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PREDICTORS OF DRUG ABUSE AMONG COLLEGE STUDENTS IN OWERRI, IMO STATE, NIGERIA

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Abstract

The study examined predictors of drug and alcohol abuse among students of Alvan Ikoku Federal College of Education, Owerri. Descriptive research design was adopted in the study. The study sample consisted of 396 male and female students in the study area, by stratified random sampling technique. A self-designed questionnaire titled was used to collect data from the respondents. The instrument has a reliability coefficient of 0.69 when tested during the pilot study. Chi-square ($\chi 2$) and One-Way Analysis of Variance (ANOVA) statistical tools were used to test the three hypotheses that guided the study at 0.05 level of significance. The findings of the study revealed that peer influence is a significant predictor of drug and alcohol abuse among students. Also, there is a significant difference due to age on drug and alcohol abuse among students. Based on these findings, the study recommends that the federal and sub-national governments (State and Local) must set up drug awareness units in public and private schools. There should be public enlightenment campaigns on the dangers of drug and alcohol abuse. Also, parents should serve as role models to their children and painstakingly advise, educate and warn them about the effects of drug abuse and the consequences of associating with those engaged in drug abuse.

Introduction

Drug and alcohol use is one of society's most challenging problems and has remained a major area of research concentration among psychology researchers (Abadi *et al*., 2018). The issue of sexual victimization is also taking precedence in areas of social and clinical research across various disciplines. The study of drug use places emphasis on negative effect of the drug use and addiction in the body system of man. A

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plethora of studies (Adamson *et al*. 2015; Adenaike *et al*. 2014; Agwogie, 2016) have studied the prevalence of alcohol among diverse occupations and walks of life.

Adenaike *et al*. (2014) defined a drug as a chemical substance taken that changes the functioning of biological systems such as excretory system, reproductive system and respiratory system. In addition, according to Agwogie (2016), a drug is any chemical substance, whether natural or man-made, which can be used to alter perception, mood or other psychological states. Drugs are derived from plants or produced by man using various chemical substances mixed together for consumption. It can be used for different purposes; drugs can be therapeutic as medicine and can be administered in diverse ways. A drug may be injected, smoked, sniffed, inhaled or swallowed but it must be prescribed by a qualified doctor or pharmacist before use. When it is not prescribed or when a drug user uses below or beyond the prescribed dose it is called drug misuse.

Drug misuse means using a drug when it is not prescribed or not used in a proper manner (Akanbi *et al*., 2015). It has been reported by Ikoh *et al*. (2019), that drug use is harmful to an individual's physical, social and psychological wellbeing and the people around them.

Drug use simply means the use of drug and it also refers to the use of illegal alcohol and tobacco (which are legal), to the misuse of illegal drugs and to the misuse of prescription medicine (Ikoh *et al*., 2019).

Several factors put an adolescent at risk of substance use. The period is characterized by increased adventurous tendencies, peer influences, and risk-taking behavior (Agwogie,2016). Besides, the adolescent brain is growing, which makes it susceptible to substance use, with alterations in brain structure, function and neuro-cognition (Adeyeye,2017; Akanbi *et al*. 2015; Ikoh, *et al*. 2019). Such neuro-cognitive deficits resulting from alcohol and drug-related neural offences may have harmful effects on subsequent academic, occupational, social and psychological functioning. Substance use also impacts negatively on families and communities with costly social, physical and mental health consequences.

Despite the tremendous negative consequences of substances on the health and well-being of adolescents, studies continue to report high rates of substance use among adolescents. Different rates and patterns of different substances have been reported depending on the country or region of the country where such a study was carried out (Ikoh *et al* 2019; Jatau *et al*. 2021).

For example, in the United States, alcohol was reported as the most commonly used substance; with 72.5% users, followed by cigarettes (46.3%) and marijuana (36.8%). In Ethiopia, on the other hand, the lifetime prevalence of any substance was 65.4% while current substance use among high school students was 47.9%. Alcohol was the commonest drug used with a lifetime and current prevalence of 59% and 40.9% respectively (Obadeji *et al*.,2020).

