

# Social and Psychological Determinants of Drug Abuse among In-School Adolescents In Ido Local Government Area of Oyo State, Nigeria

Lateef K.O. Ph.D. \*, Ibrahim D.O. Ph.D.\*\*

\*Department of Human Kinetics and Health Education, University of Ibadan, Ibadan, Nigeria

\*\*Department of Human Kinetics and Health Education, University of Ibadan, Ibadan, Nigeria

**Abstract-** The persistent trend of drug abuse among adolescents has become a public health concern across various regions, countries, continents and the world at large. Empirically, it has been ascertained that substance abuse is widespread globally with an estimated 120 million users of hard drugs such as cocaine, heroin and a host of other synthetic drugs. In 2013, drug use disorders resulted in 127,000 deaths up from 53,000 in 1990. Despite the efforts of National Drug Law Enforcement Agency (NDLEA) and other governmental agencies to stem the tide of substance abuse in Nigeria, there has been a consistent rapid rise in the number of cases of drug abuse among young people. In order to tackle the tenacious effects and the causes of prevalence, previous studies concentrated on different categories of people like drivers and artisans, while some focused more on both in and out-of-school adolescents; with little emphasis on factors determining drug abuse among in-school adolescents, particularly in Ido Local Government Area. This study, therefore, examined the social and psychological determinants of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State, Nigeria.

The study adopted descriptive survey design. The respondents were selected from four schools in Ido Local Government Area of Oyo State. Purposive, disproportionate stratified and simple random sampling techniques were adopted in selecting 75 students from each of the Schools; with a total of 300 students. Determinants of Drug Abuse ( $r=0.84$ ) and Drug Abuse ( $r=0.76$ ) scales were used for data collection. Four hypotheses were tested at 0.05 alpha level. Data were analysed using percentages and frequency counts as well as inferential statistics of linear regression.

The sampled respondents were 157 males and 143 females. There was a significant contribution of each of the social and psychological factors to drug abuse. Parenting style ( $\beta=0.41$ ), peer influence ( $\beta=0.29$ ), accessibility to drugs ( $\beta=0.17$ ) and relief from anxiety (0.21) independently and significantly determined drug abuse. It was therefore concluded that, parenting style, peer influence, accessibility to drugs and relief from anxiety are social and psychological factors causing drug abuse among in-school adolescents in Ido Local Government Area of Oyo State, Nigeria. Parents, school managements and other relevant authorities should enlighten the students regularly about effects of drug abuse on healthful living.

**Index Terms-** Drug Abuse, In-School, Adolescents, Social and Psychological Determinants

## I. INTRODUCTION

The persistent trend of drug abuse among adolescents has become a public health concern across various regions, countries, continents and the world at large. According to Global Burden of Disease Study (2013), substance abuse is widespread globally with an estimated 120 million users of hard drugs such as cocaine, heroin and other synthetic drugs. In 2013, drug use disorders resulted in 127,000 deaths up from 53,000 in 1990. The highest numbers of deaths are from [opioid use disorders](#) at 51,000. Cocaine use disorder resulted in 4,300 deaths and amphetamine use disorder resulted in 3,800 deaths. Alcohol use disorders resulted in an additional 139,000 deaths.

Manbe (2008) described drug abuse as the excessive, maladaptive or addictive use of drugs for non-medical purpose. In the same vein, Abdulahi (2009) referred to drug abuse as arbitrary overdependence or mis-use of one particular drug with or without a prior medical diagnosis from qualified health practitioners. It can also be viewed as the unlawful overdose in the use of drug(s). It has been established that, adolescents generally engaged in consumption of illicit and other forms of drugs which might be inimical to their health. According to Sambo (2008), chronic use of substance can sometimes cause serious irreversible damage to adolescents' physical and psychological development. Such illicit drugs include stimulants, hallucinogen, narcotic and other forms of drugs.

In Nigeria, National Agency for Drugs Administration and Control [NAFDAC] (2000) as cited by Haladu (2003) that, stimulants, hallucinogens, narcotics, sedatives, miscellaneous and tranquilizers are the most common types of abused drugs. Stimulants are described as substances that directly act and stimulate the central nervous system. Users at the initial stage experience pleasant effects such as energy increase. The major source of these comes from caffeine substance. In addition, hallucinogens are drugs that alter the sensory processing unit in the brain. These therefore, are producing distorted perception, feeling of anxiety and euphoria, sadness and inner joy. Hallucinogens are sourced from marijuana, Lysergic Acid Diethylamide (LSD) and a host of others similar drugs. Similarly, narcotics are described as drugs that relieve pains and induce sleep. These are addictive in nature. They are found in heroin, codeine, opium and so on. Sedatives are the most widely used and abused drugs, which are largely due to the belief that they relieve stress and anxiety. Some of them induce sleep, ease tension, cause relaxation or help users to forget their problems.

