over these recent years.
231 The most commonly used and abused substance is cannabis and alcohol. Alcohol and other related problems are
232 becoming more a public health concern. The misuse of alcohol represents one of the leading causes of preventable
233 death, illness and injury. Other common substances are inhalants, heroine and cocaine. This abuse is believed
234 to be associated with increasing amounts consumed, frequency of use and groups involved 7 .

235 The substance abuse problem in Nigeria is no different from other countries though there may be variations
236 in the magnitude of the problem. It is difficult to say when it actually became a problem in Nigeria but its
237 existence according to educated guesses could be traced as far back as the 1960s' after independence. Currently,
238 use and abuse of drugs have expanded to include the youths 10 . This gives evidence that the people mostly
239 affected are the young and strong who can contribute effectively to the economy of the country. Increasing
240 youth's involvement in substance use and abuse is a major threat to national development, family stability and
241 social security of the country.

242 To address these problems, various programs in Nigeria both official and unofficial have made several efforts
243 towards curbing the menace of drug abuse (cigarette and hard drugs) of which the youths are the most gullible
244 victims. Numbers of studies have also been carried out among in-school or out -of -school youths to gas their
245 baseline information about the extent of the problem with respect to specific drugs such as tobacco. There is
246 however the need to have information on the other commonly abused substances as well. This is because any
247 sustained program that will bring interactions between the youths and their educators to allow opportunities for
248 creating greater understanding of drug abuse and its social repercussions. Obviously a locally designed study
249 aimed at vividly describing the extent of the problem on a broader scale looking at in school and out of school
250 youths. ?? Besides, the World Health Organization (WHO) through its Regional Strategy for Mental Health, aims
251 at prevention and control of mental health and substance abuse disorders. It has a mandate to assist countries
252 in assessing the magnitude of the problem to fill in gaps in knowledge, as well as develop epidemiological data
253 for developing policies and prevention programs. The Nigeria Health Service has interest in taking advantage
254 of this mandate so that the information generated through a youths' focused study could direct the design of
255 evidenced-based prevention programs to address the problem ??3 .

256 Substance abuse is injurious to the students, it increases crime rates, enhances the spread of disease like AIDS,
257 leads to loss of sanity, and death. Some students are involved in the use of illicit substance(s) because they
258 want to reduce the peer pressure around them. Substance abuse among students in Nigeria in the contemporary
259 time has become one issue that cast a gloomy shadow to the entire Nigerian society especially among students.
260 Substance abuse and chemical dependency among young people has been a social problem and continues to be one
261 of the most significant medical, social and economic problems facing mankind 22 . The prevalence of alcohol use
262 on college campuses is classified as a "Major public health concern" 20 . The height of drug trafficking in Nigeria
263 was witnessed in 1985 under the military regime. During this period, it was mostly the undergraduates that were
264 caught and the first to be executed for drug offences under the "special tribunal (Miscellaneous Offences) Degree
265 No. 20 of 1984. However, the abuse of substance is not only limited to the students as alien phenomenon is to
266 distort its significance.

267 Nevertheless, the usage of substance either by students or other members of the larger society in all its
268 ramifications appears to be a social problem. This problem is widely spread and it affect all and sundry. In other
269 words, this wide spread use and abuse entice people from all walks of life and beyond the human destruction
270 caused by drug dependence is the damage to traditional values and lifestyles. Studies have also shown that drug
271 abuse wrecks individual, shatter families and weakens entire society with its burden of economic loses, health cost
272 and increased lawlessness and crime. Also, substance abuse seems to undermine the ability of students to learn.
273 Substance abuse also appears to contradict our values of physical wellbeing. To add to this, drug abuse may entail
274 a lot of social problems ranging from lateness to lectures, family neglect, deviance behaviours, involvement in
275 crime ??6 . In terms of economic cost, it includes the more money required to deal with the undesirable effects of
276 the drug abuse, the less money for services and programmes that enhances the quality of life ??3 . Addressing the
277 problem of substance abuse among adolescents in the college setting is a very specialized need with unique issues
278 that demand "high quality and effective treatment" approaches that may be different to those used with other
279 substance abuse populations or adolescents in general. Tertiary institutions as training institutions are different
280 from secondary or high schools in structure, freedom, accountability, expectations and rules. As described earlier,
281 campus environment is an adult world, with doors open to teenagers.

282 High rates of alcohol use are also associated with risky sexual behaviour among students. In a Nigerian study
283 it reported that over 97,000 students are victims of alcohol-related sexual assault or alcohol abuse while several
284 others reported being too intoxicated to know whether or not they consented to having sex ?? . The use and
285 abuse of alcohol has implications on the health status of students in schools, for instance, it is the cause of many
286 social and health problems, such as increase in crime rate and high proportion of accidental injury.

287 Many social, economic and political factors have contributed to the global spread of psychoactive substance.
288 In the nineteenth century drugs tended to only be available where they were produced, or very close to the source
289 of production. However, the growth of transportation, tourism and communications in the twentieth century has

4 C) JUSTIFICATION

290 made it possible to transport goods and people quickly to any part of the world. Drugs too, are being transported
291 to distant places. Given the economic rewards of producing and transporting drugs, it is not surprising that they
292 are available almost all over the world. It has been estimated that the illegal market for drugs is worth \$100 to
293 \$500 billion worldwide. These figures are of course more than estimates, but even at the lower level represent a
294 substantial and lucrative market 7 .

295 Global trends in drug production, transportation and consumption are difficult to describe and assess because
296 of the complexities of the issues involved and the lack of accurate information on what are clandestine activities.
297 Drugs are being produced in increasing numbers, making them more readily available through both legal and illicit
298 channels. A drug culture life style with its own jargon support and maintains its members in their drug-seeking
299 behaviour and helps to make the illicit market profitable. There has been a sizeable increase in the production and
300 use of illicit drugs throughout the world. The United Nations International Drug Control Programmes estimate
301 that the global production of coca leaf has more than doubled and that of opium poppies more than tripled since
302 1985 ??3 . Moreover, new forms of existing drugs e.g. smoke able "crack" cocaine, changes in the modes of
303 administering these drugs e.g. transitions from opium smoking to heroin injection in South East, Asia and one
304 introduction and proliferation of new synthetic drugs e.g. amphetamine-type stimulants and so called designer
305 drugs all create new or exacerbate existing substances related problems. Of particular importance is the fact that
306 drug injection has become a major transmission route for HIV of scientific and public health efforts to address
307 these new issues, significant advances in drug abuse epidemiological research methods have been achieved. These
308 advances have included improved techniques to assess the extent of drug related behaviours and problems, but
309 also the introduction and development of methods which aim to understand behaviour as much as measure them.
310 Substance abuse is a major social and public health problem. The abuse of one drug-alcohol-currently is one
311 of the major causes of death in the United States, ranking only behind coronary diseases and cancer. Substance
312 abuse cost the American economy billions of dollars a year ?? .

313 To this end and judging from the problems outlined earlier, this research aims at assessing the level of substance
314 abuse among students of College of Health Science and Technology Ijero Ekiti State.

315 4 c) Justification

316 The importance of this study is to provide resource materials for many that want to have deeper knowledge
317 about the cause, effect and control of drug abuse. This research work will encourage organizations like NAFDAC,
318 NDLEA, health organizations like WHO, and government parastatals to establish drug rehabilitation center to
319 help victims of drug abuse more so the significant of this study is to outline its health implication amongst
320 students which will be centered on identifying the cause of drug abuse among student, reducing the hazard of
321 drug abuse to a minimum level, reducing the incidence of rape among students, and also to alert the government
322 on how to control the abuse of drug since the sort term and long term effect are disastrous.

323 Recent studies show that the rate of juvenile delinquencies in Nigeria has drastically increased due to the
324 indiscriminate use of drug among youths of Nigeria. Crimes such as Armed robbery, rape, theft, political
325 thuggery, homeless children, drop out, killings e.t.c. ?? While the use of tobacco by the general population has
326 decreased over the last several decades, students' use of tobacco remains widespread ?? . The menace of drug use
327 is not limited to Nigeria. The World Drug Report (2005) states that five percent of the world's population, aged
328 15-64, had abused drugs at least once in 2003. Some crimes committed under the influence of substances include
329 murder, rape, robbery, homicide, destruction of lives and properties, violation of traffic regulations leading to
330 accidents, affecting the user and or the people of the society in general.

331 The problem of drug abuse among youths in Nigeria has a unique slant because Nigerian tertiary institutions
332 admit students who are still in midadolescence. The minimum age of entry into Nigerian institution is 16 years
333 33 , which lowers the average age of students in tertiary institutions. Misconduct either appears or escalates in
334 adolescence. Rates of substance use are higher in adolescence than during childhood 22 . This is possibly due
335 to the fact that in the second decade of life, young people encounter a rapidly widening world of opportunity,
336 accompanied by rapid changes in all areas of their lives.

