



## **DRUG ABUSE: PERCEPTION OF SECONDARY SCHOOL STUDENTS IN KWARE LOCAL GOVERNMENT, SOKOTO STATE, NIGERIA**

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### **Abstract:**

Nowadays, drug abuse is a significant problem affecting young people and adults, especially at schools. It has been disruptive on education of many. The main objective of this study is to evaluate perception of secondary school students in Kware Local Government, Sokoto State, Nigeria. A cross-sectional survey of 200 secondary school students Nigeria was carried put. The results were analyzed using descriptive statistics. The results of drug use as submitted by the respondents unveiled that, out of 200 respondents, 77.5 % are not using drugs (tobacco, marijuana, and alcohol), 14.0% are using tobacco, 5.0% are using marijuana, and 3.5% are using alcohol or syrup. The frequency of drug use was also stated, out of 200 respondents, majority (60.5%) never used drugs, and 3.8% rarely use drugs, 4.0% use drugs monthly, 10.0% use drugs weekly, and 22.2% use drugs daily. The reasons for drug abuse were: 40.0% to relax, 31.0% for other reasons, 10.0% for fun, 10.0% for enhancing performance, and 9.0% use drugs to escape. On knowledge and attitude toward drugs, out of the 200 respondents, majority (60.0%) of them said they know a lot of effects of drug, 30.5% know little about effects of drugs, and 9.5% know nothing concerning drugs effects. When asked on whether drug abuse is problematic? 90.0% of the 200 respondents said “Yes” and 10.0% said “No.” Therefore, drug education at schools and community levels may help significantly in curbing drug abuse among young students.

**Keywords:** Drug abuse, secondary school, students, tobacco, syrup, education, awareness

### **INTRODUCTION**

The need for properly educating every child or young lad is enormous. Proper education is a basic human right to the child or young one, aimed at effectively upbringing the young ones, coupled with the development and growth of the society (Jatau et al., 2021). Education to the young aimed to provide literacy, and as well communication capability. It lay a well-entrenched foundation for scientific thinking, provide basic tools for upcoming education, provide avenues for advancement, inculcate ability to develop and grow properly (Zulfqar, 2024). Education train and guard character of young lads soundly and assist in effectively participating in societies, and in addition education inculcate the young with ability to condone the changing environment of the world and utilize it for beneficial gains, growth, and achievement (Nasiru et al., 2019a; Zulfqar, 2024).

One major problem affecting learning, and education at schools nowadays is the drug abuse. Drug abuse is a complex disorder, behavioral, psychological, and cognitive disorder characterized with consumption or administration of drug (or drugs) that may follow stages, and ultimately is harmful and dangerous (Baconi et al., 2015; Nasiru et al., 2019b). Drug abuse is a global threat, so it is related to affect schools, young ones, teachers, and learners. In Nigeria, drug abuse remains a major threat as well. In 2019 worlds report show that, about 271 million world’s inhabitants are taking

drugs dangerously, 35 million are suffering from drug disorders. In 2017, there were about 585 000 deaths arising from drug abuse around the world (Jatau et al., 2021).

Drug abuse has led to worrisome consequences on individuals, societies, security, political, economic, and education aspects of human life. There are challenges of prevalence of drugs such as tobacco, syrup, capsules, etc, despite the reports about the effects of drugs on young people (Ibrahim et al., 2022). Due to factors such as pressures, peer influences, curiosity, and many other things, young people get into drugs. Additional to the poor academic performance, school administrators (such as teachers or managers), find it very challenging to curb disruptive attitudes of students drug abuse, thereby, affecting learning of non-drug users and users as well (Ibrahim et al., 2019). Drug abuse incite a rampant pendulum of prevalence in rape, violence, intolerance, insecurity, and other antisocial demeanors of drug abuse (Nasiru et al., 2019c).