They are sourced from valium, alcohol and chloroform. In the same vein, tranquilizers are believed to produce calmness without bringing drowsiness. Tranquilizers are chiefly derived from valium and other similar sources. Miscellaneous is another classification of drug that is regarded as a group of volatile solvents or inhalants which provide euphoria, emotional and perpetual distortion of thought to the users. The main sources are glues, spot removers, tube repair, perfumes, chemicals and a host of other sources.

Persistent abuse of drugs has been ascertained to be having debilitating effect on the consumers. Mba (2008) revealed that drug abuse could lead to physical and social problems as well as other forms of effects. The physical problems include liver cirrhosis, pancreatic, peptic ulcer, tuberculosis, hypertension, neurological disorder; while social problems comprised broken homes, increased crime rate, sexual offences, homicide and so on. It could also lead to stimulation of heart and narrowing of blood vessels, hypertension, headache, loss of appetite and nausea. Moreover, it could aggravate or causes sinusitis, bronchitis, cancer, strokes, heart attack and eventually lead to death. In addition, World Health Organization [WHO] WHO (2011) asseverated that nearly 61 percent of lung diseases, particularly, tuberculosis deaths are attributable to smoking. Olley (2008) discovered that use of alcohol contributes 25% to the total explanatory power of sexual-risky behaviours among adolescents which exposes them to a higher risk of HIV/AIDS and other STD infections.

Studies have established that there is a prevalence rate of drug abuse in Africa, particularly in Nigeria where drug related cases are reported to be on the increase. Adamson, Onifade and Ogunwale (2010) specified that in Kenya and South Africa, the major drugs of abuse have been known to be alcohol, cannabis, tranquilizers and tobacco. The prevalence of abuse of alcohol, cannabis and other substances among the population of students, prisoners, and patients in psychiatric facilities were also discovered. Akinyemi (2008) reported that despite the efforts of NDLEA and other governmental agencies to stem the tide of substance abuse in Nigeria, there has been a consistent rapid rise in the number of cases of drug abuse among young people (ages 10-24) in Nigeria.

The consistent rise is attributable mainly to psychological and social problems. These include relief from anxiety, parenting style, peer pressure and accessibility to drugs. In an attempt to address the issue of prevalence of drug abuse and the determining factors as well as the obstinate effects on the health of adolescents; empirical studies focused on both in and out-of-school adolescents; with little emphasis on factors determining drug abuse among in-school adolescents, particularly in Ido Local Government Area. Hence, this study examined social and psychological determinants of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State, Nigeria.

### Statement of the Problem

Healthy living which includes freedom from illicit and non prescribed drugs is an indispensable means through which physical, mental and social well being of individuals are enhanced. This has been ascertained to be beneficial in terms of health promotion and disease prevention. In spite of the benefits

that are accrued to appropriate use of drugs as well as freedom from consumption of illicit drugs; empirical studies have established that, there is a consistent rapid rise in the number of cases of drug abuse among youth in Nigeria. In addition, preliminary investigation conducted by the researcher revealed that there is a prevalence of drug abuse in Ido Local Government Area.

In order to solve the problems associated with drug abuse, previous studies concentrated on different categories of people like drivers and artisans, while some focused more on both in and out-of-school adolescents; with little emphasis on factors determining drug abuse among in-school adolescents, particularly in Ido Local Government Area. This study, therefore, examined the social and psychological determinants of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State, Nigeria.

### Objectives

1. To examine social factors contributing to drug abuse among in-school adolescents in Ido Local Government Area of Oyo State.
2. To examine psychological factor contributing to drug abuse among in-school adolescents in Ido Local Government Area of Oyo State.

### Hypotheses

1. Parenting style will not be a significant determinant of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State.
2. Peer pressure will not be a significant determinant of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State.
3. Accessibility to drugs will not be a significant determinant of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State.
4. Relief from anxiety will not be a significant determinant of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State.

## II. METHODOLOGY

### Research Design

Descriptive survey design was used for the study. The design is considered appropriate due to its merit to describe the existing phenomenon, examine the study, analyse the data and interpret results in line with the variables being studied.