337 This rapid growth or change occurs in various areas such as physical changes (development of secondary sexual
338 characteristics of pubic hair, weight gain, deepening of the voice, fullness of the breast, etc), cognitive development
339 (the movement from concrete to abstract thought processes.), and psychosocial development (identity formation
340 and accompanying dilemmas in the struggle for independence on the way to adulthood). The widening world and
341 rapid changes expose adolescents to serious risks before they have adequate information, skills and experience to
342 avoid or counteract them 19 . One of such risks is the exposure to substance abuse which becomes one of the
343 factors that influences the development of the burden of disease. The World Health Organization (WHO) also
344 reported that Year 2016Global Journal of Medical Research Volume XVI Issue IV Version I (D D D D) B

345 one third of the disease burdens of adults can be associated with behaviors' that began in adolescence. It is on
346 this background that researchers set out to establish prevalence of substance abuse among students in tertiary
347 Schools. This particular research work will attempt to assess the level of substance abuse, and the research
348 findings may contribute towards providing information assessing the level of substance abuse among youths. The
349 problem of drug abuse being of public health importance needs to be effectively and efficiently control, to greatly
350 reduce the menace and consequences such as crimes and cultism. College of Health Science and Technology is
351 highly cosmopolitan with students admitted from all over Nigeria. It has been in one forefront in the training of

352 high and middle level manpower for the health sector of the nation's economy, therefore the project will have a
353 great impact on many youths and the nation in general 2 .

354 **5 d) Objective of the Study i. Main Objectives**

355 The main objective of this study is to assess the level of substance abuse among the students of College of Health
356 Sciences and Technology.

357 ii. Specific Objectives 1) To assess the knowledge and source of substance abuse. 2) To determine the substance
358 commonly abused among students. 3) To determine the level of substance abuse. 4) To assess the consequences
359 of substance abuse among students.

360 **6 e) Scope of the Study**

361 The study was conducted among students of College of Health Science and Technology in Ijero Ekiti

362 **7 f) Significance of the Study**

363 The need to assess the level of substance abuse among College of health student in Ijero Ekiti is to;

364 1. Know the level of dependency, tolerance, and addiction of abused substance. 2. Highlight the risk and
365 consequences of substance abuse. 3. The data collected will help to know the frequency or level of substance
366 abuse among students.

367 **8 To help reduce the hazard of drug abuse among students**

368 This study will provide resource materials for many that want to have deeper knowledge about the causes, risk,
369 consequences and level of substance abuse among students.

370 **9 Chapter Two II. Literature Review a) Overview of Substance 371 Abuse**

372 Drugs are generally defined as substances other than food, which are taken to change the way the body or the
373 mind functions. These drugs could come from plants growing wild in the fields or they could be manufactured
374 in the laboratory. They could also be categorized into legal, illegal, or harmful. These drugs are considered
375 abused when the user deliberately uses it for non-medical purposes, as well as the arbitrary use without Medical
376 prescription.

377 Drug or substance abuse comes in various shades. This involves taking too much of a drug at one time or
378 small doses at shorter intervals. Taking a drug at regular intervals but far beyond the duration given or taking
379 it for a wrong reason is also abuse. A drug again can be abused if it is taken in combinations with other drugs
380 knowingly or unknowingly.

381 More often users move from one drug to another and use combinations of different substances. Some of these
382 combinations could be so dangerous to cause sudden death. Drug refers to a substance that could bring about
383 a change in the biological function through its chemical actions 7 . It is also considered as a substance that
384 modifies perceptions, cognition, mood, behavior and general body functions 5 . This could thus be considered as
385 chemical modifiers of the living tissues that could bring about psychological and behavioral changes 5 .

386 Drug abuse is a major public health problem all over the world ?? . The use and abuse of drugs by adolescents
387 have become one of the most disturbing health related phenomena in Nigeria and other parts of the world. Several
388 school going adolescents experience mental health problem, either temporarily or for a long period of time. Some
389 become insane, maladjusted to school situations and eventually drop out of school ?? . The term drug abuse was
390 defined as excessive and persistent self-administration of a drug without regard to the medically or culturally
391 accepted patterns 4 .

392 It could also be viewed as the use of a drug to the extent that it interferes with the health and social function
393 of an individual. Drug abusers who exhibit symptoms of stress, anxiety, depression, behavior changes, fatigue
394 and loss or increase in appetite should be treated by medical experts and counselors to save them from deadly
395 diseases 10 .

396 The alarming evidence in the prevalence of drug abuse, the effects and consequences of substance abuse among
397 students has called for concern and challenge to all helping professions to mount strategies of equipping youths
398 with skills of living devoid of substance abuse.

399 In Nigeria today, the consequences of substance use are diverse, including acute and chronic health, social as
400 well as psychological problem. There is disruption of interpersonal relationships particularly within the family,
401 marginalization, criminal behaviour, school failure, vocational problems and failure to achieve normal adolescent
402 milestones, yet these adolescents are expected to be the leaders of the country in the future when they do not
403 even have any focus for the future. Several studies carried out among the secondary school students in Benin
404 City found out that students and youth of easy virtue in the community are involved in cannabis abuse and
405 stimulants such as amphetamines and cannabis ??3 . The consensus of opinion therefore seems to be that youths
406 are also seriously involved in substance abuse.

10 B) THEORIES OF SUBSTANCE ABUSE

407 Drug abuse has become such a problem of great concern to all well-meaning Nigerian and particularly the
408 Federal Government to the extent that an Agency has been established to combat the social disease with a view
409 to reducing the spread of drug abuse to the barest minimum or eradicating it totally.

410 People abuse drugs for various reasons. These may range from curiosity, availability and previous drug use
411 to emotional and social pressures. Drug use and abuse as a habit unfortunately could begin quite early in life
412 as part of culture in some societies. The common drugs that are abused and which have attracted both local
413 and international concern include tobacco, marijuana, heroin, cocaine, valium and ecstasy. According to World
414 Health Report (1995), levels of use of marijuana and other illicit substances among the young people in the USA
415 since 1992 have increased for the first in over ten years. Lifetime use of any illicit drug among 18 year olds
416 in school peaked in 1981 at 66%. It again states that drug injecting is increasingly becoming common. Often,
417 injecting implies sharing needles with its resultant risk of HIV infection, hepatitis among other infections. A
418 crude estimate of mortality worldwide due to drug injecting is between 160,000 and 210,000 per year 4 .

419 Volatile solvents and inhalants are presently common among younger and marginalized people in developing
420 and developed countries.

421 Internationally, there have been several meetings to deliberate on the menace of drug abuse. For example in
422 1990, Mr. Perez de Cueller, at the special session of the United Nations indicated that drug abuse is a time-bomb
423 ticking away in the heart of civilization and there was the need to quickly find measures to deal with it before it
424 explodes and destroys. In a similar meeting in 1998, Ghana's Mr. Kofi Annan, United Nations Secretary-General,
425 also stated that "the proliferation of drugs over the past 30 years is an example of the previously unimaginable,
426 becoming reality very quickly and a tragic reality that historians will record as the time when the international
427 community has found a common ground in a mission to increase momentum towards a drug free world in the
428 21st century".

429 Nigeria has over the years made positive strides in curbing the drug menace among its populace. Efforts
430 have included the development of policies against drug trafficking through national and internal ports of entry,
431 confiscation of property of drug traffickers, banning of cigarette advertising on television, banning of smoking in
432 public places, institution of annual drug awareness campaigns in collaboration with international partners such
433 as WHO and the inscription of the surgeons warning on the danger of smoking on each cigarette packet.

434 A number of studies have been carried out in Nigeria and other parts of Africa to look at the prevalence of
435 selected drugs such as tobacco among the youth. In a study by WHO, results indicated that, out of a total
436 of 100 respondents, 14% had ever smoked cigarette, 19% currently use a form of tobacco. It was reported that
437 15.1% of respondents had been offered free cigarettes by tobacco company representatives before. About 55.9%
438 had been taught in class in the past year about dangers of smoking.

439 In another study by same author on tobacco involving 510 tertiary institutions students in 6 schools, 65 (13%)
440 had ever smoked cigarettes. Of these 13%, 15(23%) started at the age of 16. 26% of the total sample were
441 aware that smoking caused harm to the lungs. This habit is as a result of peer pressure, parental smoking and
442 advertising.

443 Due to paucity of information on the drug problem and limited resources, few studies if any have been able to
444 investigate the prevalence of abuse over a wide range of commonly abused substances within the Nigerian setting.

