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Education as A Preventive Measure For Drug Addiction For Sustainable Development In Nigeria

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Abstract

This paper examined education as a preventive measure for drug addiction and sustainable development in Nigeria. Drug is a chemical substance used to enhance physical or mental well-being. The paper also identified how education can serve as a preventive measure for drug addiction in Nigeria; concepts of drug addiction and sustainable development were highlighted. The classifications of hard drug were highlighted. These include alcohol, opiate, psychomotor stimulants, barbiturate, tranquilizers, antiemetic and psychogenic. The causes of drug addiction include but not limited to biology, environment and developmental factors. All these causes highlighted will help Nigerians know some of the predisposition factors to drug addiction. Also, reason for drug addiction such as curiosity, pressure from friends, family history, overcome frustration, looking for a different world, desire to do extra work, relief from pain were vividly discussed which will assist sociologists (Social scientists), professional counsellors, educationists, school administrators, parents and students know some of the rationale behind people's use of drugs and ways to combat it.

Keywords: Education, drug, drug addiction, sustainable development.

Introduction

Education is a veritable tool needed for a real development to take place in any country. All stakeholders including counsellors, sociologists, psychologists, educationists, parents, students and also Government at all levels must work hand in hand for its sustainability. In order to prevent drug addiction in the society, education serves as an important measure. Drug addiction is one of the societal ills which have plagued Nigeria in recent years. It starts from mere use to abuse which deteriorate into addiction. Education is an essential tool that can be used for sustainable development. Drug addiction education is crucial to sustainable development in Nigeria among our growing young adults. Dandula (2004) defined drug as a chemical that has medicinal performance, enhancing or intoxicating effects when introduced into the body of a human or other animal. Substances which are foods are not considered to be drugs, although active ingredients from foods may be purified for use as drug. Also, some chemicals used as drugs are identical to substance made in the body (e.g. insulin, testosterone). The chemical is considered a drug only if it is introduced into body from the outside such as by ingestion, injection or topical application.

According to Udo (2005), drug is any substance, other than food which when taken into the system of a living organism may modify one or more of its functions. National Institute on Drug Abuse (NIDA) (2012) expressed that, drug addiction is a complex brain disease. It is characterized by compulsive, at times uncontrollable, drug craving, seeking and use that persist even in the face of extremely negative consequences.

The world today is witnessing an upsurge of issues that are of global dimension, for example drug abuse, human trafficking, HIV/AIDS, environment degradation and pollution are among them. The problems including drug abuse heralded an unending desire in Nigeria to sensitize the citizens especially the youths of the evil of drug addiction which has reached an alarming stage. The social effects of abuse of drug include: poor academic performance, poor attitude to job, road accidents,

loss of jobs, unstable family set up, among others which in turn affect developments negatively. These are sources of concern to the government. It is important to note, it is not every person who uses drug becomes addicted, but many people do, (Mayo, 2011). Drug addiction involves compulsively seeking to use a substance, regardless of the potentially negative social, psychological and physical consequences. Certain drugs, such as narcotics and cocaine, are more likely to cause physical dependence, than other drugs, (Mayo, 2011).

Education, Drug, Drug Addiction and sustainable development

The National policy on education (NPE) (2004) stated that "no nation can achieve economically, socially and make any technological progress and self-sufficiency without a good system of education to sustain its achievement". The NPE (2013) corroborated that fact by stating that education is an instrument for national development and social change. Thus, education serves a useful purpose in the development of any country.

For instance, drug is perceived differently by various authors. Hornby (2005) defined drug as an illegal substance that some people smoke, inject or inhale, etc for the physical and mental effect it has. Abel (1974) defined drug as a substance other than food that affect the body structure and functions. According to him, drug exists as an art of great benefit to mankind in the prevention and treatment of disease, the alleviation of suffering and the saving of human life. Dorland Medical Dictionary (2007) observed that drug is a chemical substance that affects the processes of mind or body. It is also known as chemical compound used in the diagnosis, treatment or prevention of disease or other abnormal condition. United Nations Offices on Drugs and Crime (2017) described drugs as powerful, seductive and unnatural contaminants substances pushed into the society which alter one's mind. Therefore, drug is a chemical substance used in the treatment, cure, prevention, or diagnosis of disease or used to otherwise enhance physical or mental well-being. However, drug may be

prescribed for limited duration or on a regular basis for chronic disorder as the case may be.