In Nigeria, varying rates had been reported. In the Southeast zone, for example, the prevalence rate of any substance use among high school students was 32.9% with alcohol

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being the most commonly used substance (with 29.0% users) and cocaine being the least with 2.1% users. In the southwest zone, from 15.0% to 69.3% adolescents were reported to have used many psychoactive substances, more importantly when local psychoactive substances like kola nut were included. Alcohol remains the most consumed substance followed by cigarette (Obadeji *et al*., 2020).

However, this pattern seems to be changing with tramadol being the second most abused substance. Adolescents are particularly vulnerable to substances, recognizing the mediating roles of social and psychological factors may provide further insights into the prevention and treatment of substance-related problems among this population.

This study was conducted to evaluate and assess the prevalence of drug abuse among students of Alvan Ikoku Federal College of Education, Owerri.

MATERIALS AND METHODS

RESEARCH DESIGN

This study adopted descriptive survey technique to determine the predictors of drug abuse among students in Alvan Ikoku Federal College of Education Owerri, Imo State. Descriptive research design is the most appropriate design for collecting data from respondents and it was used to organize, present and analyze data for the purpose of describing the predictors of drug abuse among the students of the College

AREA OF THE STUDY

The College has an estimated population of about ten thousand, nine hundred and eighty six (10,986) students. There are five (5) different Schools which make up the College. They are; the Schools of: Natural Sciences, Arts, Agriculture and Vocational Studies, Education and Social Sciences. The College is located within the Owerri Municipal Council. The student population of the College is made up of diverse ethnic groups. In the aspect of health care delivery, there is a Medical Centre attached with a Counselling Center located within the College

POPULATION OF THE STUDY

The population for this study comprised of all the students in the College, with an estimated population of ten thousand, nine hundred and eighty six (10,986) students. This information was obtained from the Admissions Unit of the Institution.

Table 1: Population of Students in A.I.F.C.E., Owerri

S/N	Schools	Population of Students	%
1	Natural Sciences	2,990	299
2	Agriculture and Vocational Studies	973	97.3
3	Arts	2,106	210.6
4	Education	1,068	106.8

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5	Social Sciences	3,849	384.9
Total		**10,986**	**1098.6**

SAMPLE AND SAMPLING TECHNIQUES

The sampling of this study consists of 396 male and female students, each drawn from two departments in every of the Schools selected. A multi-staged sampling technique was used for the study.

Stage 1: The names of the five (5) Schools in the College were written in pieces of paper and two (2) Schools were picked using simple random sampling techniques with replacement.

Stage 2: Selection of Department: Two Departments were selected from each of the five (5) Schools using simple random sampling by balloting with replacement technique. This helped in ensuring that each department has equal opportunity of being selected. A total of ten (10) Departments were picked (two Departments from each School): School of Agriculture and Vocational Studies, Department of Accountancy and Department of Agricultural Science Education. School of Arts: Department of Music and Department of Fine and Applied Arts. School of Education: Department of Guidance and Counseling and Department of Business Education. School of Natural Science: Departments of Computer Science and Integrated Science. School of Social Sciences: Department of Religion and Cultural Studies and Department of Political Science.

Stage 3: Sampling of levels of the students in sampled departments: Simple random sampling technique was used to collect the sample level of Degree students of $^{1}/3$, $^{2}/3$, $^{3}/3$, ^{1},/4, $^{2}/4$ $^{3}/4$, $^{4}/4$.

Stage 4: Selection of individual students: The researchers used systematic sampling technique in drawing the individual students from the sample of Degree and NCE (Nigerian Certificate in Education) programs. This stage involved the drawing of students from the sampled levels in the sampled Departments. This is shown in Table 2 below:

Table 2: Sample Size of Students in A.I.F.C.E Owerri, Imo State

S/N	Schools in the Collection	Population of Students	Sample Selected
1	Natural Sciences	2,990	299
2	Agriculture and Vocational Studies	973	97
Total			**396**

INSTRUMENT FOR DATA COLLECTION

A Self-structured questionnaire was used for the data collection.

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The questionnaire was divided into two sections which are as follows: "A" was on personal data of the respondents while "B" focused on the information on predictors of drug abuse. The questionnaires were based on the modified Likert Scale Technique of summated ratings as described by Joshi *et al.* (2015).
The responses were on a fourpoint rating of: Strongly Agree (SA), Agree (A), Disagree (D), and Strongly Disagree (SD).

