

## **Substance Abuse Among Selected Secondary School Students In Osun State, Nigeria.**

*B.L. Ajibade (RN, Bsc(N), Phd FWACN)<sup>1</sup>, M. O. A. Adeyemo (Bsc, MPH)<sup>2</sup>, O.P. Adisa (RN, RPN, Bsc. MSC)<sup>3</sup>, Ejidokun, A. (RN, BSC(N), Msc (N)<sup>4</sup>*

<sup>1,2,3</sup>Ladoke Akintola University of Technology, Ogbomosho. Department of Nursing Science, College of Health Sciences, Osogbo.

<sup>4</sup>Neuropsychiatric Hospital School Nursing, Yaba Lagos.

**Corresponding Author:** Dr. B.L. Ajibade

mail: [Ajibayo2013@gmail.com](mailto:Ajibayo2013@gmail.com)

### **ABSTRACT:-**

*Introduction – Substance abuse refers to the harmful or hazardous and illicit drugs. Therefore, this study examined the extent of substance abuse among selected secondary school students in Osun State. It also examined types of substance abuse and the influence of the schools location in terms of Urban/Rural difference.*

*Methodology:- The study employed descriptive design with simple random sampling technique, resulting in the selection of twelve schools and seven hundred and twenty students (720). A standardized instrument named substance abuse subtle screening inventory (SASSI) adolescent version was used to collect information from students. The instrument consisted of one hundred (100) items. Each of the respondents used between 15 and 20 minutes to complete the items on the instrument. Three research questions were tested at 0.05 level of significant.*

*Results:- Majority of the parents of the students were civil servants and the most abused substance was kolanut. The three hypotheses revealed that there was a significant difference between students in mixed and single sex secondary schools abused some particular substances more than the others, and Urban secondary school students tend to be more involved in substance abuse than their counterparts in rural areas.*

*Conclusion:- It was concluded that substance abuse is rampant in some Osun state secondary school and efforts should be made for the establishment of counseling unit in all schools.*

**Key words:**Osun state, substance abuse, Urban, Rural, secondary schools.

## INTRODUCTION:

Illicit drug use which includes the abuse of illegal drugs and /or the misuse of prescription medications or household substances is something many adolescents engage in occasionally and a few do regularly. By the twelfth grade, about half of adolescent have abused an illicit drug at least once (Johnson et al.). They went further to say that most commonly used drug is marijuana but adolescents can find many abused substances, such as prescription medications, glues, and aerosol, in the home. More adolescents drink alcohol than smoke cigarettes or use marijuana. Depression is something that many teenager deal with during their lives. Some of them isolate themselves from their families by going into their rooms, staying out late, not eating and a bad grade or because of an argument with parents or friends, they intend to use drugs than normal in an attempt to ease their stress. Emotional and psychological problems such as loneliness, depression, fear and insecurities affects the adolescent's substance use (en.wikipedia.org.22/03/14).

A survey conducted by Fatoye (2003), on substance abuse among secondary schools in Western Nigeria with a sample of five hundred and fifty two students (552) found out that the prevalence rate of drinking was 13.4%. the study also revealed that the prevalence rate of alcohol use was 26.4% and that the most commonly used alcohol beverage is palm wine (60.1%), beer (20.8%), and locally fermented wine and locally distilled gin (14.7%). A study conducted by Obel

(2003) among 292 out-of-school male adolescent in an urban area of central Nigeria found that more than one-third (1/3; 38.7%) of the sample had taken alcohol; at least in their lives. He went further to state that the average age of self initiated drinking was 13 years. According to National Institute on Drug Abuse (2008), it was found out that alcohol is the most commonly abused drugs with 61% of the population engaged in its use Nte (2008), found that 37% of students in Bayelsa state were abusing tobacco products Haladu (2003) found that only about 5% of the students make use of heroine, codeine and opium. Adamu (2009), described drug abuse as the use of chemical substance illicit which results in the individual physical, mental and emotional or social impairment.

