

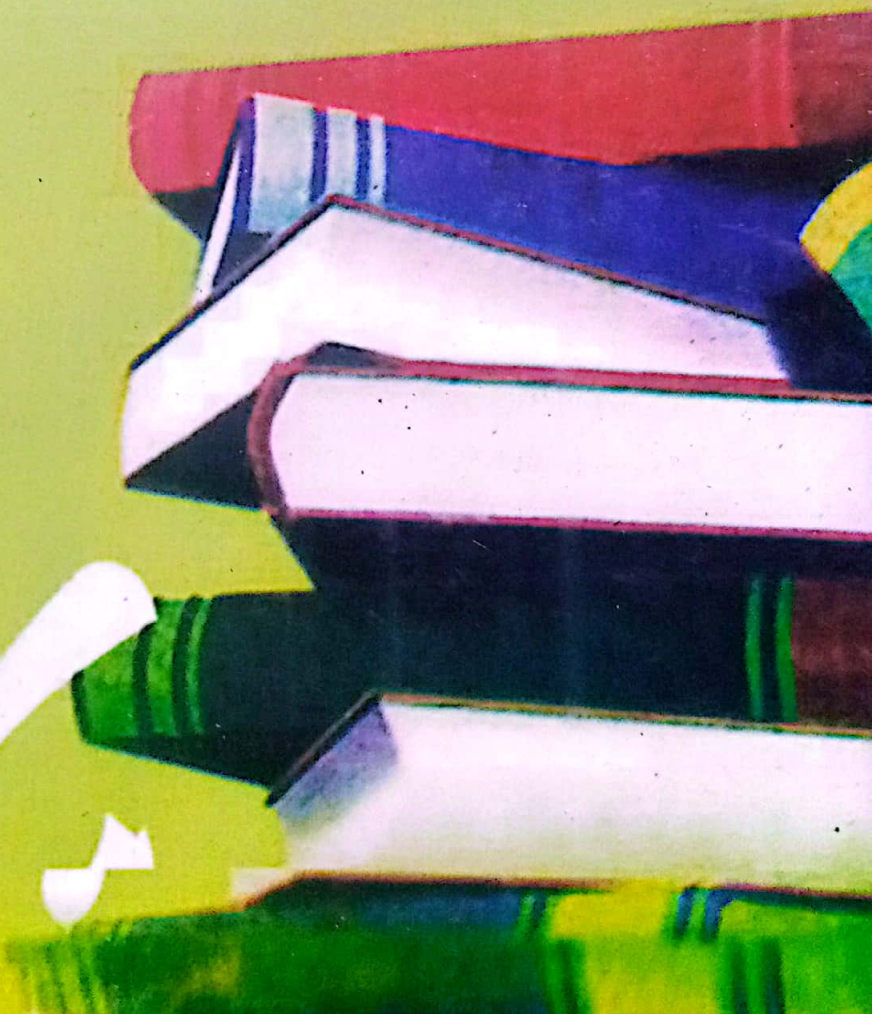
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Secondary School Students' Perception of Substance Misuse Risk and Solutions in Ilorin Metropolis

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Abstract

The study looked at substance misuse risk and solutions as perceived by secondary school students in Ilorin metropolis. The design method was descriptive in nature. The respondents were all secondary school students in Ilorin Metropolis. Three hundred respondents from different secondary schools participated in the study. Two schools with large population of students were purposively selected from the three Local Governments in Ilorin Metropolis, while simple random technique was used in selecting respondents from different JJS and SSS classes. The age range of the participants is between 13 to 15 years of age and the instrument used for this study had three sections, the first part contained the demographic data of the respondents, while section B dealt with items on substance misused risk. Section C contained questions on the solutions to substance misuse. The reliability coefficient of the instrument was 0.70. The t-test and analysis of variance (ANOVA) were employed to test the research null hypotheses at 0.05 alpha level of significance. A significant difference was found on the basis of class level and age. It was recommended that school authorities should constantly enlighten students on the risk of substance misuse.