Indeed, young people at secondary schools are precious and cumbersome. Their body, and brain are developing, a menace of drug abuse disrupts the systematic development progress in young ones. The brain is fed by neurotransmitters in the course of communicating (transmitting of impulses), while the drugs interfere with ideal functioning of neurotransmitters, thereby inciting “false or fool” transmission, leading to reward system activation and seeking for more drugs. Consequently, excessive drug abuse may follow, and the harmful and dangerous outcomes on the physical body system and behavior alterations (to the worst) (Sudheesh & Gowda, 2020). Rahaman et al., (2021) in a Bangladesh study found that drug abuse is dominant in youngsters, due to reasons such as peer pressure, frustrations, curiosity euphoria, to boost academic performance. And it has led to deterioration of academic performance. Okari & Masese (2018) upon studying effects of drug abuse on academic performance of young secondary school students in Kenya, stressed that, drug abuse has caused drop outs, poor interest in learning, poor relationships, poor concentration, and health effects (such as headache, anxiety, confusion, extreme sleeping) and decline in academic performance. Sudheesh & Gowda (2020) in India show that drug abuse entirely disrupts educational life of students (or young people). Kaluwe (2019) in a study among pupils in Kenya, revealed that drug abuse affects academic performance. And it is caused by availability, peer pressure, depression, curiosity, etc. Ibrahim et al., (2019) in a study of secondary schools in Sokoto south, found that, drug abuse affects physical, mental, emotions of students, and in turn leading to poor academic performance. Odhiambo (2021) in a Kenyan study found that, mostly drug abuse leads to absenteeism, poor concentration in learning, examination malpractice, poor grades, violence, etc as submitted by the participants in the study. The main objective of this study is to evaluate perception of secondary school students in Kware Local Government, Sokoto State, Nigeria

### Objectives of the Study

The main objective of this study is to evaluate perception of secondary school students in Kware Local Government, Sokoto State, Nigeria. The specific objectives are as follows:

1. To evaluate drug use or abuse among the respondents
2. Effect of drug abuse on classroom management or school
3. To evaluate reasons for drug abuse
4. To evaluate knowledge and attitude toward drugs among the respondent

### Research Questions

The research questions are as follows:

1. How is the drug use or abuse among the respondents?
2. What is the effect of drug abuse on classroom management or school?
3. What are the reasons for drug abuse?
4. How are the knowledge and attitude toward drugs among the respondents?

## LITERATURE REVIEW

### Drug

A drug is any substance or chemical stuff that is consumed or administered to alter mental or behavioral or functioning parts of the human body or any other biological system. It may be in form of leaves, herbs, medicine, etc (Mahernia et al., 2015; Enambe & Eba, 2021).

### Drug Abuse

Drug Abuse is an irresponsible administration or consumption of drug. This behavior can cause addiction, inability to live without demand for the drug by the body. It is an act of deviating from the normal use or benefits of drugs to the body, because there is wrong or misuse of the drug substance (Odhiambo, 2021; Nehemiah, 2024). The common drugs include alcohol, sedatives, hallucinogens, syrup, etc. The behavior of drug abuse may be caused by a number of reasons such as peer pressure, frustrations, availability and accessibility of drugs in the habitat, poor education or awareness, poverty, etc. Drug abuse can easily be identified by signs such as poor performance, crime, violence, bad friends, bad odour, irritability or hostility, misbehaving, indiscipline, poor attention, dirty clothes, etc (Tambari et al., 2023, Sarkingobir et al., 2023; Umar et al., 2023).

### Effects of drug abuse on classroom or school

Drug abuse has led to a lot of effects on classroom management such as poor performance or low grades, violence, vandalization of school items, absenteeism, school drop out, poor productivity, etc (Zamba, 2022)

## MATERIALS AND METHODS

### Study area and Population

The study was conducted in Kware Local Government, Nigeria. The population consisted of secondary school students.

### Sample Size and Selection

A total of 200 respondents participated in the study. The respondents were selected using a convenience sampling method

### Data Collection Instrument

A structured questionnaire was used to collect data from the respondents.

### Data Analysis

The data collected was analyzed using descriptive statistics, including frequencies and percentages.

## RESULTS AND DISCUSSION

The results for this study were shown in Tables 1-5 of this section.