445 Substance abuse is a social problem that has spread and increased rapidly in our educational institutions
446 especially among our secondary school students. In Nigeria, this social mal adaptation is considered an issue of
447 serious concern as it adversely affects the lives and performance of students involved as well as the harmonious
448 functioning of the entire structure of the society. Drug abuse and other associated problems are inimical to the
449 survival and effective functioning of human societies. A significant number of untimely deaths and accidents have
450 been ascribed to the activities of persons under the influence of one drug or the other.

451 Substance abuse is the use of mood modifying substances illegally, excessively and in a socially unacceptable
452 manner ??3 . The drugs range from those that should not even be taken without medical prescription such as
453 cocaine, amphetamine, heroin, marijuana, to the socially acceptable beverages such as whisky, local gin, beer
454 and other alcoholic drinks. It was viewed that substance abuse is the improper use or application of drugs by a
455 person without proper knowledge of the drugs and without due prescription from a qualified medical practitioner
456 15 .

457 10 b) Theories of Substance Abuse

458 Theories of drug abuse indicate that some people truly depend on certain drugs for their survival due to a number
459 of factors. The major emphasis of the theories is that people have their individual reasons for depending on one
460 type of the drug or the other. Such reasons are explained by the following theories. Personality theory of drug
461 abuse, learning theory of drug abuse, biological theory of drug abuse and sociocultural theories ??5. Personality
462 Theories of Drug Abuse: The main emphasis of the theories are that there are certain traits or characteristics
463 in the individuals that abuse drugs. Such personality characteristics, are inability to delay gratification, low
464 tolerance for frustration, poor impulse control, high emotional dependence on other people, poor coping ability
465 and low self-esteem. Individuals with these personality characteristics find it difficult to abstain from drug abuse.
466 Learning Theory of Drug Abuse: It maintains that dependence or abuse of drugs occurs as a result of learning.
467 The learning could be by means of conditioning, instrumental learning or social learning. Biological Theory of
468 Drug Abuse: The theory maintains that drug abuse is determined by the individual's biological or genetic factors

469 which make them vulnerable to drug addiction Socio-cultural Theories of Drug Dependence/Abuse: The theories
470 maintain that abuse is determined by sociocultural values of the people. For instance, while certain cultures
471 permit the consumption of alcohol and marijuana, other cultures do not. Among the Urhobo, Ijaw, Ibibio, Edo,
472 Igbo, Yoruba and Itsekiri, alcohol i.e. Ogogoro is used in cultural activities. In Northern Nigeria, alcohol is
473 forbidden due to Sharia law.

474 However, the sharia law does not forbid cigarette consumption and thus nicotine dependence. It should be
475 noted, however that no theory fully explains the etiology of drug abuse. This is due to individual differences.
476 It then becomes obvious that the disorder (drug abuse) is an acquired one. The acquisition then is dependent
477 on a host of personal inclinations and environmental factors, social cognitive theory, i.e the triadic reciprocity
478 involving behavior, environment and the person. This definition focuses on psychoactive drugs; all drugs can be
479 abused to an extent that it turns into addition when the drug user is unable to stop the use of drugs despite the
480 harmful effects on the user's social, personal and economic lives.

481 The problem of substance abuse is so grave that though it was originally conceived as the problem of a 'select
482 few', it has extended beyond the usual characteristics of abusers being male, adult and urban based people to
483 now include female, youngsters and rural dwellers. These abusers erroneously believe that drugs enhance their
484 performance, put them in good mood, the accompany problems of this act constitute a major threat to the
485 well-being of the society 22 .

486 The youths in Nigeria like many countries of the world are developing addiction to psychoactive substances.
487 In 1992, the National Drug Law Enforcement Agency (NDLEA) collected drugs use and abuse data from schools,
488 records of patients admitted at mental health institutions for drug problems and interview of persons arrested
489 for drug offences. The result showed that youths constitute the high risk group for drug trafficking and abuse.
490 Friends and school mates account for about 90% of the source of influence of the use and abuse of various
491 psychoactive substances. In Nigeria, alcohol and cigarette are legal substances but, the two have been discovered
492 to cause physical damage to human bodies. These substances have also said to be "gateway drugs" to other more
493 potent drugs like heroin and cocaine ?? . In Nigeria, it has been reported that smoking (tobacco) causes 90.0%
494 of lung cancer, 30.0% of all cancers, and 80.0% of other chronic lung diseases 17 . There is a strong need for
495 such a study to be carried out among in school and out of school youth to determine the prevalence and social
496 consequences of substance abuse among them.

497 11 c) Sources of Substance(S) Commonly Abused Among

498 Students A Nationwide survey on drug use among students found that the large majority of pupils (85.6%)
499 considered themselves to be sufficiently informed about drugs, their effects and the problems associated with
500 their use (Morales et al, 2008). The main channels through which young people received drug use information
501 were their parents and siblings (73.2%), the media (69.3%) and teachers (63.8%). Nowadays there is a considerable
502 increase in number of student gaining drug information and knowledge via their families and teachers. In this
503 regard, students will have received sufficient drug information by the time they leave secondary school 19 . In
504 2003, 60% of school pupils received information on drug use in the context of health educational classes; this
505 figure had reached 100% by 2008. It is therefore prudent that school become the resource and center where drug
506 information is accessed.

507 The factors associated with drug abuse are many and varied, and include individual predispositions, family
508 characteristics and complex social and environmental determinants.

509 A number of authors and researchers have shown that there are many contributing factors to drug abuse
510 among students. It was stated that in a school setting, drug abuse affects the children of the rich as well as those
511 from poor families 20 .

512 Drug abuse is caused by a combination of environmental, biological, and psychological factors. Under
513 environmental factors; the most influential elements include the family, peer association, school performance
514 and social class membership.

515 According to the United Nations (1992), drug users, like approval for their behavior from their peers and using
516 is a symbolic to the group. Whether peer pressure has a positive or negative impact depends on the quality of
517 the peer group. Unfortunately, the same peer pressure that acts to keep a group within an accepted code of
518 behavior can also push a susceptible individual down the wrong path.

519 A study carried out in Nairobi secondary schools indicated that the majority of drug users had friends who
520 used drugs ??6 . Studies on the issue of drug use and abuse agrees that there is a significant relationship between
521 the subjects" drug using behavior and the involvement of their friends in drugs 15 . According to the study,
522 if an adolescent associates with other adolescents who use drugs, the risk of involvement with drugs is further
523 increased. Another survey of youths in southern Nigeria, also found out that the source of drugs for drug using
524 students was friends in the same or neighboring schools, and students who reported using drugs had more drug
525 using friends than abstinent friends 7 . Confirming this finding, it was argued that peer pressure influences youth
526 to use substances under the false impression that some drugs stimulate appetite for food, increase strength and
527 give wisdom as well as courage to face life ??6 .

528 Although it is presumed that there are similarities in the prevalence of psychoactive substance use, authors
529 has asserted that there are various factors that cause young people to abuse drugs and even become addicted.
530 These include family networks, interaction and home environments ??8 .

15 THE NEED FOR ENERGY TO WORK FOR LONG HOURS:

531 It was reported that adolescents with substance abusing parents experience a higher rate of parental and or
532 family problems than do adolescents whose parents do not abuse substances. This may cause poor parent-child
533 attachment, which may in turn lead to a lack of commitment to conventional activities, thereby at times leading
534 to adolescent drug taking 14 . It was added that youths with poor home support tend to seek support and
535 understanding elsewhere. Many find affection, understanding and support in the lifestyle of a drug abusing
536 subgroup 20 .

537 It was added that interactions within the family unit will play a major role in the adolescent's personality
538 or self-concept formation. In addition, the exposure to cultural norms through the family, as well as individual
539 adaptations, lays the foundation for influential modelling and acceptance of social orientations. The family is
540 often viewed as the basic source of strength, nurturing and supporting its members, as well as ensuring stability
541 and generational continuity for the community and its culture 15 .

542 12 d) Causes of Substance Abuse among Students

543 The followings are the main causes' 1. Experimental Curiosity: Curiosity to experiment the unknown facts about
544 drugs thus motivates adolescents into drug use. The first experience in drug abuse produces a state of arousal
545 such as happiness and pleasure which in turn motivate them to continue.

546 2. Peer Group Influence: Peer pressure plays a major role in influencing many adolescents into drug abuse.
547 This is because peer pressure is a fact of teenage and youth life. As they try to depend less on parents, they
548 show more dependency on their friends. In Nigeria, as other parts of the world, one may not enjoy the company
549 of others unless he conforms to their norms.

550 13 Lack of parental supervision:

551 Many parents have no time to supervise their sons and daughters. Some parents have little or no interaction with
552 family members, while others put pressure on their children to pass exams or perform better in their studies.
553 These phenomena initialize and increases drug abuse.