Keywords: Substance Misuse Risk, Students, Solutions, Perception

Introduction

Substance misuse has become a major societal problem in Nigeria. Substances are drugs or anything which has the capacity to modify cognition and moods (National Institute of Drug Abuse, 2018). Substance misuse is the usage of legal and illegal drugs for the purpose which is not consistent with medical prescription. World Health Organization (2014) defined substance misuse as the dangerous use of psychoactive drugs. Ani (2016) revealed that 15,000 people died yearly as a result of misuse of substance while 88,000 lost their lives due to injuries related to alcohol intake. These substances could be legal (Alcohol, tobacco, caffeine) or illegal (opioids, cocaine marijuana). Substance misuse among the youths has generated a lot of problems. Continuous misuse of drugs causes addiction in the user and these often leads to health complications. In a nut shell, people misuse drugs because they derive an intense pleasurable feeling from it. For example, the use of cocaine and other stimulants makes an individual to feel high while some these drugs give a relaxation feeling. As such, students who feel timid or stress misuse substances that gives them pleasure (Seyedetal, 2016). Jodati *et al* (2007) revealed that many students were exposed to drugs as a result of peer group influence. Most youths experiment by sniffing caffeine and tobacco substances while in school. According to Idowu *et al* (2010) students use substances as a means of coping with tension and anxiety.

Substance misuse can lead to death, damage of the brain system and liver (Mayo Clinic, 2017).

Excessive use of some substances like alcohol, marijuana can lead to hallucination. Hallucination is the disruption of one's perception causing objects to look strange and unusual as a result of high intake of drugs. The excessive usage of substances can lead to addictive behaviour which can result into depression and eventually such an individual might develop poor medical condition. Also, substance misuse is correlated with risk taking behaviours and poor academic performance (Awoyemi, 2013). According to Atoyebi and Atoyebi (2013) drug addicts are at a higher risk of contracting HIV/AIDS and sexually transmitted disease. Igwe (2009) noted that the constant use of illegal substances often predisposes adolescents to delinquent behaviours. Adebowale *et al* (2013) affirmed that the use of drugs can lead to family disintegration while Awoyemi (2013) noted that substance abuse affects the physical and psychological development of addicts. SAMHSA (2005) stated that substance misuse for women is strongly correlated with the experience of violence, sexual abuse, incest, rape, sexual assault and childhood physical abuse. Atoyebi and Atoyebi (2013) reported that girls who have experienced physical or sexual abuse are twice likely to smoke, drink or use substances more than those who were not abused. This perhaps, might be a way of coping with the pain that goes with the physical and mental torture of such experiences (Poole & Dell, 2005).

The risk that goes with substance misuse far outweighs its benefits. Substance misuse can lead to compulsive use of drugs which is often referred to

as drug addiction. Complications such as heart problem, personality problems and criminal tendencies can occur as a result of excessive use substances. The most common abused substances are alcohol, cannabis and opioid (Idowu *et al*, 2018) and about three million deaths occur yearly due to the use of these substances while 15.3 million people often develop different substance related disorders. Also Seyed (2010) confirmed that a lot of school age children are involved in substance misuse and 2.6 million children die as a result of drug related problems.

In previous studies, Onoja(2010) worked on prevalence of substance abuse among secondary school students, Eeguranti, Fatoye and Morakinyo (2009) conducted a study on stimulant use among secondary school students in Osogbo, Nigeria, while Goreishi and Shajari (2013) investigated substance abuse among students of Zanjan's Universities. Most of these studies did not emphasize on the risk that goes with the intake of substances. Hence, the need for this study.

Research Questions

The following research questions were formulated for the purpose of this study.

1. What are the risks involved in the misused of substances as perceived by secondary school students in Ilorin Metropolis?
2. What are the likely solutions to substance misuse as perceived by secondary school students in Ilorin metropolis?

Research Hypotheses

Based on the above listed research questions, the following hypothesis were formulated.

1. There is no significant difference in substance misuse risk as perceived by secondary school students in Ilorin Metropolis on the basis of class level.
2. There is no significant difference in substance misuse risk as perceived by secondary school students in Ilorin Metropolis on the basis of age.