VALIDITY OF THE INSTRUMENT

The Questionnaire was validated by Lecturers in the Department of Physical and Health Education and Experts from the Measurement and Evaluation Department of the College. The validation was done to determine the extent to which the items on the questionnaire were in conformity with the stated objectives. Ambiguous and complex items were rephrased or removed. The approved copy was used to test the reliability of the instrument.

RELIABILITY OF THE INSTRUMENT

The questionnaire was tested for reliability using the Test Re- test method. Ten (10) copies of the questionnaire were distributed to the students at Federal Polytechnic, Nekede, Owerri on face to face basis. Two weeks later, fresh copies of the same questionnaires were given to the same set of respondents. The two scores were analyzed using Pearson Product Moment Correlation Coefficient.

DATA COLLECTION

A Letter of Introduction was submitted to the Academic Advisers in each of the chosen Departments for data collection. Data was Collected on a face to face basis, with the help of the Academic Advisers and Course Leaders of each of the Ten (10) Departments selected for the study.

DATA ANALYSIS

The data generated from the questionnaire were analyzed using Descriptive Statistics of Frequency Counts, Percentages and Means while the hypotheses were tested using Chi-square at 0.05 level of significance.

RESULTS

From the distributed instruments, respondents were requested to rate their approval of predictors of drug abuse among students of the College. Out of 396 of structured interview guide, 330 were returned giving a return rate of 120% which was considered appropriate for data analysis.
The research questions were answered using descriptive Statistics of percentage (%) while the hypothesis were tested using Chi-square at 0.05 level of significance.

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Research Question 1: What are the predictors of drug abuse among students of Alvan Ikoku Federal College of Education, Owerri, Imo State?

Table 1: Frequency Distribution of Responses on Predictors of Drug Abuse

S/N	Predictors of drug abuse	Agreed	Disagreed
1	Easy availability of drugs	250(75.8%)	80(24.2%)
2	Parental involvement in drug abuse	200(60.6%)	130(39.4%)
3	Association with anti-social peers	140(42.4%)	190(57.6%)
4	Stress management	215(65.2%)	115(34.8%)
5	Academic failure	135(40.9%)	195(59.1%)
6	Extreme poverty in communities	210(63.6%)	120(36.4%)
7	High levels of family conflict	170(51.5%)	160(48.5%)
8	Persistent anti-social behavior	110(33.3%)	220(66.7%)
9	To reduce anxiety	175(53.1%)	155(46.9%)
10	Poor relationship with parents	146(44.3%)	184(55.7%)
	Total	1,751	1549
	Average	175(53.0)	154(46.6)

Table 1 revealed the predictors of drug abuse among students of the College. From the Table, 250 (75.896) respondents agreed that easy availability of drugs in the market is a predictor of drug abuse while 80 (24.2%) respondents disagreed. 200 (60.6%) respondents agreed that parental involvement in drug abuse is a predictor of drug abuse while 130(39.49%) respondents disagreed. Again, 140 (42.4%) respondents disagreed that association with anti-social peers are the predictors of drug abuse while 190(57.6%) respondents disagreed. 215(65.2%) respondents agreed that stress management are predictors of drug abuse while 115(34.8%) respondents disagreed. 135(40.9%) respondents agreed that academic failure is a predictor of drug abuse while 195(59.10) disagreed. 210(63.6%) respondents agreed that extreme and multi-dimensional poverty in communities is a predictor of abuse while 120(36.4%) respondents disagreed. 170(57.5%) respondents agreed that high levels of family conflict is a predictor of drug abuse while 160(48.5%) respondents disagreed. 110(33.3%) respondents agreed that persistent anti-social behaviour while 220(66.7%) respondents disagreed. 175(53.19%) respondents agreed that to reduce anxiety is predictor of drug abuse while 155(46.9%) respondents disagreed. 146(44.3%) respondents agreed that poor relationship with parents is a predictor of drug abuse while 184(55.7%) respondents disagreed.

Hypothesis 1: There is no significant difference on the predictors of drug abuse among the students based on gender.

