



Effects of Drug Abuse on Psycho-Social Behaviour of Youth in Zaria Metropolis

¹Adeniji, Busayo, ²Anyanwu, C. Kate

¹Department of Social Studies

School of Secondary Education, Arts and Social Sciences

²Department of Social Studies and Civic Education

Federal College of Education, Zaria, Kaduna State

ABSTRACT

This study was designated to investigate the effects of drug abuse on the psychosocial behaviour of youths in the Zaria metropolis. The study adopted the descriptive survey design. A sample size consisting of 120 respondents from the population of 360 inmates was randomly selected from three social service centres in Kaduna State. The sample includes 45 drug abusers from National Drug Law Enforcement Agency, 53 from Neuro-Psychiatric Ward, ABUTH Shika and 27 from the Correctional service Headquarters, Kaduna State command. Items were designed and developed by the researcher for data collection, which was professionally validated by experts. The instrument was discovered to be reliable with a significant alpha value of 0.81. To effectively execute this study three research questions were formulated. The significant level of 0.05 was adapted, to assess the effects of drug abuse on the psychosocial behaviour of drug abusers and to determine the gender of drug abuse. Tables were used for data analysis. Findings revealed that the first questions indicated that drug abuse affects the psycho-social behaviour of drug abusers: it leads to problem behaviour and personality disorder. Similarly, the study showed that both males and females were involved in the incidence of drug abuse. Based on these findings, it was suggested that parents should monitor their children to maintain the discipline to reduce the rampant cases of drug abuse. Since regular tiredness, sleeping in class, exam malpractice, absenteeism from schools, and increased potential for dropping out of school are problems associated with (youth) adolescents substances abuse, there is a need for parents, teachers and Education bodies to take part in the war against drug abuse.

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INTRODUCTION

One of the greatest discoveries of man is the therapeutic use of drugs to cure his ailment, excite him when he is dull, slim him when he is fat, expand him when he is thin and put him to sleep when he is awake. Thus, since time immemorial, man is known to be using drugs and learning to depend on drug usage by various societies in the world to relieve pain, escape reality, alter perception, provide pleasurable sensations and find the assumed meaning to life.

The term drug abuse is used to describe any licit or illicit substance that has an effect on the structure and functioning of the brain when it is taken wrongly. It includes

alcohol, tobacco, medicine, Indian hemp, cocaine and other illegal substances. Therefore, drugs can be legal or illegal; they can be helpful or harmful, depending on the type and the usage or mode of administration. Young people use drugs as a way of rebelling against parents or authority, to feel like adults, to fit in and belong to a group of other youths, to satisfy their curiosity, and simply to derive pleasure from the short-term effects of drugs. Abusers with underlying social or psychological problems are particularly at high risk for drug abuse Dike (2004).

However, Akinola (2008) noted that where they are not used correctly, they produce unacceptable consequences to the



user's mental health. The social and psychological problem depends on the interaction with and response of the environment, these could play a great role in the way people use drugs. The chronic use of tolerance producing drugs increases the risky behaviour of the abuser, the risk of drug abuse as well as the likelihood of impaired psychological damage to the body. Higher doses (drug abuse) usually produce visual or auditory hallucinations or both. Drug abuse affects the individuals' health and welfare, which interferes with the educational and social well-being or productivity that has an adverse effect in some institutions leading to examination malpractices, bribery and corruption, anti-social tendencies including assassinations, cultism and rape. These are common on our campuses due to the unfortunate involvement of youth in the habit of drug abuse (Dauda, 2009). The youths suffer the negative effect of drugs which has been identified to be responsible for the altered behavioural patterns now observable among many students in higher institutions.

Drug abuse, over the years, is not only an eyesore but also a disturbing trend. It is indeed a reality as it embraces all sexes of all classes, all religions and ages but it makes the youths at risk. It is alarming to see the abusers involved in the act of drinking alcohol, smoking cigarette or hemp, and inhaling solvents, part of the effect of which is the increase in crime and other social vices such as carrying weapons and inflicting injuries on innocent members of the society. This explains why students who are alcoholics and other illegal substances end up not doing well in their examinations if at all they succeed in writing. Even though youth in this country occupies a very strategic position in national development.

The federal government of Nigeria has adopted education as an instrument for effecting national development since education is a dynamic instrument of change. Drug abuse has the implications of contributing to students' poor performance in school, students' dropout, low resistance to infectious diseases and a variety of neurological and mental syndrome.