### Characteristics of respondents

Table 1: Characteristics of respondents

Parameter	Frequency	Percentage
Age		
14-16 years	70	35.0
17-19 years	100	50.0

20- above	30	15.0
Sex		
Male	150	75.0
Female	50	25.0
Sex		
Male	150	75.0
Female	50	25.0
Level		
Junior Secondary School (JSS)	50	25.0
SSS (Senior Secondary School)	150	75.0
Religion		
Islam	150	75.0
Christian	50	25.0

Table 1 shows the characteristics of respondents enrolled in this study. In terms of age, most of them are 17-19 years old (50.0%), then 14-16 years old (35.0%), and 20 above years old (15.0%). In terms of sex, out of 200 participants (respondents), majority (75.0%) are males, and minority (25.0%) are females, majority are Muslims (75.0%), and minority are Christians (25.0%). In terms of level, majority (75.0%) are at Senior Secondary School (SSS) and minority (25.0%) are at Junior Secondary School (JSS) levels. The characteristics of respondents are important for identifying determinants of drug abuse; Ibrahim et al., (2022) in Sokoto show that, there is drug abuse in secondary schools students, and it affects academic performance badly. Likewise, Jatau et al., (2021) revealed that, secondary school level students are most prevalent among the populations taking drug in Nigeria.

**Effect of drug abuse on class or school management**

Table 3: perceived effect of drug abuse on class or school management

Effect	Frequency	Percentage
Poor performance	80	40.0
Violence	12	6.0
Absenteeism	70	35.0
Vandalism of school items	28	14.0
Indiscipline	10	5.0

The Table 3 shows the perceived effect of drug abuse on class or school management. It has been revealed that, the effects include; Poor performance (40.0), absenteeism (35.0%), vandalization of school items (14.0%), violence (6.0%) and indiscipline (5.0%). The finding is similar to that of Nehemiah (2024) among students in Imo, Nigeria that revealed, drug abuse affects concentration, and impair cognitive ability. It is also in tandem with the results of Kenyan study, showing truancy, poor self-control, school drop out, health deterioration, etc as effects of drug abuse stated by Okari & Masese (2018) from Kenya. Likewise, the results are similar to that of Rahaman et al., (2021)

from Bangladesh that related drop out, poor contractions, violence with students, poor grades as effect of drug abuse on students.

**Drug use or abuse among the respondents**

Table 3: Drug abuse among the respondents

Parameter	Frequency	Percentage
Type of drug		
Tobacco	28	14
Marijuana	7	3.5
Alcohol/syrup	10	5.0
None	155	77.5
Frequency of use		
Daily	10	22.2
Weekly	20	10.0
Monthly	8	4.0
Rarely	7	3.8
None	121	60.5

Table 3 shows the results of drug use as submitted by the respondents. Out of 200 respondents, 77.5 % said they are not using drugs (tobacco, marijuana, and alcohol), 14.0% are using tobacco, 5.0% are using marijuana, and 3.5% are using alcohol or syrup. The use of all the stated drugs, either in combination or isolation is a threat to health and learning of young people, especially secondary school students or the likes. Enambe & Eba (2021) submitted in their work that, alcohol use affects nervous system, cause depression, altered vision, accidents, poor coordination, and poor speech. Other effects of alcohol include, heart failure, damaging pancreas, and endocrine gland effects. Indeed, a young lad only learn if he is healthy (Baconi et al., 2015). Tobacco use caused health effects such as cancer, tuberculosis, and reduced life expectancy. The other concern about tobacco is, it affects the users and non-users (passive users) through the released smoke. Marijuana (We-we) cause similar effects like the ones elicited by tobacco smoke, such as lung cancer (Mahernia et al/, 2015). It also causes poor cognition, poor memory, poor attention, nervousness, violence, sleep disturbance, loss of appetite, diarrhea, vomiting, reckless sex behaviors, etc. In turn, the drug abuser feels unhealthy. Unhealthy lad absent school (learning) either deliberately or for medical purposes thereby affecting education as well (Enambe & Eba, 2021). The drugs cited in this work were similarly related in another work done by Ibrahim et al., (2021) in Sokoto South, Nigeria.