### Sample and Sampling Technique

The population comprised Senior Secondary School students (in-school adolescents). Multi-stage sampling procedure was used in the study; this includes purposive, disproportionate stratified and simple random sampling techniques. The respondents were selected from four schools in Ido Local Government Area of Oyo State. The selected schools are St. John Secondary School, Omi-Adio; Community High School, Ido; United Christian Secondary School, Abidogun and St. Michael Grammar School, Owode Estate, Apata. Purposive sampling technique was used to select four schools from Ido Local Government Area. Disproportionate stratified sampling

technique was used to consider the selection of twenty five (25) respondents each from Senior Secondary School I (SSI), Senior Secondary School II (SSII) and Senior Secondary School III (SSIII) respectively. Simple random sampling technique was used to give each of the respondents in the chosen schools an equal and independent chance of being included in the study.

**Instrument**

The instrument for data collection in the study was a self developed and validated questionnaire tagged; Social and Psychological Determinants of Drug Abuse Questionnaire (SPDDAQ). The questionnaire was divided into three sections, namely, A, B and C. Section A covered socio-demographic characteristics of the respondents, section B consists of Determinants of Drug Abuse Scale (DDAS), while Section C was connected with Drug Abuse Scale (DAS).

The socio-demographic characteristics of the respondents covered in section A include; age, sex and class of the respondents. Section B was used to elicit information on dependent variable of parenting style, peer influence, accessibility as well as relief from anxiety. The responses in sections B and C were constructed in a 4-point modified Likert format of Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD).

The instrument was validated through expert review, which in turn helped to remove ambiguities and item construction problems. The data generated through pre-testing of the instrument were then subjected to factor analysis. A cronbach alpha method was used to test the internal consistency of Determinants of Drug Abuse and Drug Abuse Scales, which yielded reliability values of 0.84 and 0.76 respectively. In totality, twenty six (26) items that met with 0.40 as criterion for retention of items were retained in the questionnaire. A cronbach alpha method was also used to test the internal consistency of the entire three scales, which yielded a reliability of 0.82. The questionnaire met Nunnally (1998) criterion of 0.70, which is expected for psychometric measures.

**Statistical Analysis**

**Table 2: Regression analysis on parenting style as a determinant of drug abuse among in-school adolescents**

Variable	Unstandardized coefficients		standardized coefficients	T	Sig.
	B	Std. Error	Beta (β)		
(Constant)	7.130	.649		10.991	.000
Parenting style	.394	.051	.407	7.682	.000

As shown in table 2, the standardized coefficient (β) of .407 indicates that there was a correlation between parenting style and drug abuse. In the same vein, the obtained p value of .000 on parenting style was tested significant at .05 alpha level (β=.407; Sig. value=.000; P<.05). This implies that parenting style was a significant determinant of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State. The null hypothesis was therefore, rejected. The outcome of this study is in line with the finding of Martunnen, Aro, Henriksson and Lonngvist (2007) that family management practices, such as

The filled copies of questionnaire were collated, coded and analysed using both descriptive and inferential statistics. Data were analyzed using the Statistical Package for Social Sciences program (SPSS), version 21. Linear regression was used as a test of significance for qualitative variables. A p-value less than 0.05 were accepted as significant for each statistical test. The descriptive statistics of frequency counts and percentages were employed for demographic information of the respondents. Inferential statistics of linear regression was employed to analyse hypotheses 1-4.

**Results of the Study**

**Table 1: Socio-demographic characteristics of the respondents**

Variable	Frequency	Percent (%)
<b>Age (years):</b>		
< 15	89	30.0
> 16	211	70.0
<b>Total</b>	<b>300</b>	<b>100.0</b>
<b>Sex:</b>		
Male	157	52.0
Female	143	48.0
<b>Total</b>	<b>300</b>	<b>100.0</b>
<b>Class:</b>		
Senior Secondary School I	100	33.3
Senior Secondary School II	100	33.3
Senior Secondary School III	100	33.3
<b>Total</b>	<b>300</b>	<b>100</b>

**Test of Hypotheses**

The following hypotheses were tested in this study;

**Hypothesis 1:** Parenting style will not be a significant determinant of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State.

marital breakdown, different caretakers, harsh and inconsistent discipline or multiple mothering in early childhood, are important factors in developing anti-social behaviour in adolescents.

**Hypothesis 2:** Peer influence will not be a significant determinant of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State.