Maiwada (2002) said that many adolescents who abuse drugs have a variety of problems and a history of emotional deprivation and separation from their family background. These young people localized

primarily in schools and challenged traditional values, social norms and attitudes. Thus, they take drugs for many reasons. Some take it because of peer pressure or influence, to relieve stress, to increase energy, to relax, to relieve pain, to escape reality, to feel more self-esteem and for recreation. For all these reasons, regulatory agencies such as the National Agency for Foods, Drugs Administration and Control (NAFDAC) and the National Drug Law Enforcement Agency (NDLEA) are set up by the government to control the production and distribution and consumption of foods and drugs in Nigeria. In addition, they are also to ensure that only those who require drugs (especially prescription drugs) genuinely get them. It is in the light of the above, and considering the role of psychosocial factors in human development that this study is being carried out to determine the effects of drug abuse on the psycho-social behaviour of drug abusers and; its implications for youth education.

Drug abuse is a major problem that has characterized the enormous crises facing Nigeria. The critical problem is that despite the various measures adopted to prevent drug abuse among Nigerian youths, we continue to have an increasing number of drug abusers. It has been observed that schools are facing this unrest. The availability of drugs in shops, chemists, market stalls and drug barons, provides youth access to it,

The habitual use of drugs on occasions endangers the lives of youths. Even when drugs are socially acceptable for instance, caffeine found in kola nut and coffee or perhaps alcohol and tobacco. It can still be abused when it is used more than the quantity generally accepted within the culture. It has been also observed that there is a high rate of consumption of drugs by the youth, especially in northern Kaduna state. It has negative implications on youth education. Drug abuse can lead to risky sexual behaviour among youths. This could result in teenage pregnancy and affect their academic performance due to personality disorders and impaired cognitive functioning resulting in regular tiredness and sleeping in class. Among other behaviours, students who had become involved with drugs will tend to defy school rules, cheat and act in other negative ways in school, and the end may become dramatic irresponsible and overly



defensive. Other problems will emerge to the attention of the teacher and other officials. Such an attitude will motivate the abuser to behave in ways that may signal the beginning of a mental disorder. If not properly checked in time, maybe affected like some of these youth who are seen in our societies roaming about naked, parading the streets aimlessly, while others are partially made to sleep in open places, causing a social nuisance to the public. Hence, it has become imperative that the effect of these drugs on our youths is rampant which forms the basis of this study.

Objectives of the Study

The objectives of this study are to determine:

1. The effects of drug abuse on psychological behaviour of youth in Zaria Metropolis, Kaduna state.
2. The effects of drug abuse on academic performance of youth in Zaria Metropolis, Kaduna state
3. The relationship between the gender on drug abuse among youth in Zaria Metropolis.

Research Questions

The study answered the following research questions:

1. What are the effects of drug abuse on the psychological behaviour of youth in Zaria Metropolis, Kaduna state?
2. What are the effects of drug abuse on the academic performance of youth in Zaria Metropolis, Kaduna state?

3. What is the relationship between gender and drug abuse in Zaria Metropolis?

METHODOLOGY

The research design for this study is a survey method. Surveys are particularly focused on people, the vital facts about the people and behaviours. However, the method is based on the information gathered from the population or sample drawn in the study. Often psychologist finds it useful to go beyond studying particular individuals to investigating larger groups.

The population for this research was drawn from four social service centres in Zaria, Kaduna State. The social Centers are:

- i. Nigerian Correctional Service Zaria Area command, which had about 200 offenders with drug-related cases
- ii. National Drug Law Enforcement Agency, Zaria command which arrested three hundred and thirty-five (335) suspects out of which seventy-two (72) were confirmed to be drug abusers, three were females, and sixty-nine were male.
- iii. Neuro-Psychiatric Ward of ABUTH Shika patients' admission record showed that 238 patients were on admission; out of 85 patients were drug abusers that were made up of eleven (11) females and seventy-four (74) males.

The study covered only drug abusers in the four social service centres under study. They were selected because a high concentration of drug abusers was found there. The total population of the three social Service centres was 11825 out of which the total population of drug abusers is. 360. This figure forms the total population of this study.

Table 1: Population of the Social Service Centers

S/N	Selected Social Service Centers	The population of Drug Abusers
1	Kaduna state Correctional service headquarters	200
2	N.D.L.E.A. Zaria	335
3	Psychiatric ward ABUTH	238
	Total	773

The purposive sampling technique was used to select 120 samples for the study. The total population of the three social service centres was 773 and the population of drug

abusers was 360. Each of the samples was represented. The sample size for the study is drawn from the three social service centres under study.