Rimfat (2003) posits that some students take drugs with intention to belong to a peer group. This is because of fear of being isolated from the group. According to Ajila (1999) any students are found in the habit of indulging in Heroin, Cocaine, Marijuana. Tobacco, Alcohol Caffeine Mandrax, Chinese capsule, Valium, Proplus, Phospherine/Reactivan and Dextierine which were grouped into three categories namely, hallucinogen, depressant or sedative and stimulant. Many studies have been carried out on the reasons why young people are using drugs. According to Obaseki (1987), many are using tranquilizer regard it as an antidote for their worries and problems. Supporting this view, Aina (1987), Colgan (1990) and Zamani (1993) added

that it is the same illusion that alcoholics have about drinking their sorrows away. Often, people's reason for abusing drugs are excuses to make them thinking it is right to do so. They may say, "I need to cope with pressures of life. I just want to be part of the group. Some others take them, so why not me (Edwards & Arif, 2008). According to Ajila (1999), to understand drug use in Nigeria, its necessary to get some ideal of the environment within which it exists. According to Anumonye (1980), the official channels of distribution of drugs take the following forms in Nigeria.

- The indiscriminate sale of pharmaceuticals by pharmacists and medicine shop owners and vendors.
- The indiscriminate prescription of pharmaceuticals by medical doctors in private clinics and hospitals.

According Barrette and Tunner (2008) in their study found that 82% of parents who drank had teenagers who drank, while 72% of parents who abstained had teenager who did not drink. He went further to speculate that the teenager models the adult behavior and that families with drug abuse in the parental generation are likely to great an environment in which teenagers may turn to drug abuse for escape.

### **Theory of substance Dependence**

According to Obiamaka (2004) (Drug dependence is tied intimately to an individual's attempt to cope with his or her internal emotional and external social and physical environment viewed

from a contemporary can best be understood by examining how such a person's ego organization and sense of self serve or fail the individual's attempts to cope, and how the specific effects of various substances facilitates or impede such attempts. Substance abuse refers to the harmful or hazardous use of psychoactive substance including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome- a cluster of behavioral, cognitive and physiological phenomena that develop after repeated substance use and typically include a strong desire to take the drug, difficult in controlling its use, persisting in its use despite harmful consequences, a higher priority given to drug use than other activities and obligations, increased tolerance, and sometimes a physical withdrawal state (World Health Organization, [www.who.int/topics/substance-abuse/an 15/03/15](http://www.who.int/topics/substance-abuse/an 15/03/15)).

Drug abuse is so terrible in the sense that despite the damage it does to the body fabrics of the addicts, as in the case of other maladjusted people, the excessive use or taking of drugs does not solve their problems, instead deterioration often sets in due to the negative impacts of addition.

Based on the forgoing, this research was being carried out to examine

- (1) The demographic variables of students
- (2) The extent to which substance have been abused by secondary school students in Osun State.

- (3) The type of drugs abused and (4) the influence of the location of schools (environment) on students substance abuse

### Research Questions:-

For the purpose of this study, two (2) research questions were answered.

- What is the demographic variables of respondents?
- What are the most abused substances among respondent.

### Hypothesis:

Three null hypotheses were tested at 0.05 level of significance.

- There is no significant difference between students in mixed and single sex secondary schools in the extent to which they abuse substance.
- There is no significant difference between students in mixed and simple sex secondary schools in the type of substance they abused.
- There is no significant difference in drug abuse between rural and Urban secondary school students in Osun State.

### Methodology

#### Research Design and Sample Description

A cross-sectional descriptive design was used in this study. The sample of the study consisted of twelve (12) mixed as well as single sex secondary schools in Osun State, Nigeria. These twelve (12) secondary schools were selected were randomly selected from thirty local government areas. Rural

– Urban dichotomy was considered in the selection of the secondary schools, such that six secondary schools were picked from rural local government areas and the other six from the six most urban local government areas. This was made possible through the sampling frames consisted of schools in rural areas and that from the Urban areas.