Methodology

Design

The descriptive survey method was adopted for this study and secondary school students were the target population for this study. Two schools with large population of students were purposively selected from the three Local Governments in Ilorin Metropolis, while simple random technique was used in picking respondents from different classes. The instrument on Substance Misused and Solutions Questionnaire had three sections, the first part contained the demographic data of the respondents, while section B contained items on substance misused risk with reliability coefficient of 0.72. Section C also dealt with items on the solutions to substance misuse with reliability coefficient of 0.75. The validity of the instrument was determined by giving copies of the questionnaire to experts in the related field. Their corrections were taken into consideration in the final draft of this questionnaire. The reliability coefficient of the overall instrument was 0.70. Data obtained was analysed using percentages, and mean ranking of mean values. The t-test and analysis of variance (ANOVA) were employed to test the research null hypotheses at 0.05 alpha level of significance.

Demographic of the Respondents

Table 1: Distribution of Respondents by class level, Age and Religious Affiliation

Table 2: Perceived Risk of Substance Misuse

Risk of substance Misuse	SA	A	D	SD	N
It can lead to death	270 (90.0%)	30 (10.0%)	-	-	300
Health challenges	244 (81.3%)	56 (18.7%)	-	-	300
Mental illness	223 (74.3%)	71 (23.7%)	6 (2.0%)	-	300
Accident	178 (59.3%)	110 (36.6%)	12 (4.0%)	-	300
Personality problem	167 (55.6%)	113 (37.6%)	14 (4.6%)	6 (2.0%)	300
Family disintegration	178 (59.3%)	80 (26.7%)	30 (10.0%)	12 (4.0%)	300
Criminal offenses	166 (55.3%)	95 (31.6%)	33 (11.0%)	6 (2.0%)	300
Truancy	175 (58.3%)	85 (28.3%)	22 (7.3%)	18 (6.0%)	300
Depression	114 (38.0%)	128 (42.7%)	37 (12.3%)	21 (7.0%)	300
Poverty	123 (41.0%)	68 (22.6%)	71 (23.7%)	38 (12.6%)	300

Standard Reference Mean = 2.5

Grand Mean (x) = 34.7

The results from the table revealed that the item mean (x) representing the respondents' perception on the risk of substance misuse were greater than the standard reference mean score of 2.5. Hence all items were accepted.

Research Question 2. What are the likely solutions to substance misuse as perceived by secondary school students in Ilorin metropolis?

Table3: Responses on Methods of Curbing Substance misuse among Secondary School Students

S/N	ITEMS	SA	A	D	SD	R
1	Continuous enlightenment on mass media on the negative side of drug addiction	253 (84.3%)	37 (12.3%)	5 (1.7%)	5 (1.7%)	Λ
2	Enforcement of law on drug abuse	220 (73.3%)	80 (26.7%)	-	-	Λ
3	Counselling drug addicts	191 (63.7%)	73 (24.3%)	30 (10.0%)	6 (2.0%)	Λ
4	Sanctioning of drug addicts	183 (61.0%)	117 (39.0%)	-	-	Λ
5	Provision of free Education	142 (47.3%)	90 (30.0%)	44 (14.7%)	24 (8.0%)	Λ

*R=Remark; A=Accept

Table 2 reveals that 253 (84.3%) of the respondents agreed that continuous enlightenment on the mass media on the negative side of drug abuse can help curb the incidence of substance misuse among secondary school students.

Hypothesis One: There is no significant difference in substance misuse risk as perceived by secondary school students in Ilorin Metropolis on the basis of class level.

Table 4: Means, Standard Deviations and t-value on Substance Misuse Risk

Class Level	N	Mean	S.D.	df	Calc t-value	Crit. value	t	p-value
JSS Class	136	42.02	9.62	298	4.17*	1.96		.000
SSS Class	164	37.51	9.210					

* Significant, $p < 0.05$ alpha level

Table 4 shows that the calculated t-value of 4.18 is greater than the critical t-value of 1.96 with corresponding p-value of .000 which is less than 0.05 alpha level of significance. Since p-value is less than the alpha level, the null hypothesis is therefore rejected. This is an indication that SSS Class students substance more than the JSS Class student.

Hypothesis Two: There is no significant difference in substance misuse risk as perceived by secondary school students in Ilorin Metropolis on the basis of age.