Table 2: Distribution of Sample

S/N	Selected Social Service Centers	Population of Drug Abusers	Sample Size
1	Kaduna state Correctionals service headquarters	200	50
2	N.D.L.E.A. Zaria	170	40
3	Psychiatric ward ABUTH Shika	80	30
	Total	360	120

The instrument for data collection is a structured questionnaire designed by the researchers titled "Effects of drug abuse on the academic performance and educational growth Questionnaire". The instrument has 25 items with a 4-point Likert scale, ranging from strongly agree to strongly disagree.

Two experts in educational psychology, Federal College of Education, Zaria, validated the content of the instrument. Corrections were made after expert advice and the accompanying test-retest procedure. The data obtained from the exercise was used to determine the reliability of the instrument. From

the analysis, the instrument was discovered to be reliable with a significant alpha value of 0.85.

The data collected were analysed using items mean scores, standard deviation and standard error were used in determining the level of agreement or disagreement. 2.50 was the benchmark for accepting or rejecting an item.

RESULT AND DISCUSSION

Research Question 1: What are the effects of drug abuse on the psychological behaviour of youth in Zaria Metropolis, Kaduna state?

Table 3: Effect of Drug Abuse on Psychological Behaviour of Youth

S/N	Category of response	SA	A	D	SD	Mean	SD
1	Loss of memory	43	44	13	20	1.065	0.0015
2	Aggression	34	50	15	21	1.102	0.0023
3	Reduced memory	61	40	11	8	1.240	0.0041
4	Unconsciousness	54	46	10	10	1.092	0.0023
5	Urge to engage in illicit behaviour	62	38	12	8	1.121	0.0010
6	Relieves anxiety	40	58	12	10	1.234	0.0022
7	Alertness	20	60	25	15	1.014	0.0010
8	Sense of superiority	60	30	20	10	1.002	0.0021
9	Tendency to commit crime	35	49	16	20	1.021	0.0011
10	Poor nervous coordination	39	46	30	5	1.121	0.0021
	Aggregate mean Score	1.945	Std Dev	0.081			

The effects of drug abuse on perception were obvious that drug abusers perceived different things, also drug abuse often intimidates and disturbed the non-drug abuse person in the 120 respondents (27.3%). Moreover, the mean score was 1.945, and the

standard deviation of 0.081 with a standard error of 0.012 for the respondents in the study.

Research Question 2: What are the effects of drug abuse on the academic performance of youth in Zaria Metropolis, Kaduna state?

Table 4: Effects of drug abuse on Academic Performance of youth

S/N	Category of response	SA	A	D	SD	Mean	SD
11	Poor retentive memory	43	44	19	14	1.651	0.0015
12	No desire to study	45	36	17	22	1.653	0.0063
13	False sense of achievement	32	45	20	23	1.832	0.0051
14	Abandonment of academic activities	35	50	15	20	1.781	0.0056
15	Tendency to engage in malpractice	65	40	10	5	1.774	0.0054



S/N	Category of response	SA	A	D	SD	Mean	SD
16	Poor preparedness for exams	39	51	15	15	1.912	0.0065
17	Development of high anxiety level	43	49	17	11	1.810	0.0071
18	Inability to recollect read materials	47	45	16	13	1.810	0.0074

Effects of drug abuse on social behaviour: most drug abusers, indulge in all kinds of degrading activities such as law-breaking, prostitution, illegal means of acquiring money to finance their addiction and violence in society.

Research Question 3: What is the relationship between gender and drug abuse in Zaria Metropolis?

Table 5: Relationship between Gender and Drug Abuse

S/N	Category of response	SA	A	D	SD	Mean	SD
19	Women take drugs more than men	22	45	30	23	1.981	0.0053
20	Drugs affect women than men	35	50	15	20	1.861	0.0061
21	Drugs respects no gender	60	45	10	5	1.741	0.0056
22	Women are more susceptible	39	51	20	10	1.892	0.0065
23	Men initiate women into drugs	45	47	18	10	2.101	0.0072

The outcome of the test on gender and drug abuse showed that gender status does not have any relationship with the involvement in drug abuse. In other words, both males and females are involved in drug abuse.

SUMMARY OF FINDINGS

Results from Research question 1: The result shows that drug abuse affects the psychological behaviour of drug abusers in diverse ways

Result from Research question 2: shows that drug abuse affects the social behaviour of drug abusers which resulted in a Faulty lifestyle, Social isolation and Family related problems.

The result from Research question 3: revealed that drug abuse affects both genders since they were all involved in the incidence of drug abuse.

DISCUSSION OF THE RESULTS

To realize the objective of this study all the 185 respondents were drawn from the four social service centres in the correctional service, NDLEA, and NPW, ABUTH Shika.