554 14 Personality Problems due to socio-Economic

555 Conditions: Adolescents with personality problems arising from social conditions have been found to abuse drugs.
556 The social and economic status of most Nigerians is below average. Poverty is widespread, broken homes and
557 unemployment is on the increase, therefore our youths roam the streets looking for employment or resort to
558 begging. These situations have been aggravated by lack of skills, opportunities for training and re-training and
559 lack of committed action to promote job creation by private and community entrepreneurs. Frustration arising
560 from these problems lead to recourse in drug abuse for temporarily removing the tension and problems arising
561 from it.

562 15 The Need for Energy to Work for Long Hours:

563 The increasing economic deterioration that leads to poverty and disempowerment of the people has driven many
564 parents to send their children out in search of a means of earning something for contribution to family income.
565 These children engage in hawking, bus conducting, head loading, scavenging, serving in food canteens etc and
566 are prone to drug taking so as to gain more energy to work for long hours. 21 . Drugs are abused for various
567 reasons: It was confirmed that search for pleasure motivates drug abusers to alter their state of consciousness.
568 The studies confirmed that people abuse drugs for the enhancement of good feelings and used it as a means of
569 coping with stress of life 17 . Advanced reasons for substance abuse in Nigeria: Intraindividual reasons, Sex,
570 Physical or mental illness, Personality make up, Extra individual reasons, Dependence producing nature of the
571 drugs and Availability 18 .

572 Intra-individual reasons pertained to the individuals and these include age, sex, physical and mental illness.
573 Studies have shown that young people especially adolescents and young adults are most prone to drug abuse.

574 A survey carried out by National Drug Law Enforcement Agency (NDLEA) revealed that they abuse drugs
575 as early as age eleven (for prescribed drugs) and age 16 (for narcotic drugs). The reasons advanced by these
576 students are: to feel on top like adults, to feel good, to get excited, to be like friends and to be like stars. Drug
577 abuse is sex based, more males than females abused drugs 19 . However it was stated that there are as many
578 males as there are females who abuse drugs. Individuals with physical or mental illness are more likely to use
579 drug than those without such illness. These individuals are more pre-disposed to over use of or over dependence
580 on drugs to control and treat such ailments ??4 . The use of these drugs outside medical prescription constitutes
581 drug abuse.

582 Individuals differ in their makeup and in the way they respond to situations and events in their environment.
583 The ability to tolerate or yield to stress, frustrations, pain and discomfort determines whether an individual will
584 become a drug abuser or not. It could be inferred that drug abusers are usually weak and unable to cope with
585 stress, pain or discomfort. Thus, drugs foster a sense of relaxation and sedation which help abusers to escape
586 the reality of environmental stress, such as urbanization, the pressure to get ahead in school and business, unfair
587 distribution of income, poverty and family problems.

588 There are external reasons that act on the individuals. Drug abusers usually described such factors as those of
589 peer pressure, the urge to be curious and wish to experiment, unemployment, idleness, unstable family conditions,
590 for example, death, separation, boredom, poverty, affluence and the bustles of city life.

591 Extra individual reasons include the need to get rich quickly (drug trafficking), to enhance performance
592 (especially among the athletes and artists) and drug use in the family (NDLEA, 1991).

593 Dependence producing natures of the drugs are reasons which have to do with the drugs. A drug continually
594 used for a period produces dependence, thus making it difficult for the user to quit the tranquil sedatives and
595 analgesics are the most common dependence producing drugs.

596 Drugs that are readily available such as alcohol and tobacco can be easily abused. In 1991, more than 12%
597 of the students in Lagos State indicated that it was easy to get illegal drugs like cannabis, heroine, and cocaine.
598 About forty percent (40%), indicated that these drugs could be gotten, though with a little difficulty (NDLEA,
599 1991). Researchers have clearly shown that all the reasons stated above curiosity and experimentation are the
600 most valid for young people 21 .

601 **16 e) Signs and Symptoms of Substance Abuse**

602 According to Adolescents Health Information Project AHIP (2001)

603 **17 f) Types of Substance Commonly Abused**

604 In Nigeria, the most common types of abused drugs according to NAFDAC (2000) are categorized as follows:-1.
605 Stimulants: These are substances that directly act and stimulate the central nervous system. Users at the initial
606 stage experience pleasant effects such as energy increase. The major source of these comes from caffeine substance.
607 2. Hallucinogens': These are drugs that alter the sensory processing unit in the brain. Thus, producing distorted
608 perception, feeling of anxiety and euphoria, sadness and inner joy, they normally come from marijuana, LSD etc.
609 3. Narcotics: These drugs relieve pains, induce sleeping and they are addictive. They are found in heroin, codeine,
610 opium etc. 4. Sedatives: These drugs are among the most widely used and abused. This is largely due to the belief
611 that they relieve stress and anxiety, and some of them induce sleep, ease tension, cause relaxation or help users
612 to forget their problems. They are sourced from valium, alcohol, promethazine, chloroform. 5. Miscellaneous:
613 This is a group of volatile solvents or inhalants that provide euphoria, emotional disinhibition and perpetual
614 distortion of thought to the user. The main sources are glues, spot removers, tube repair, perfumes, chemicals
615 etc. Means of administration include sniffing. For drugs such as amphetamines, opiates and hallucinogens, routes
616 of administration described as smoking, dissolving in water for injection, sniffing, brewing into tea, absorbing into
617 sugar cubes, swallowing and eating. Amphetamines specifically were mentioned as being smoked with tobacco.
618 Psychoactive drugs are usually grouped into three: 1. Depressants 2. Stimulants 3. Hallucinogens Depressants
619 include alcohol, barbiturates and heroin. Alcohol is perhaps the most used and abused drug in Nigeria 25 .
620 Alcohol is used to offer prayers in many cultural ceremonies (libation), used for naming new born babies and
621 freely served in wedding occasions in Nigeria. Alcohol is a terrible downer, a sedative depressant of the Central
622 Nervous System. It has been noted to increase violent behavior and a major cause of fatal accident. Heroin is a
623 white powdered substance derived from opium and usually taken by injection. It is a powerful depressant that
624 provides euphoria; the abusers claimed that it is so pleasurable that it can eradicate any thought of food or sex.
625 Barbiturate and sedatives are sleeping pills. Like narcotics, barbiturates exert calming effects on the Central
626 Nervous System.

627 Stimulants are drugs that excite and sustain activity while diminishing symptoms of fatigue, cigarette, caffeine,
628 amphetamines and cocaine belong to this group. Cocaine is the best known stimulant; it is swallowed, sniffed
629 or injected. Hallucinogens produce hallucinations. These are drugs that induce changes in perceptions, thoughts
630 and feelings; they are usually called "consciousness expanders". The most common hallucinogens in Nigeria are
631 marijuana, known as Indian hemp or "Igbo". It produces euphoria and heightens the enjoyment of food, music,
632 sex, etc 22 .

633 **18 g) Level of Substance Abuse**

634 Within the last decade the consumption of substance abuse has drastically increased in Nigeria Hard substances
635 such as alcohol, cannabis, amphetamines among others are now taken frequently and in large quantities by
636 students. The National Drug Law Enforcement Agency can still raise the tempo of its effectiveness by investing
637 heavily on technological device that can enhance its ability to detect drug traffickers or consumers to thwart and
638 frustrate their effort. The annual retrieval of psychoactive substance by prescription is running over five billion
639 gallons of alcohol beverages a year for which some 30_-35million consumers are paying approximately four billion
640 naira.

641 The level of substance abuse or extent can be classified under three stages: 1) The Experiment or Recreation
642 Stage: This is the stage when an individual experiments with the drug at first i.e. the first trial of an individual.
643 The outcome of this stage, determines if the user will continue taking the drugs, or change the drug, continue
644 with the dose he started with he might also consider increasing or reducing the said dose. It is the time when an
645 individual will begin to explore. 2) Addiction/Habitual Stage: At this stage, people use drugs to maintain the
646 state of euphoria gotten from the drugs because they have come to like and accept the stage of euphoria they

20 1) FINANCIAL ASPECT:

647 get from the drug. In this stage, the abuser becomes totally dependent on the drug and believes that he can't
648 possibly do anything without the drug because it increases their morale and makes them "high". It can also be
649 referred to as dependence stage it makes the abuser lose control of some situation as they won't be in their right
650 sense without the drug. 3) Tolerance: This simply refers to how the abusers system tolerates the drugs. If the
651 drug is well tolerated the abuser can then decide to increase the dose, the frequency at which he takes it.

652 19 h) Consequences of Substance Abuse

653 Drug use by students has hampered education and management in Nigerian secondary schools. In Nigeria, recent
654 statistics suggest that one in every three secondary school students consumes alcohol 11 . Another 8.3% smoke
655 cigarettes while almost one in every ten (9.1%) chew Mira. About 3% smoke bhang and use hard drugs like
656 heroin, cocaine, madras and tranquilizers ??2 .