### Subjects

A random sample of seven hundred and twenty (720), made up of three hundred and sixty (360) male and three hundred and sixty (360) female secondary school students were used for this study. Twenty students each were selected from senior secondary one, two and three of the selected secondary schools. It was anticipated that such a sampling of subjects will provide the necessary variety of social, economic and personal background required for this type of study.

### Instrumentation

Substance abuse subtle screening inventory (SASSI) was used in this study. The SASSI is a brief self-report, easily administered psychological screening for adults and adolescents. The adolescent SASSI-A1 is designed to identify individuals who have a high probability of having a substance use disrode, including both substance abuse and substance dependence, with its decision rules yielding overall accuracy of 94% (Miller, 1999; Plaza, Martin & Dildine (2000). It comprised of 100 items which solicited for information on personal

background of the patient, types of drugs usually abused, emotional attachment etc.

**Procedure**

This involved the administration of SASSI items to sixty randomly selected students from the twelve (12) secondary schools which participated in the study with the assistance of the school counselor in each of the schools. It takes each of the students between 15 and 20 minutes to complete items on the instrument(SASSI). The researcher made necessary clarification where applicable

**Data Analysis**

The responses of the subjects to the items on the questionnaire were compiled into contingency tables according to the main variables being examined. Analyses were carried out using a one-way Analyses of variance, Two-way Analysis of variance and student test to determine whether there is nay significant difference between secondary school students in respect of each of the variables.

**Results**

**Table 1 Demographic Variable of Respondents**

Class	Frequency	Percentages
SSS1	240	33.3%
SSS 2	240	33.3%
SSS 3	240	33.3%
<b>Total</b>	<b>720</b>	<b>100%</b>
<b>Age</b>		
12-15	260	36.1%
16-20	441	61.3%
20-24	19	02.6%
<b>Total</b>	<b>720</b>	<b>100%</b>
<b>Gender</b>		
Male	360	50%

Female	360	50%
<b>Total</b>	<b>720</b>	<b>100%</b>
<b>Tribe</b>		
Yoruba	308	42.8%
Hausa	184	25.6%
Igbo	144	20%
Others	84	11.7%
<b>Total</b>	<b>720</b>	<b>100%</b>
<b>Religion</b>		
Islam	285	39.6
Christianity	355	49.3
Others	80	11.1%
<b>Occupation of parents</b>		
Civil servants	365	50.7%
Self Employed	150	20.8%
Farming	95	13.2%
Artisans	100	13.9%
Not Employed	10	1.4%
<b>Total</b>	<b>720</b>	<b>100</b>

The table 1 above on the demographic variables of respondents were selected which yielded 33.3% each (i.e. SSS1 -3). In terms of the age of respondents, 280 (38.9%) were between 12-15, 441 (61.3%) with ages ranged between 16 and 20 years while 28 (03.9%) had their aged ranging between 20 and 24. This showed that majority of respondents were within the age bracket of adolescent. The period which is characterized with youthful exuberance, restlessness, disobedience to constituted authority violation laws and orders. In terms of tribe, 308 (42.8%) were Yorubas this was not unconnected with the fact that the research was carried out in Yoruba dominated area of Nigeria, Hausa amounted to 184 (25.6%) Igbos 144 (20%) while other were 84 (11.7%). This showed that all the other major tribes are found in the state of Osun living together harmoniously.

The higher percentage of respondents were Christians by faith 355 (49.3%) followed by Muslims 285 (39.6%) while other religious sects amounted to 80 (11.1%). Majority of the respondents parents were civil servants (365 (50.7%) followed by self-employed parents 150 (20.8%) Artisans 100 (13.9%), farmers 95 (13.2%) while the unemployed parent accounted for 10 (1.4%).