Research question 1 revealed that drug abuse affects the psychological behaviour of drug abusers. The cognitively stimulant drug causes unconsciousness and attacks family members during intoxication. This finding agrees with

Young (2000) who states that drug abuse affects the brain and the body directly, high potent drug affects the entire body from blood pressure to heart rate.

Research question 2 revealed that drug abuse affects the academic performance of drug abusers. The influence of the child can either be negative or positive depending on the training and the type of environment the child was brought up in. Same children from this type of family background can also indulge in drug abuse as either of the parent or both may be too involved in their daily work having little or no time to look after their children's lifestyle. Drug abuse leads to social isolation, such as absence from work, or school. Socially, drug abuse also leads to a faulty lifestyle such as being careless during fighting at home or in school. If a child is exposed to negative or bad parenting styles such will influence the child to be involved in drug abuse since parenting styles are in different ways responsible for being the cause of drug abuse. If a father dictates the type of friend his child will move with, it will certainly reduce the involvement of such a child in drug abuse.

Rimfat (2009) found that adolescents seeking thrills and feelings of intoxication to escape from boredom and problems at home can always resort to drugs. Among this group are youths that want to experiment with many



things, especially in their teenage years. They are deceived and encouraged by their peer group and friend in school and in the neighborhood into taking drugs. At very tender ages the menace of drug abuse which includes health hazard and criminal penalty among the youth occur.

This is because peer group influence leads to drug abuse among our youth in our universities or colleges of education or polytechnics.

Response to research question 3 point confirms the fact that the males and females were equally aware of the menace of drug abuse. Both sexes who are engaged in drug abuse are significantly affected by cognitive effects, perceptual effects, and emotional effects. Even though they might be slight differences in opinions between males and females in how some of the social effects of family-related problems, social isolation and faulty lifestyle are related to drug abuse, these opinions between the two sexes are not significant and therefore are expressed in the same views by both males and females as regards to drug abuse.

Effects of drug abuse as portrayed in the course of analysis of the data for this research show that drug abuse affects both psychological and social behaviour of drug abusers, youths nowadays are eager to listen to their friends more than they do to their biological parents. Their peer groups teach and inculcate in that negative ideas including drug abuse. As consequence, their daily routine such as going to school, reading and helping their parents at home is usually interrupted by the daily use of these drugs.

Peer group engage in one form of social gathering or another.

IMPLICATIONS FOR YOUTH EDUCATION

Young people who persistently abuse substances often experienced an array of problems, including academic difficulties health-related problems, (including mental health) poor peer –relationships, and involvement with the juvenile justice system. Additionally, there are consequences for family members, the community and the entire society. Declining grades, absenteeism from school and other activities, and increased potential for dropping out of school are problems associated with adolescents' substance abuse. Also, a low level of

commitment to education and a higher truancy rate appears to be related to substance use among adolescents. Cognitive and behavioural problems experienced by alcohol, in addition to drug-using youth may interfere with academic performances and also present obstacles to learning for their classmates. Observations have revealed that these students have varying development needs and problems to contend with prominent among these problems are academic, vocational, personal-social and psychological.

Indeed students' academic problems include poor learning methods having unrealistic ideas of the amount of study necessary to pass examinations, teachers' inability to understand students' differences while teaching etc.

CONCLUSION

The study revealed that drug abuse has been found to affect the abusers both physiological (Cognitive, perceptual, emotional) and social behaviour (family-related problems, social isolation and faulty lifestyle). It was also shown that both males and female respondents were involved in drug abuse. These effects imply youth education, where society relies on the youth for economic and social growth, which further explains the need for continual youth supervision, training and education. Furthermore, recommendations were given to make the youth and adolescents free from the danger of drug abuse. There was a fair representation of respondents in their sex status and age.

RECOMMENDATIONS

The following recommendations are hereby offered;

1. Education is the bedrock of any development it teaches both moral and academic development of the youth. There is a need for parents or guardians to inculcate discipline in the affairs of /her child. He will know the effects and disadvantages of these children indulging in drug abuse.
2. Civic and moral education should be given to both males and females with the view of preventing them access to the danger of drugs.
3. There should be a strong emphasis on the parents-Teachers Association as a



- forum where problems and solutions to the drug menace of youth are discussed.
- The researchers advocate the use of physiological therapy for drug abusers. This would help to reduce the emotional tension and crises of drug abusers.
 - Professionals (doctors, psychologists and other specialists) should be invited to give lectures to inmates on the dangers of drug abuse.

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