657 Drugs have varied physiological effects. Some adverse consequences include insomnia, prolonged loss of
658 appetite, increased body temperature, greater risk of hepatitis and HIV/AIDS infection death, various forms
659 of cancers, ulcers and brain damage 23 . A study identified accelerated heartbeat, speeding in the peripheral
660 circulation of the blood, alteration of blood pressure, breathing rate and other body functions as potential
661 effects. Cannabis affects the hormonal and reproductive system and the regular use of cannabis can reduce
662 male testosterone and sperm cells 23 . Drug abuse contributes to the formation of uric acid which accelerates
663 conditions like arthritis, gout, osteoporosis, and heart attacks, particularly those with pre-existing coronary
664 hypertensive problems ??7 Drug abuse also affects the brain, resulting in a major decline in its functions. Drugs
665 can affect a student's concentration and thus interest in school and extracurricular activities. This leads to
666 increased absenteeism and drop outs. Most psychoactive drugs affect the decision making process of students,
667 their creative thinking and the development of necessary life and social skills. Drugs also interfere with an
668 individual's awareness of their unique potential and thus their interest in their career development 23 .

669 Drug habits also affect an individual's selfconcept. Self-concept refers to the way an individual perceives
670 himself or herself in a variety of areas for example academically, physically, and socially. Low self-esteem can lead
671 to a detrimental redefinition of selfconcept and this in turn can lead the student to indulge in escapist behavior
672 such as drug and substance abuse 21 . A study found that when the students are feeling bad about themselves
673 or are feeling unworthy, unloved or rejected, they turn to drugs. Students are affected more by these emotions
674 and their inability to cope given their adolescent stage of development. During this stage, identity formation is
675 important and self-concept plays a major role 21 . Addiction can develop when students' insecurities combine
676 with the influence of peers and the media. Drugs then become the social and emotional focus at the expense of
677 other interests and activities. This gradually leads to social, emotional and physical problems and new feelings
678 of guilt, despair and helplessness.

679 Therefore, the consequences will be considered in three spheres of life, which includes: Financial, social, and
680 health aspect.

681 20 1) Finiancial Aspect:

682 The person that is so much addicted to drug tends to spend more money on purchasing drugs like marijuana,
683 tobacco, alcohol, cigarettes, heroine, cocaine e.t.c. This can make the abuser to become bankrupt or start
684 searching for money by all means. For students, they can be forced to spend money that should be used
685 for academic purpose to purchase drugs which might force them to take up odd jobs, make them financially
686 handicapped which can force them to steal. The money used for rehabilitation of victims of substance abuse
687 is also exorbitant. 21 . Statistical analysis carried out by WHO, about smoking however shows that: a. Each
688 stick of cigarette a man smoke decreases his life span by eleven minutes b. Thick smoke in industrial centers can
689 trigger heart attack in two hours. 3) Social Aspect: Drug habits also affect an individual's self-concept. Self-
690 concept refers to the way an individual perceives himself or herself in a variety of areas for example academically,
691 physically, and socially 23 . Low self-esteem can lead to a detrimental redefinition of self-concept and this in
692 turn can lead the student to indulge in escapist behavior such as drug and substance abuse. A study 19 found
693 that when the students are feeling bad about themselves or are feeling unworthy, unloved or rejected, they turn
694 to drugs. Students are affected more by these emotions and their inability to cope given their adolescent stage of
695 development. During this stage, identity formation is important and self-concept plays a major role. Addiction
696 can develop when students' insecurities combine with the influence of peers and the media. Drugs then become
697 the social and emotional focus at the expense of other interests and activities. This gradually leads to social,
698 emotional and physical problems and new feelings of guilt, despair and helplessness. Drug abuse also affects
699 the brain, resulting in a major decline in its functions. Drugs like tetrahydrocarbinol (THC), cannabis, alcohol,
700 etc. can affect a student's concentration and thus interest in school and extracurricular activities. This leads to
701 increased absenteeism and drop outs. Most psychoactive drugs affect the decision making process of students,
702 their creative thinking and the development of necessary life and social skills.

703 Drugs also interfere with an individual's awareness of their unique potential and thus their interest in their
704 career development 19 The Ijero local government has a largely agrarian population producing cash crops such
705 as cocoa, kola nuts, coffee, kola, cashew, and timber. The town also produces food crops such as yam, cocoyam,

706 cassava, pepper, tomatoes and bananas, all produced in large quantities with good qualities. The town is also
707 the seat of mineral resources such as tourmaline, columbalt, vesper, and crystal stone.

708 The College of Health Science and Technology Ijero Ekiti is a state owned tertiary institution which was
709 established as School of Health Technology in 1997 following the creation of Ekiti State in October 1996. The
710 state government believed that there was need to increase the strength of middle-level health personnel in order
711 to supplement the existing manpower in Ekiti state.

712 Academic programs commenced formally in January 1999 with two courses. Moreover the long awaited Bill
713 for the establishment of the college was assented to on the 21 st of January, 2011. It was a profound experience
714 in the annals of history of the institution that its status by this development, metamorphosed from school to
715 College 31 .

716 **21 b) Advocacy/Community Penetration**

717 Introduction letter was obtained from Pharmacy Technician Department, College of Health Science and
718 Technology, Ijero Ekiti. The letter was taken to the Authorities of College of Health Science and Technology,
719 Ijero Ekiti seeking their permission to carry out the research among the students' in the college premises.

720 **22 c) Study Population**

721 The study population included all students of College of Health Science and Technology, Ijero Ekiti, whom by
722 the virtue of their provisional admission letter, are students of the College.

723 **23 d) Inclusion Criteria**

724 All the students of the College who agree to participate in the study were eligible for inclusion in the study.

725 **24 e) Exclusion Criteria**

726 All students of the College who are not willing to participate in the study were excluded. Students not physically
727 present, or visitors during the data collection process were also excluded.

728 **25 f) Study Consent**

729 Verbal consent was obtained from the respondents after detailed explanation of the objectives, scope, and benefits
730 of the study had been made known to them.

731 **26 g) Study Design**

732 A descriptive cross-sectional study design was used for the study.

733 **27 h) Sample Size Determination**

734 The fisher formula for sample size determination was used to calculate the sample size from the population of
735 student in the college thus: $n = z^2 pq$ and $nf = d^2 1 + n / N$ Where: n = desired sample size when total
736 population is $< 10,000$. z = (standard normal deviation) = 1.96 i.e. 1.96 at 95% confidence level. p = the
737 knowledge of substance abuse is put at 0.83 (83%) ??0 . q = 1.0 -p = 1.0 -0.83= 0.17 The minimum sampling
738 required for the study was estimated at 202. However a total of 230 questionnaires were distributed. A total of
739 220 respondents successfully filled and returned their questionnaires.

740 **28 i) Sampling Technique**

741 Multistage sampling method was used in the selection of the participants for the study using selfadministered
742 questionnaire.

743 First Stage: The first step was the selection of two-third of the twenty departments in the College of Health
744 Science and Technology, Ijero Ekiti which is 13 departments by using simple random sampling by balloting. The
745 selected 13 The second step is the proportional allocation of the sample size across the 13 selected departments
746 within the college thus, Number of students in each level X Total number of students in the 13 Thus, 9 was used
747 as sampling interval for 100 Level while 8 was used as sampling interval for both 200, and 300 Level of Dental
748 Health Technician Department.

749 A semi structured self-administered questionnaire was used to collect quantitative data. Questions asked were
750 specific, brief and polite. The questionnaire has four sections with section A relating to the sociodemographic
751 characteristics of the respondents, section B deals with the knowledge that the respondents have about substance
752 abuse together with the substance commonly abused among students, section C is about the level of substance
753 abuse among students and section D concerns with the consequences of substance abuse among students.

754 **29 k) Data Processing and Analysis**

755 The questionnaires were retrieved, sorted, cleared, checked properly and code entering using the computer. These
756 were later analysed using the SPSS software package. Frequency distribution table and simple percentages were

31 V. DISCUSSION

757 used to present the data. Cross tabulation of important variables was also done. The indices of measurement
758 included the student's involvement in substance abuse.

759 Chi square test was used to determine the statistical significance of differences in variables observed and p-
760 value was set at $p < 0.050$. From table 4.1 above, the total number of respondents was 220. Most respondents
761 100(45.5%) were between the age of 21 -25 years with the least being those that were 30 years and above, 15(6.8%).
762 Minimum age category was 16-20 while maximum age was 30 years and above. There were 91(41.4%) respondents
763 from 100 level, 78(35.4%) from 200 level and 51(23.2%) from 300 level. There were more male respondents
764 119(54.1%) than the females101 (45.9%). Out of the total 220 correspondents 156(70.9%) were single, 54(24.6%)
765 were married and 10(4.5%) accounts for divorced couple. 157(71.4%) accounts for respondents of polygamous
766 family background while 63(28.6%) accounts for those of monogamous family background. 60(27.3%) live with
767 their parents while 86(39.1%) live with their friends and 74(33.6%) live alone.