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Table 2: Chi-square Table on the Predictors of Drug Abuse

Gender Of The Respondents	Agreed	Disagreed	Total
Male	60(18.2%)	125(37.9%)	185
Female	75(22.7%)	70(21.2%)	145
Total	**135(40.9%)**	**195(59.1%)**	**330**

Table 2 reveals responses on predictors of drug abuse among the College students. Out of 185 male respondents, 60 (18.2%o) agreed on predictors of drug abuse while 125(37.9%) disagreed. Out of 145 female respondents, 75 (22.7%) agreed on predictors of drug abuse while 70(21.2%) disagreed. When the data were subjected to Chi-square to test the hypotheses that there is no significant difference among students of the College by gender.

The x^2 cal = 12.56>x' 0.05 = 3,84 at df 1, therefore, the null hypotheses was rejected, conclusions drawn that there is significant difference among students of the College of by gender. This shows that being male or female can be a predictor of drug abuse among students of the College. **Hypothesis 2:** There is no significant difference on the predictors of drug abuse among the students based on age.

Table 3: Chi-square Analysis on the Predictors of Drug Abuse Among Students

Age of respondents	Agreed	Disagreed	Total
22yrs and below	100(30.3)	51(15.5)	151
23-25yrs	50(15.2)	21(6.4)	71
26yrs and above	38(11.5)	70(21.2)	108
Total	**188**	**142**	**330**

Cal x- 31.37>x* 0.05 = 5.99; df2, p<0.05

Table 3 reveals respondents on predictors of drug abuse among students of the College. Out of 151 respondents of ages 22 years and below, 100(30.39%) agreed on predictors of drug abuse while 51(15.59%) disagreed. Out of 71 respondents of ages 23-25 years, 50 (15.29%) agreed on predictors of drug abuse while 21(6.4%) disagreed. Out of 108 respondents of ages 26 and above, 38(11.5%) agreed on predictors of drug abuse while 70(21.29%) disagreed. When the data was subjected to Chi-square to test the hypotheses that there is no significant difference among students of the College by age.

The x cal 31.37 >x 0.05 = 5.99; df2 >0.05.

Therefore, the null hypothesis was rejected, conclusion drawn that there is significant difference among students of the College by age. This shows that the ages of students can be a predictor of drug abuse among the youth. However, on a closer observation, Table 3 revealss that respondents aged 22yrs and below, 23-25yrs agreed most while those of 26 and above disagreed most.

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Hypothesis 3: There will be no significant difference on the predictors of drug abuse among students of the College based on Class Level

Table 4: Predictors of Drug Abuse based on Class Levels

S/N	Class level of respondents	Agreed	Disagreed	Total
1	First year	51(15.5%)	30(9.1%)	81
2	Second year	35(10.6%)	60(18.2%)	95
3	Third year	70(21.2%)	30(9.1%)	100
4	Fourth year	37(11.2%)	17(5.2%)	54
	Total	**173**	**157**	**330**

Cal x^2 = 4.42< x^2 0.05 = 7.82; df3, p> 0.05

Table 4 reveals predictors of drug abuse among students of the College based on their class levels. Out of 81 respondents that are in first year, 51(15.5%) agreed on the predictors of drug abuse while 30(9.19%) disagreed. Out of 95 respondents that are in second year, 35(10.6%) agreed on the predictors of drug abuse while 60(18.29%) disagreed. Out of 100 respondents that are in third year, 70(21.20%) agreed on the predictors of drug abuse while 30(9.1%o) disagreed. Out of 54 respondents that are in fourth year 17(5.26%) agreed on the predictors of drug abuse while (11.2%) disagreed.

When the data were subjected to Chi-square to test the hypothesis that there will be no significant difference on the predictors of drug abuse among the students based on class level:

The x cal = 4.42 <x 0.05 7.82; df3, p>0.05.

Therefore, the null hypothesis was accepted and conclusion drawn that there is no significant difference on the predictors of drug abuse among the College students based on class level. The table reveals that respondents who are in first and third years agreed most to the predictors of drug abuse while second and fourth year students disagreed most to the predictors of drug abuse.

Hypothesis 4: There will be no significant difference on the predictors of drug abuse among the students on religious affiliation.