**Table 2**  
**Commonly Abused Substances**

Types of substances	Frequency	Percentage
Alcohol	115	16%
Kolanut	119	16.5%
Cocaine/Marijuana	34	04.7%
Cigarette	111	15.4%
Tobacco	47	06.5%
Valium	37	05.1%
Lexotan	57	07.9%
Phosphorine	65	09.0%
Librium	55	07.6%
Nescafe	60	08.3%
Sniffing	20	02.8%
<b>Total</b>	<b>720</b>	<b>100%</b>

From the table 2 above, the most commonly abused substances is kolanut 119 (16.5%), followed by alcohol, 115 (16%), cigarette ranked as the thirdly abused substance, 111 (15.4%) while sniffing was the least abused drug, 20 (02.8%).

It takes the student about 15-20 minutes to complete the items on the SASSI. The researcher made clarification where applicable.

Hypothesis one- “it states that there is no significant difference between students in mixed and single sex secondary schools on the extent to

which they abuse substances” was tested using a one-way analysis of variance (ANOVA).

**Table 3 One-Way ANOVA on The Extent of Substance Abuse Among Students**

Source	SS	DF	MS	F	SIG-LEVEL
Between Group	6763.8	2	3881.9		
Within Group	1058.7	3	352.9	11.0*	0.05
Total	1133.8	5			

\*(Significant result)

The between group effect at  $F(2,3) = 11.0$  while the table value is 9.55, thus  $F_c > F_t$  i.e.  $(11.0 > 9.55)$  at 0.05 level of significance. Therefore, the result is significant; Hence, the hypothesis was rejected because the calculated value is greater than the table value. This result therefore showed a significant difference between students in mixed and single sex secondary schools on the extent to which they abused substances.

**Hypothesis 2:** It states “there is no significant difference between students in mixed and single sex secondary schools in the type of substances they abused” was tested using Two-way ANOVA.

**Table 4: 2 Way ANOVA On The Type Of Substance Abused**

Source	SS	D F	MS	F	SIG-LEVEL
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Row	656.4 3	3	218.8 1	21.60 *	0.05
Column	1309. 7	2	65.85	64.65 *	0.05
Interacti on	244.9 7	6	40.83	4.03*	0.05
Between Group	2211. 1	11	201.0 1	19.84 *	0.05
Within Group	121.5	12	10.13		
<b>Total</b>	<b>2332.</b> <b>6</b>	<b>23</b>			

\*(Significant Results)

With reference to the table 4 above, the row effect at  $F(3,12) = 21.60$ , while the table value was 3.49; thus,  $F_c > (i.e. 21.60 > 3.49)$  at 0.05 level of significance, therefore the result was significant. This result showed that there was a significance difference in the type of substance students abuse. The column and interaction effect at  $F(2,12)$  and  $F(6,12) = 64.65$  and 4.03 respectively, while the table values are 3.89 and 3.00) at 0.05 level of significance; therefore the results were significant. This showed that students abused drugs more than the other. The between group effect at  $F(11,12) = 19.84$  while the table value was 2.75. therefore,  $F_c > F_t (i.e. 19.84 > 2.75)$  at 0.05 level of significance. Hence, this result was significant. The hypothesis was therefore rejected. This depicted a significant difference between mixed and single sex secondary school students in the type of substance they abused.

**Hypothesis 3:-** It states “there is no significant difference in the substance abuse between rural and urban secondary school students in Osun state, Nigeria, was tested using student t-test.

**Table 5**  
**T-Test Analysis of the Difference In Substance Abuse Between Rural And Urban Secondary School Students**

Environment	N	Mean	SD	DF	TC
Urban	76	6.0	4.11	111	
Rural	37	4.0	3.16	11.0	2.564*

\*(Significant result)

The table 5 above showed a significant difference in substance abuse between urban secondary school students and their rural counter parts;  $t_c = 2.564$ , while  $T_t 1.980$  at 0.05 and  $df 111 = 1.980$ ,  $t_c$  was therefore greater than  $T_t (i.e. 2.564 > 1.980)$ . Hence, the result was significant. Therefore the null hypothesis which predicted that there was no significant difference in substance abuse between the two groups was rejected on the basis of the above finding.