768 Section B: Knowledge of Substance Abuse Table 4.3 shows that 97(64.7%) adapted to this drugs in a number
769 of days while 30(20.0%) took weeks to adapt to the drug and about 23(15.3%) took months to adapt to the drug.
770 The most frequent route of administration was orally which accounts for 90(60.0%), then parenteral route which
771 accounts for 45(30.0%) then inhalation 15(10.0%). Frequency of consumption figured out to be 117(78.0%) daily,
772 Hourly 23(15.3%), and weekly 10(6.7%).

773 Section D: Effects of Substance Abuse Table 4.4: Shows the Consequences of Substance Abuse Out of 220
774 respondents, 60(27.3%) were rated fair in their academic performance, 40(18.2%) were rated average, and
775 60(27.3%) are rated good in their academic performance while 30(13.6%) are rated very good, a total of 30(13.6%)
776 were rated excellence on their academic performance. Result shows that 23(15.3%) got money to source for the
777 drug from school fees, 47(36.4%) through friends while 80(40.9%) got money through odd jobs.

778 The analysis shows that 120(80%) did not experience any progression in their academic performance, and
779 30(20%) did experience progression in their academics. It was revealed that 92(61.3%) were affected financially
780 while 58(38.7%) were not. Findings also shows that 95(63.3%) have been advised to cut down the intake of any
781 substance they might be consuming and 55(36.7%) have not received such advice.

782 The table further reveals that 57(60%) have been advised to abstain totally from substances while 38(40%)
783 have been advised to reduce the intake to its minimal level. Section E: Cross Tabulation. Table 4.5 shows that
784 more males were involved in substance abuse than their female counterparts. The difference was
785 however statistically significant as its p-value of 0.000 is less than the 0.050 alpha level of significance. Table
786 4.7 shows that respondent with marital status of single are more involved in substance abuse than respondents
787 from other categories, this finding is however statistically significant because its p-value of 0.000 is less than the
788 0.050 alpha level of significance Table 4.9 shows that respondents from polygamous family are more involved
789 in substance abuse than respondents monogamous family, this finding is not statistically significant because its
790 p-value of 0.975 is greater than the 0.050 alpha level of significance. 4.10 shows that respondent in 300 level
791 have the knowledge of substance abuse more than respondents from other departmental levels, this finding is
792 not statistically significant because its p-value of 0.200 is greater than the 0.050 alpha level of significance Table
793 4.11: Cross Tabulation between who they presently live with and their level of substance abuse (frequency of
794 consumption) Table 4.11 shows that respondents that live alone has a higher frequency of consumption than
795 respondents from other categories, this finding is however statistically significant because its p-value of 0.000 is
796 less than the 0.050 alpha level of significance Chapter Five

797 30 Global

798 31 V. Discussion

799 For the assessment of substance abuse among the students of College of Health Sciences and Technology Ijero
800 Ekiti, 230 questionnaires were distributed among the students of the 13 selected departments; however, a total
801 of 220(95.65%) questionnaires were retrieved.

802 The total number of respondents was 220. Most respondents 100(45.5%) were between the age of 21 -25 years
803 with the least being those that were 30 years and above 15(6.8%). Minimum age category was 16-17 years while
804 maximum age was above 30. There were 91(41.4%) respondents from 100 level, 78(35.4%) from 200 level and
805 51(23.2%) from 300 level. There were more male respondents 119(54.1%) than the females101 (45.9%). Out of
806 the total 220 correspondents 156(70.9%) were single, 54(24.6%) were married and 10(4.5%) accounts for divorced
807 couple. 157(71.4%) accounts for respondents of polygamous family background while 63(28.6%) accounts for
808 those of monogamous family background. 60(27.3%) live with their parents while 86(39.1%) live with their
809 friends and 74(33.6%) live alone.

810 Further analysis of data shows that 25(10.9%) student heard of substance abuse from hospital, while 20(8.7%)
811 heard from radio, 35(15.3%) heard from television, 20(8.7%) from poster, 58(25.4%) from friends, 40(17.5%) from
812 school, 15(6.5%) from seminar, while 15(6.5%) heard from more than one source. Also, 15(10%) are familiar with
813 cigarette while 30(20%) are familiar with opioids, 25(16.7%) are familiar with amphetamines while 80(53.3%)
814 are familiar with alcohol. A total of 150(80%) are involved in substance abuse while 70(20%) aren't. Out of the
815 150 that are involved in substance abuse, 120(80%) experiences increased efficiency while 30(20%) claims not to
816 experience.

817 Findings revealed that 97(64.7%) adapted to this drugs in a number of days while 30(20.0%) took weeks

818 to adapt to the drug and about 23(15.3%) took months to adapt to the drug. The most frequent route of
819 administration was orally which accounts for 90(60.0%), then parenteral route which accounts for 45(30.0%)
820 then inhalation 15(10.0%). Frequency of consumption figured out to be 117(78.0%) daily, Hourly 23(15.3%), and
821 weekly 10(6.7%).

822 Out of 220 respondents, 60(27.3%) were rated fair in their academic performance, 40(18.2%) were rated average,
823 and 60(27.3%) are rated good in their academic performance while 30(13.6%) are rated very good, a total of
824 30(13.6%) were rated excellence on their academic performance. Result also shows that 23(15.3%) got money to
825 source for the drug from school fees, 47(36.4%) through friends while 80(40.9%) got money through odd jobs.
826 Out of the 150 respondents that are involved in substance abuse, 120(80%) did not experience any progression
827 in their academic performance, and 30(20%) experience progression in their academics. It was revealed that
828 92(61.3%) were affected financially while 58(38.7%) were not. Findings also shows that 95(63.3%) have been
829 advised to cut down the intake of any substance they might be consuming and 55(36.7%) have not received such
830 advice, 57(60%) have been advised to abstain totally from substances while 38(40%) have been advised to reduce
831 the intake to its minimal level.

832 Further analysis shows that out of the 150 respondents that are involved in substance abuse more males were
833 involved in substance abuse than their female counterparts, reason being that they believe that, the males abuse
834 substance for effective performance in various spheres of life (sex which can induce the use of substance such
835 as aphrodisiac , effectiveness in work such as hard labour which can also induce the abuse of tramadol, and to
836 increase academic performance by taking substance such as nescafe which contains high proportion of caffeine
837 for night classes. The difference was however statistically significant as its p-value of 0.000 is less than the 0.050
838 alpha level of significance.

839 Respondent between the age of 21 -25 are more involved in substance abuse than respondents from other age
840 group, this finding is not statistically significant because its p-value of 0.100 is greater than the 0.050 alpha level
841 of significance.

842 Respondent with marital status of single are more involved in substance abuse than respondents from other
843 categories, this is because those that are single are with little or no responsibility, this finding is however
844 statistically significant because its p-value of 0.000 is less than the 0.050 alpha level of significance.

845 Respondents from 100 level are more involved in substance abuse than respondents from other level, this is
846 because the freshers are new to the school environment and they want to try out every experience and it is also
847 due to misconception, the table revealed that the observation is statistically significant because its p-value of
848 0.025 is less than the 0.050 alpha level of significance.

849 Respondents from polygamous family are more involved in substance abuse than respondents monogamous
850 family, this means that the family background of the respondent has a great impact on the involvement of
851 respondents in substance abuse, this finding is not statistically significant because its p-value of 0.975 is greater
852 than the 0.050 alpha level of significance.

853 Respondent in 300 level have the knowledge of substance abuse more than respondents from other levels, this
854 is because their level of perception of substance abuse is high, this finding is not statistically significant because
855 its p-value of 0.200 is greater than the 0.050 alpha level of significance.

856 32 Chapter Six VI. Conclusion

857 Drug abuse is a problem that is of a great concern to the society and the government at large. The problem is
858 prevalent among youth who in most cases are ignorant about the dangers inherent in drug abuse. Many of them
859 are involved in drug abuse due to lack of parental supervision, frustration. Peer pressure, poverty, pleasure etc.
860 which can lead to juvenile delinquencies However, with effective counselling program this problem can be curbed
861 and tracked. Based on the findings previously reported in this study, the following conclusions were drawn. *
862 The use of alcohol is the most common dangerous substance (drug) abuse. * Peer group are the major people
863 who influence the use of substance (drug). * Substance abuse is a problem among the students of college of
864 health sciences and technology ijero-Ekiti * People take substance (drug) for a number of reasons: to treat body
865 ailment, to prolong wakefulness, for relaxation, to avoid emotional trauma, to forget about their problem, to
866 satisfy curiosity, to cope with peer pressure among others.