Table 4: Analysis of Variance (ANOVA) Result on Substance Misuse Risk

Source of Variance	Sum of Squares	df	Mean Squares	Calc. F-ratio	Crit. F-ratio	p-value
Between Group	198.8	2	99.4	7.87*	3.00	0.000
Within Group	3753.3	297	12.6			
Total	3952.1	299				

* $p < 0.05$

Table 4 above shows the calculated F-ratio of 7.87 is greater than the critical F-ratio of 3.00 with a corresponding p-value of 0.000 which is less than 0.05 alpha level of significance. Since p-value is less than the alpha level, the null hypothesis is therefore rejected. However, Duncan Multiple Range Test (DMRT) was carried out as a post-hoc test to determine the magnitude of difference in the perception of students on substance misuse risk in table 5.

Table 5: DMRT showing the perception of difference in the Substance Misused Risk based on age

Age	Mean	N	Group	Duncan's Grouping
12-14 years old	34.42	270	1	A
15-17 years old	36.87	23	3	B
*18 years and above	37.86	7	2	C

Results in table 5 show the magnitude of difference in the perception of students on substance misused risk based on age. It is observed that all the groups contributed to the differences. However, it can be inferred that group 2 contributed with the highest mean score contributed more to the difference noted in the ANOVA table.

Discussion

The respondents affirmed that misuse of drug can lead to death. Ani (2016) revealed that the use of substances is a common phenomenon among secondary school students. It was also discovered that substance abuse has sent many youths to earlygrave. In addition, many youngsters have developed complicated health problems like liver cirrhosis, lung

cancer etc due to substance misuse (Yisa,2009). To curb the menace and implicit consequences of substances misuse, majority of the respondents agreed that there is need for continuous enlightenment. Exposure of students to the danger of substance misuse can assist in curbing the usage of drugs (Igwe 2009). Most students seem not to understand the negative effects of substance

misused. World Health Organization (2014) stated that exposure of youths to substances has birth the occurrence of major health challenges. The use of substances such as stimulants to stay awake for academic purpose often affect students' negatively (Ojikutu, 2010). The need to train students on proper study habits to curb reading late into the night cannot be overemphasized.

The respondents differ in their perception on the risk attached to substance misuse. This observation may be as a result of the fact that youths are exposed to various substances. However, Abdu-Raheem (2013) noted that the intake of psychoactive substances and illegal drugs such as pharmaceutical drugs, alcohol, solvents and inhalants are common among secondary school students of different age groups in Nigeria. This has caused havoc in many homes, in fact, National Institute of Drugs Abuse (2018) revealed that Africans are the major consumer of amphetamine and cannabis. Seyed (2015) affirmed that the involvement of students in the use of drugs have led to increase in death rate among youths. Many have contracted deadly disease such as tuberculosis, HIV, lung cancer etc. Misuse of substances can predispose an adolescent to risky behaviors. Most students engage in an unsafe and unplanned sexual activities after the ingestion of substances while some becomes victim of rape cases (Mohammad *et al* 2007).

On the basis of age, Jason *et al* (2016) affirmed that the trend in the use of drugs is changing overtime. Both male and female irrespective of age are said to be involved in substance use. Since there is no accurate statistics on the number of youths who are into drug, measuring the prevalent rate has become so difficult. However, National Institute on Drug Abuse (NIDA) (2018) is bordered about the increase in the use of marijuana, electronic cigarettes and substances like alcohol and amphetamines among different age groups. As a result of substance misuse, several students have dropped out of school while many have developed mental health problems. Ekpenyong (2012) explained that those living with mental health challenges will likely continue to use substances as a means of coping with their situations.

Conclusion and Recommendations

In conclusion, all the respondents agreed that substance misuse can lead to death and they emphasized on the need for continues enlightenment as a way of solving issues related to substance misuse. A significant difference was found on the basis class level and age. It was recommended that

1. School authorities should constantly enlighten students on the risk of substance misuse.
2. Students irrespective of class level and age should avoid substance misuse because this can lead to addiction
3. School counsellor should expose students to rehabilitation programs especially those that are into drugs.
4. Teachers should always be ready to assist students who have developed anti-social behaviour as a result of substance misuse.
5. the National Drug Law Enforcement Agency should take into consideration the solutions expressed by participants in this study.

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