**Discussion of Findings**

The hypothesis that said there is no significant difference between students in mixed and single sex secondary schools on the extent to which they abuse substance was rejected. The result showed that there was a statistically significant difference between students in mixed and single sex secondary schools on the extent to which they abuse substances. The reason for the difference might not be unconnected to the fact that single

sex institutions used for study were from localities with heterogeneous population. The towns involved were Osogbo, Ejigbo, Ile-Ife, Ipetumodu and Ikirun. Most of the mixed sex secondary schools are from local governments that are classified as rural. Easy accessibility could be therefore a contributing factor to the intensity of drugs taking by students in the single sex institutions.

The hypothesis which states that there is no significant difference between students in mixed and single sex secondary schools in the type of substance they abused was also rejected. The findings indicated that students abused some particular substances more than others. For instance while kolanut was the most abused substance, other substances that are abused included alcohol 16%, cigarette 15.4%, while the least abuse substance is sniffing items.

In addition to the already established fact that students in the single sex institution used in the study were more exposed and accessible to drugs, students used in the study abused substances because they are easy to obtain and for one major reason which is to stay awake all night in order to read.

Research findings such as those of Fatoye (2004), Olawale (2013), Eneh (2004), Abudu (2005) Barrette and Tunner (2008) Ajila (1999), Anumonye (1980), Obaseki (1987), Zamani (1993), Colgan (1990), and Aina (1987) supported the above findings in their different studies that some students had heard of cocaine and claimed

not having seen or used them. This finding supported Johnson et al(2014).

The hypothesis which states that there was no difference in substance abuse between urban and rural secondary school students was rejected. The environment seems to be an important factor in substance abuse. Thus, urban secondary school students tend to be more involved in drug abuse than their rural counterparts. One of the reasons that may be deduced for the observed difference was that students in urban centre are exposed to various social activities like attending parties and social gathering, hence become accessible to alcohol, tobacco, cigarette, marijuana and the likes, unlike students in rural environment where parties are partially attended, however the students from rural areas are not abhorred from the use of substances but the rate was not as high as those students from urban schools. Again, the heterogeneous nature of the urban population also makes access to substances possible with ease. There are availabilities of many chemist shops, patent medicine shops, parents who are using substances, and equally sending their children to buy such substances for them; make students more vulnerable to the use of such substances.

#### **Conclusion:-**

Going by the results of this study it could be concluded that:

- Secondary school student in Osun state frequently use drugs to such an extent that there were multiple abuse of substances. Among the male student, the prevalent



pattern of multiple use was alcohol, tobacco, kolanut, marijuana and Nescafe.

- The geographical location of the schools played a major role in the type of substance abused and the extent to which these drugs were abused. Students in urban secondary school (locality with heterogeneous population tended to be more involved in substance abuse than their counterparts in rural areas.

Therefore, it is generally better to prevent a problem than allow the problem to occur before searching for solutions. This is more so in the management of adolescent and youth problems than any other issues. Many of the adjustment behavioural problems of secondary school students are highly “contagious” in the sense that once they are learned, they are difficult to change. For instance, once an adolescent starts abusing substances, it may be very difficult to change such difficult habit.

### **Recommendation**

Considering the gravity of substance abuse in Osun state secondary schools, it is high time all schools are provided with counseling units with capable counselor to man the units.

Parents and teacher associational meeting should be allowed to take place periodically. At the meeting, the progress reports and behavioral information about each students will be discussed. In the same vein, all the counselors should be taught the process of administering psychological tools and how to interpret them. This will assist in

the determination of those students that are developing behavior in aberration to the societal norms.

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