Table 5:Predictors of Drug Abuse Among Students based on Religious Affiliation

S/N	Religious affiliation of respondents	Agreed	Disagreed	Total
1	Christian	48(14.5%)	32(9.7%)	80
2	Islam	40(12.1%)	52(15.8%)	92
3	Traditionalist	58(17.6%)	18(5.5%)	76
4	Pagan	52(15.8%)	30(9.1%)	82
	Total	**176**	**154**	**330**

Cal x^2 = 3.68< x^2 0.05 = 7.82; df3, p> 0.05

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Table 5 reveals predictors of drug abuse among students based on religious affiliation. Out of 80 respondents that are Christians, 48(14.5%) agreed on predictors of drug abuse while 32 (9.7%o) disagreed. Out of respondents, 40(12.1%) agreed on predictors of drug abuse while 32 (9.7%) disagreed. Out of 92 respondents that are Moslems, 40(12.1%) agreed on predictors of drug abuse while 52(15.8%) disagreed. Out of 76 respondents that are traditionalists, 58(17.6%) agreed on predictors of drug abuse while 18(5.59o) disagreed. Out of 82 respondents that are pagans, 52(15.8%) agreed on predictors of drug abuse while 30(9.19%) disagreed.

When the data were subjected to Chi-square to test the hypothesis that there will be no significant difference on the predictors of drug abuse among the students based on religious affiliation:

The x^2 cal = 3.68 < x^2 0.05 =7.82; df 3 p< 0.05.

Therefore, the null hypothesis was accepted and conclusion drawn that there is no significant difference on the predictors of drug abuse among the students based on religious affiliation.

The table also revealed that respondents who are Christians, traditionalists and pagans agreed most to predictors of drug abuse while Muslims disagreed most to predictors of drug abuse.

DISCUSSION

The study generated collective information regarding the differentials on the predictors of drug abuse among students of the College. The findings were discussed in relation to the research questions and research hypothesis of the study. Hypothesis 1 stated that, there is no significant difference on gender on predictors if drug abuse. Chi-square value of 12.56 was greater than the Table value (384) at one degree of freedom at 0.05 level of significance. These gave the researchers the basis for rejecting null hypothesis which stated that there is no significant difference on gender on the predictors of drug abuse among students of the College. This showed that gender influences predictors of drug abuse among students.

Hypothesis 2 stated that, there would be no significant difference in age on the predictors of drug abuse among the students. Chi-square test value of 31.37 was greater than the table value (599) at 2 degrees of freedom 0.05 level of significant. This gave the researchers the basis for rejecting the null hypothesis which stated that there is no significant difference on age on the predictors of drug abuse among students of the College. This showed that age influences predictors of drug abuse among students. This finding is in line with the views of Adenaike *et al*. (2014) who submitted that age was not a determining factor or predictor of drug abuse.

Hypothesis 3 stated that, there will be no significant difference in the class level on the predictors of drug abuse among students of the College. Chi-square test value of 4.42 was less than the table value (7.82) at 3 degree of freedom 0.05 level of significance. Thus, this gave the researchers the grounds of accepting null hypothesis which stated that there will be no significant difference on the predictor of drug abuse among the students.

Hypothesis 4 stated that, there will be no significant difference in the religious affiliation on the predictors of drug abuse among the students Chi-square test value of 3.68 was less than the table value (7.82) at 3 degrees of freedom 0.05 level of significance. Thus, this gave the researchers the grounds of accepting null.

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CONCLUSION

This study considered the predictors that influence drug abuse among students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria. The study identified availability of drugs as most important factor influencing prediction of drug abuse by the studied students. Finally, Easy availability of drugs, Parental involvement in drug abuse and educational level contributed to the predictability of drug abuse among students of the tertiary institution studied.

RECOMMENDATIONS

The following recommendations were made based on findings and conclusion.

1. Government should enact a law on age limit for drug purchase and types of drugs to be sold over the counter.
2. Students should be taught about drug abuse so as to avoid the temptation of indulging in it.
3. Advertisements should be censored to avoid negative teaching and wrong information.
4. Students of all gender, age, class level and religious affiliation should be sensitized and encouraged through health talks, workshops, conferences and seminars on the health implications of drug abuse by Health workers.

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