**Table 3: Regression analysis on peer influence as a determinant of drug abuse among in-school adolescents**

Variable	Unstandardized coefficients		standardized coefficients	T	Sig.
	B	Std. Error	Beta ( $\beta$ )		
(Constant)	9.133	.569		16.043	.000
Peer influence	.215	.041	.289	5.217	.000

As shown in table 3, the standardized coefficient ( $\beta$ ) of .289 indicates that, there was a correlation between peer influence and drug abuse. In the same vein, the obtained p value of .000 on peer influence was tested significant at .05 alpha level ( $\beta$ =.289; Sig. value=.000;  $P < .05$ ). This implies that peer influence was a significant determinant of drug abuse among in-school adolescents in Ido Local Government of Area Oyo State. The null hypothesis was therefore, rejected. The outcome of this study corroborates the finding of Nwakwo, Abanobi and Amadi

(2008) that smoking is related to peer-group influence, which is extremely important in the development of the smoking habit, particularly during the teenage and college years.

**Hypothesis 3:** Accessibility to drugs will not be a significant determinant of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State.

**Table 4: Regression analysis on accessibility as a determinant of drug abuse among in-school adolescents**

Variable	Unstandardized coefficients		standardized coefficients	T	Sig.
	B	Std. Error	Beta ( $\beta$ )		
(Constant)	9.497	.882		10.771	.000
Accessibility to drugs	.184	.063	.167	2.916	.004

As shown in table 4, the standardized coefficient ( $\beta$ ) of .167 indicates that, there was a correlation between accessibility and drug abuse. In the same vein, the obtained p value of .004 on accessibility to drugs was tested significant at 0.05 alpha level ( $\beta$ =.167; Sig. value=.004;  $P < .05$ ). This implies that accessibility to drugs was a significant determinant of drug abuse among in-

school adolescents in Ido Local Government Area of Oyo State. The null hypothesis was therefore, rejected.

**Hypothesis 4:** Relief from anxiety will not be a significant determinant of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State.

**Table 5: Regression analysis on accessibility as a determinant of drug abuse among in-school adolescents**

Variable	Unstandardized coefficients		standardized coefficients	T	Sig.
	B	Std. Error	Beta ( $\beta$ )		
(Constant)	8.866	.856		10.358	.000
Relief from anxiety	.239	.064	.212	3.749	.000

As shown in table 5, the standardized coefficient ( $\beta$ ) of .212 indicates that, there was a correlation between relief from anxiety and drug abuse. In the same vein, the obtained p value of .000 on relief from anxiety was tested significant at 0.05 alpha level ( $\beta$ =.212; Sig. value=.000;  $P < .05$ ). This implies that accessibility to drugs was a significant determinant of drug abuse among in-school adolescents in Ido Local Government Area of Oyo State. The null hypothesis was therefore, rejected. The outcome of this is in line with the assertion of Odejide (2000) that drug abusers who exhibit symptoms of stress, anxiety, depression, behaviour changes, fatigue and loss or increase in appetite should be treated by medical experts and counselors to save them from deadly diseases. That is, they should employ the service of experts rather than depending on drugs.

### III. CONCLUSION

It was concluded that relief from anxiety was a psychological factor, while parenting style, peer influence and accessibility to drugs were social factors that are causing drug abuse among in-school adolescents in Ido Local Government Area of Oyo State, Nigeria.

### IV. RECOMMENDATIONS

Based on the findings of this study, the following recommendations were made:

1. Parents should ensure that they adopt parenting styles that will guide the adolescents morally.
2. Parents, school managements and other relevant authorities should enlighten the students regularly about effects of drug abuse on healthful living.

3. School authorities should ensure that guidance counselors in their respective schools guide and advice the students regularly on drug related issues as well as some other related social vices.

4. Government should ensure that availability and accessibility to illicit drugs are strictly regulated.

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#### AUTHORS

**First Author** - Lateef K.O. Ph.D., Department of Human Kinetics and Health Education, University of Ibadan, Ibadan, Nigeria, **Email:** [destinykor@yahoo.com](mailto:destinykor@yahoo.com)

**Second Author** - Ibrahim D.O. Ph.D. Department of Human Kinetics and Health Education, University of Ibadan, Ibadan, Nigeria **Email:** [doibrahim5@gmail.com](mailto:doibrahim5@gmail.com)

**Correspondence Author** - Lateef K.O, **Email:** [destinykor@yahoo.com](mailto:destinykor@yahoo.com)