867 33 a) Recommendations

868 We have by now analysed the major findings of the survey, and interpreted the quantitative data with the help
869 of qualitative data collected from focus group sessions (students of college of health sciences and technology).
870 In so doing, we have already fulfilled the objectives of the study which are 1) To determine the knowledge of
871 substance abuse among students of college of health sciences and technology 2) To determine the substances
872 common abused among students of college of health sciences and technology 3) To determine level of substance
873 abuse among students of the college 4) To determine consequences of substance abuse Our final task is to make
874 some broad recommendations, on the basis of findings of the study, for possible improvement of existing programs
875 in rehabilitation and related services for students involved in substance abuse.

876 In view of the highlights of this study, the following recommendations are suggested to curb, reduce, or control
877 drug abuse among youth.

878 ? Designing curricula on drug education; ministry of education at all level (Local, State, and federal) should
879 as a matter of urgency add d curricula of drug education to all level of education ? Educati ve posters and
880 advertisements on every media platform to constantly remind people on the negative effects of drug abuse ?
881 Establishment of counselling centres on drug abuse ? Establishment of rehabilitation centres to cater for those
882 that have been affected ? Drug law enforcement agencies should wake up to their responsibility so as to control
883 drug trafficking ? These agencies should be strengthened to punish drug users ? Drug abuse should be rated as
884 an offence punishable by law. ? Voluntary organization and service clubs must be encourage in the society to
885 render useful service where necessary, so as to divert people mind from evil practice and bad peer group It is
886 further recommended that law enforcement agencies (NAFDAC, NDLEA, e. Respondents that live alone has a
887 higher frequency of consumption than respondents from other categories, because they free to do whatever they
888 want without any interruption, this finding is however statistically significant because its p-value of 0.000 is less
889 than the 0.050 alpha level of significance.

890 Further Recommendations Includes: ? Raising Self-Efficacy Self-efficacy is the individual's perceived ability
891 to resist the temptation to re-use a drug even in a highrisk situation, such as sighting of the drug.

892 The prominence of self-efficacy in affecting the length of abstinence of chronic drug abusers sends the strong
893 signal that strengthening the self-efficacy of students would be one of the most effective means to improve
894 rehabilitation programs and services. It is advised that most programs attach importance to developing self-
895 efficacy in their clients (students). We suggest that programs of different modalities can review the elements in
896 their programs that aim to improve selfefficacy, and review their effectiveness. Whatever the new strategies that
897 may be introduced into programs, they must teach the students to assess their actual level of self-efficacy, so that
898 they would not mistakenly put themselves at risk by over-estimating their ability to "stay firm" in a situation
899 beyond their self-efficacy can handle.

900 34 ? Building Social Network in Treated Addicts

901 Association with drug-using friends and support from non-drug-using friends significantly influence the students'
902 performance in the intervals of the study. Both involve the re-establishment of social relations after leaving the
903 treatment setting. Social relations can generate resources that can be used to facilitate social goals. Re-entering
904 a network of drug-using friends would generate negative social capital, thereby undermining self-efficacy and
905 reducing the ability to be drug-free. On the contrary, re-establishing a network of non-drug-using friends who
906 can lend their support would generate positive social capital, protecting the subject from re-associating with
907 drug-using friends, increasing self-efficacy, and finally contributing to reaching the goal of maintaining drug-free
908 status. The implication of this finding is obvious. How a treated addict re-organizes or re-establishes his/her
909 social circle is a crucial juncture in his/her pathway to recovery/ relapse.

910 Most of the present programs would remind students to stay away from former Drug-using friends. But some
911 students would go back to live in their original drug Neighbourhood if no new arrangements of location are made
912 for them after leaving the Program. Those programs that are able to help treated clients to acquire collective
913 rental accommodations far from their original neighbourhood do offer a better protective measure for the student.
914 In order to better protect treated addicts against re-associating with drug-using friends, the collaboration of other
915 agencies and government departments would be necessary. For example, the Housing Department may help to
916 make it easier for this group of people to be re-located to other districts under the Compassionate Re-housing
917 Scheme.

918 To compete with drug-using friends in winning the treated addicts, many programs have organized social
919 activities for treated clients to socialize with exaddicts and to help each other and are extremely useful in helping
920 treated addicts to stay away from the danger of re-association with drug-using peers, and in facilitating the
921 re-learning and re-practicing of a normal life among treated students, through either informal interaction or more
922 structured recovery training.

923 All of these aftercare efforts are paramount to the building of positive social capital in treated addicts. More
924 should be done to expand existing strategies, develop new and innovative ones, so that more social capital can
925 be generated for use by treated clients.

926 35 ? Facilitating Satisfaction with Life

927 While the life of treated addicts is full of hardship, the dissatisfaction with life Induced by relative deprivation
928 can be even more destructive than material shortage.

929 Treated addicts must be taught to reset their aspiration levels, so that there is a balance between what they
930 are able to achieve and the achievements they aspire to.

931 Inculcating a realistic aspiration level in them can facilitate more satisfaction of life, which would in turn
932 result in longer abstinence. How to effectively help treated addicts to identify realistic goals and be satisfied with
933 them is a big challenge to counselors of existing programs. Addicts in different stages of addiction or stages of
934 life would have different abilities, needs, and aspirations. An important step is to assess the different needs and
935 abilities of addicts in different stages of life, and then help them to meet their needs, and foster their abilities to

I _P											
DF	0.995	0.975	0.20	0.10	0.05	0.025	0.02	0.01	0.005	0.002	0.001
1	0.0000393	0.000982	1.642	2.706	3.841	5.024	5.412	6.635	7.879	9.550	10.828
2	0.0100	0.0506	3.219	4.605	5.991	7.378	7.824	9.210	10.597	12.429	13.816
3	0.0717	0.216	4.642	6.251	7.815	9.348	9.837	11.345	12.838	14.796	16.266
4	0.207	0.484	5.989	7.779	9.488	11.143	11.668	13.277	14.860	16.924	18.467
5	0.412	0.831	7.289	9.236	11.070	12.833	13.388	15.086	16.750	18.907	20.515
6	0.676	1.237	8.558	10.645	12.592	14.449	15.033	16.812	18.548	20.791	22.458
7	0.989	1.690	9.803	12.017	14.067	16.013	16.622	18.475	20.278	22.601	24.322
8	1.344	2.180	11.030	13.362	15.507	17.535	18.168	20.090	21.955	24.352	26.124
9	1.735	2.700	12.242	14.684	16.919	19.023	19.679	21.666	23.589	26.056	27.877
10	2.156	3.247	13.442	15.987	18.307	20.483	21.161	23.209	25.188	27.722	29.588

Figure 1:

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[Note: 6. Availability of the Drugs: In many countries, drugshave dropped in prices as supplies have increased.]

Figure 2:

the following are signs and symptoms of drug abuse. They are: A. Signs of Drug Used and Drug Paraphernalia i. Possession of drug related paraphernalia such as pipes, rolling paper, small decongestant ii. Possession of drugs, peculiar plants or bolts, seeds of leaves in ashtrays or clothing pockets. iii. Odour of drugs, smell of incense or other cover up

scents. B. Identification with Drug Culture

- i. Drug related magazines, slogans on clothing
- ii. Hostility in discussing drugs
- C. Signs of Physical Deterioration
- i. Memory lapses, short attention span, difficulty in concentration.
- ii. Poor physical coordination, slurred or incoherent speech; unhealthy appearance, indifference to hygiene and grooming
- iii. Bloodshot eyes, dilated pupils.
- D. Changes in Behavior
- i. Distinct downward performance in school place of work.
- ii. Increased absenteeism or tardiness.
- iii. Chronic dishonesty, lying; cheating and stealing.
- iv. Trouble with the police and other law enforcement agencies
- v. Change of friends, evasiveness in talking about new ones.
- vi. Increasing and inappropriate anger, hostility, irritability etc.
- vii. Reduce motivation, energy, self-discipline, self-esteem etc.