The frequency of drug use was also stated by the respondents. Out of 200 respondents, majority (60.5%) never used drugs, and 3.8% rarely use drugs, 4.0% use drugs monthly, 10.0% use drugs weekly, and 22.2% use drugs daily. This was related to the findings of Ibrahim et al., (2022) in Sokoto South, that show majority of respondents take drug (marijuana) daily. The difference could be due to level of urbanization between Kware Local Government and Sokoto South (Metropolitan Area).

**Reasons for Drug Abuse**

Table 4: Reasons for use of drugs

Reason	Frequency	Percentage
Relax	80	40.0

Fun	20	10.0
Performance	20	10.0
Escape	18	9.0
Others	62	31.0

In the Table 4 reasons for drug abuse were submitted by the respondents, therewith, the responses are: 40.0% to relax, 31.0% for other reasons, 10.0% for fun. 10.0% for enhancing performance, and 9.0% use drugs to escape. This study’s finding is in-line with Rahaman et al., (2021) in a study of drug abuse addiction (and abuse) effect on academic performance in Bangladesh, that show, the adolescents are into drugs because of friends, frustrations, curiosity, availability or accessibility, and in order to increase performance. This study is also in-line with Jatau et al., (2021) that stated, age, gender, and broken families as factors influencing to drug abuse.

**Knowledge and Attitude Toward Drugs**

Table 5: Knowledge and attitude toward drugs

	Frequency	Perception
How much do you know about effects of drugs?		
A lot	120	60.0
Little	61	30.5
Nothing	19	9.5
Do you know drug abuse is problematic?		
Yes	180	90.0
No	20	10.0
What is way to prevent drug abuse?		
Education	80	40.0
Counselling	54	27.0
Punishment	60	30.0
Others	6	3.0

Table 5 shows the assessed level of knowledge of respondents pertaining drug. Out of the 200 respondents, majority (60.0%) of them said they know a lot of effects of drug, 30.5% said they know little about effects of drugs, and 9.5% stated they know nothing concerning drugs effects. This is somehow different from a review performed by Jatau et al., (2021) that reveals secondary school young lads are more prone to drug abuse when compared to other categories of the populations at risk of drug abuse.

When asked on whether drug abuse is problematic? 90.0% of the 200 respondents said “Yes” and 10.0% said “No.” Odhiambo (2021) in a study in Kenya sows that, majority of the respondents know about drug abuse effects, majority are knowledgeable about drug abuse, in-line with the finding of this study. The respondents in this study, indicating their ability to know effects of drug abuse, demonstrated similar norm with what was reported by Odhiambo (2021) in Kenya. This works finding is also in agreement with that of Rahaman et al., (2021) from Bangladesh, which show that, respondents cited drugs effects such as memory loss, headache, irritability, and insomnia. About perceived ways of curbing drug abuse, out of 200 respondents, majority (40.0%)

believed in “education” then “punishment” (30.0%), followed by counseling (27.0%), and others “3.0%.” The result here is in-line with that of Jatau et al., (2021) that outlined efforts to use in curbing drug abuse as follows: banning of open drug marketing, and formation of regulatory bodies. Also, the result was similar to that of Sudheesh & Gowda (2018) that signified the importance of educating students and parents on the harmful nature of drugs on education of young ones. Likewise, Kaluwe (2019) in a study of drug abuse in pupils in Zambia, stressed the need for community intervention, psychological intervention at schools and homes, and incitement of law agencies to cur drug abuse. Okari & Masese (2018) from Kenya suggested the inclusion of drug education at schools, and awareness creation to inform students about effects of drug abuse as an intervention mode.

### CONCLUSION

This work performed an evaluation of drug abuse among some secondary school students in Kware Local Government, Sokoto, Nigeria. The study revealed low prevalence, considerable knowledge among the respondents, and perception that drug abuse could militate school or class management and learning. Thus, there is need to intensify awareness creation or education drug abuse harms and prevention at schools and community levels. Other means such as proper implementation of ways that prevent availability of drugs should be followed decisively.

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