[Note: © 2016 Global Journals Inc. (US)]

Figure 3:

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Other effects of substance abuse include:

- a. Psychological effect: Although initial drug use may be voluntary, drugs have been shown to alter brain chemistry, which interferes with an individual's ability to make decision and can lead to compulsive craving, seeking, and use which later leads to substance dependency.
- b. Behavioral Effect such as paranoia, aggressiveness, hallucinations, addiction, impaired judgment, impulsiveness, loss of self-control, e.t.c.
- c. Peer or Age group effect: Substance-abusing youth often are alienated from and stigmatized by their peers. Adolescents using alcohol and other drugs also often disengage from school and community

Voluminous activities, depriving their peers and communities of the positive contributions they might otherwise have made. d. Effect on relations and families: In addition to personal adversities, the abuse of alcohol and other drugs by youth may result in family crises and jeopardize many aspects of family life, sometimes resulting in family dysfunction. Both siblings and parents are profoundly affected by alcohol and drug involved youth 20. e. Delinquency: There is an undeniable link between substance abuse and delinquency. Arrest, (D adjudication, and intervention by the juvenile justice system are eventual consequences for many youths D)

Medicationgaged in alcohol and other drug abuse. Chapter Three III. Methodology Re-
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[Note: a)]

Figure 4:

Figure 5:

200 LEVEL:

$$\begin{array}{r} 8 \times \\ 230 \\ = \\ 1 \end{array}$$

100 LEVEL:

$$\begin{array}{r} 1934 \\ 238 \end{array}$$

3 At Medical Laboratory Technician: The three existing levels or arms in Medical Laboratory Technician

department were randomly picked. 3

Variable	Frequency	Percentage (%)
Age group (in years)(N=220)		
16 -20	70	31.8
21 -25	100	45.5
26 -30	35	15.9
Above 30	15	6.8
Total	220	100
Gender(N=220)		
Male	119	54.1
Female	101	45.9
Total	220	100
Marital Status(N=220)		
Single	156	70.9
Married	54	24.6
Divorced	10	4.5
Total	220	100
LEVEL(N=220)		
100	91	41.4
200	78	35.4
300	51	23.2
Total	220	100
Family Background(N=220)		
Polygamous	157	71.4
Monogamous	63	28.6
Total	220	100
Who they presently live with(N=220)		
Parents	60	27.3
Friends	86	39.1
Alone	74	33.6
Total	220	100

Figure 7: Table 4 . 1 :

42

Variable	Frequency	Percentage (%)
Source of information on substance abuse(N=220)		
Hospital	25	10.9
Radio	20	8.7
Television	35	15.3
Poster	20	8.7
Friend	58	25.4
School	40	17.5
Seminar	15	6.5
Others(multiple choice)	15	6.5
Involvement in substance abuse(N=220)		
Yes	150	68.2
No	70	31.8
Total	220	100
Knowledge of health hazard associated with taking drugs without doctor's prescription(N=220)		
Yes	115	52.3
No	105	47.7
Total	220	100
Increased efficiency due to substance abuse(N=150)		
Yes	120	80.0
No	30	20.0
Total	150	100
Substances frequently abused(N=150)		
Cigarette	15	10.0
Opioids	30	20.0
Amphetamines	25	16.7
Alcohol	80	53.3
Total	150	100
Table 4.2 shows that 25(10.9%) people heard of substance abuse from hospital, while 20(8.7%) heard from radio, 35(15.3%) heard from television, 20(8.7%) from poster, 58(25.4%) from friends, 40(17.5%) from school, 15(6.5%) from seminar, while 15(6.5%) heard from more than one source. Also, 15(10%) are familiar with cigarette while 30(20%) are familiar with opioids,	25(16.7%) are familiar with amphetamines while 80(53.3%) are familiar with alcohol. A total of 150(80%) are involved in substance abuse while 70(20%) aren't.	Out of the 150 that are involved in substance abuse, 120(80%) experiences increased efficiency while 30(20%) claims not to experience.
Section C: Level of Substance Abuse		

Figure 8: Table 4 . 2 :

Variable	Frequency	Percentage (%)
Time it took to adapt(N=150)		
Days	97	64.7
Weeks	30	20.0
Months	23	15.3
Total	150	100
Administration of specific dose(N=150)		
Yes	115	76.7
No	35	23.3
Total	150	100
Route of Administration(N=150)		
Orally	90	60.0
Parenteral	45	30.0
Inhalation	15	10.0
Total	150	100
Frequency of Consumption(N=150)		
Daily	117	78.0
Hourly	23	15.3
Weekly	10	6.7
Total	150	100

Figure 9: Table 4 . 3 :

Figure 10:

45

Gender	Involve ment	Yes	No	Chi-square	Degree of freedom	P-value
Male	113(97%)		6(3%)	85.868	1	0.000
Female	37(36.6%)		64(63.4%)			

Figure 11: Table 4 . 5 :

46

Age group	Involve ment	Yes	No	Chi-square	Degree of freedom	P-value
16 -20	43(61.4%)		27(38.6%)	6.883	3	0.100
21 -25	75(75%)		25(25%)			
26 -30	25(71.4%)		10(28.6%)			
30 and above	7(46.7%)		8(53.3%)			

Figure 12: Table 4 . 6 :

4

Figure 13: Table 4 .

47

Marital Status	Involve ment	Yes	No	Chi-square	Degree of Freedom	P-value
Single	118(75.6%)		38(24.4%)	15.876	2	0.000
Married	25(46.3%)		29(53.7%)			
Divorced	7(70%)		3(30%)			

Figure 14: Table 4 . 7 :

48

Level	Involve ment	Yes	No	Chi-square	Degree of Freedom	P-value
100	70(76.9%)		21(23.1%)	4.709	2	0.025
200	49(62.8%)		29(37.2%)			
300	31(60.8%)		20(39.2%)			

Figure 15: Table 4 . 8 :

4

8 shows that respondents from 100 level are more involved in substance abuse than respondents from other departmental level, the table

revealed that the observation is statistically significant because its p-value of 0.025 is less than the 0.050 alpha level of significance

Figure 16: Table 4 .

49

Family Background	Involvement	Chi-square	Degree of Freedom	P-value
	Yes	No		
Polygamous	108(68.8%)	49(31.2%)	0.102	1
Monogamous	42(66.7%)	21(33.3%)		0.975

Figure 17: Table 4 . 9 :

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Departmental Level

Departmental Level	Knowledge of substance abuse	Chi-square	Degree of Freedom	P-value
	Yes	No		
100	40(78.4%)	11(21.6%)	3.250	0.200
200	50(64.1%)	28(35.9%)		
300	60(65.9%)	31(34.1%)		

Figure 18: Table 4 .

Figure 19: Table

Who they presently live with	Frequency of Consumption	Hourly	Daily	Weekly	Chi-square	Degrees of Freedom	P-value
Parents	6(16.7%)	12(33.3%)	18(50%)		22.748	4	0.000
Friends	20(31.3%)	30(46.9%)	14(21.9%)				
Alone	30(60%)	10(20%)	10(20%)				

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Figure 20:

936 achieve their goals, in the context of realistic aspirations. Therefore, there is a need to create awareness of the
937 fact that certain goals can still be achieved after rehabilitation process.¹

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938 .1 Appendix i

939 College of Health Science and Technology, Ijero Ekiti Department of Pharmacy Technician. Questionnaire An
940 Assessment of Substance Abuse among Students of College of Health Science and Technology Ijero Ekiti.

941 The research is a required academic exercise; therefore all gathered information shall only be used for academic
942 reasons. Your anonymity is highly guaranteed, provision of true information can advance the knowledge. Thanks
943 for your anticipated co-operation.

944 .2 Instruction: Tick () as appropriate please.

945 Section A

946 [Medical Laboratory Technician] , *Medical Laboratory Technician* 120 p. .

947 [X-Ray] , *X-Ray . Technician* 23 p. .

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994 [Has there been any progression in your performance since you started taking the substance Yes () *Has there*
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996 [How do you feel if you take any of it? High morale] *How do you feel if you take any of it? High morale*, pp.
 997 others specify (. (increased energy (. increased efficiency ()

998 [If yes to 11 how do you source for the drug?] *If yes to 11 how do you source for the drug?*,

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1000 [No () 30. If yes to question 29 above specify _____ 31. Has your physician ever advised yo
 1001 'No () 30. If yes to question 29 above specify _____ 31. Has your
 1002 physician ever advised you to cut down the intake of such substance? Yes (?. *Have you been diagnosed of*
 1003 *any ailment since you started taking the substance?* Yes (, 32. (If yes to what extent? Minimal (. Total
 1004 abstinence (. Appendix ii)

1005 [Others specify 7 What kind of family are you from? Polygamous () 'Others specify 7. *What kind of family are*
 1006 *you from? Polygamous* (, (Friend) (Mother (. Section B: To Assess the Knowledge of Substance Abuse)

1007 [Others specify _____ 10. If yes to question 8 above, what is your view about substance abuse____ 11 I
 1008 'Others specify _____ 10. If yes to question 8 above, what is your view about
 1009 substance abuse____ 11'. *If yes to question 8 above, from which source? Hospital* (, (Television (. Have you
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 1044 pp. others specify (. (Odd jobs (