Drug abuse is an increasing problem in our affluent societies and carries great social, educational and economic cost through it impacts on crime and health. Buttressing this assertion, United Nations Offices on Drugs and Crime (2017) acknowledged that about quarter of a billion people (Aged 15 – 64) used drugs illegally in 2016, of which 11.6 % are considered to suffer problematic drug use. This statistic shows that people all over the world abused drugs. Therefore, intensifying the campaign to educate people about the dangers of drugs, tobacco and alcohol becomes a necessity in order to reduce its effects on humans. From the neuroscientist's point of view, addiction is increasingly seen as an organic disorder of brain function, if these could be better understood, Counsellors and Sociologists might be able to offer more effective psychological treatment to addicts (Opoola, 2011).

The definition of addiction has changed in recent years. The term was previously applied only to such hard drug as heroin, where there are obvious sign of tolerance and physical dependency in regular users and a painful or even life-threatening physical withdrawal syndrome when drug use is stopped. For instance, just because someone uses drug, does so every day or twice a day, one does not necessarily need to label the action as addiction unless it is truly hurting the person, so, if someone smokes weed everyday and the life of the person is stable, such a person is not drug addicted. Therefore, the authors defined drug addiction as a state of being enslaved to the habit or practice of the use of drugs for recreational purpose to the extent that its cessation causes trauma to self which jeopardizes or shortens the user's life.

According to United Nations General Assembly (1987), sustainable development is defined as development that meets the needs of the present without compromising the ability of future generations to meet their own needs. Therefore, education serves the monumental milestone that can be used to prevent drug addiction in Nigeria.

Classification of Hard Drug

Addiction Science Network (2009) described several common schemes for classifying drug with psychoactive properties. The classification scheme given focuses on each compound's main psychotropic effect which in some cases classifies it differently from what might be considered its primary pharmacological effect (i.e. based on therapeutic use).

Table 1: Classification of Hard Drugs

S/N	Drug Class	Primary Effect	Examples
1.	Opiates / Opioids / Narcotic Analgesics	Analgesia, cough, suppression, ant diarrhea, suppression of opiate withdrawal, sedation, currently used therapeutically for the first effects.	Opinion, morphine, codeine, heroin (diacetyl morphone), fentanyl, methodon e, meperidin
2.	Narcotic / Opiate Antagonists	Block the effect of narcotics used to treat opiate over dose	Nalozone, naltrezon e
3.	Psychomotor stimulants	Stimulate psychological and sensory-motor functioning, used therapeutically to treat ADMD and narcolepsy, sometime is an appetite suppressant, occasionally anti fatigus, formerly for asthma and for sinus decongestion.	Amphota-mine, methamp h-etamine, cocaine, nicotine, ephedrine, caffeine, pseudoep h-edrine
4.	Barbiturates	General decrease in CNS arousely, excitability level, used therapeutically for anesthetic, anticonvulsant,	Thiopenta l, secobarbit al, pentobarb ital,

5	Minor Tranquilizers	sedative and hypnotic effect General decrease in CNS arousal/excitability level, but low dose are somewhat selective for anxiety and much less sedative than barbiturates, used therapeutically as anxiolytic. benzodiazepines also as anesthetic and anticonvulsant	phenobarbital. Benzodiazepine (e.g. diazepam, chlordiazepoxide, flumetrazepam (Relipol) and muscle relaxant (e.g. meprobamate)	8	Antimanic	Dampens extreme mood swings in some people, used to treat manic-depressive (bipolar) disorders	Lithium
9				9	Alcohol	General decreases in CNS arousal/excitability level, no current therapeutic uses, but formerly used as an anesthetic and a sedative	Ethyl alcohol similar active with very to methanol.
10				10	Volatile anesthetics	General decrease in CNS arousal/excitability level, and therapeutically for anesthesia	Nitrous oxide, halothane
11				11	Volatile solvents	Produce feeling of intoxication, can produce hallucination at high doses, no therapeutic use, (all can cause marked brain damage in moderately low concentrations	Toluene, benzene, naphtha
12				12	Psychogenics	Produce altered state of consciousness; cannabinoids usually produce increase feeling of "well-being" and "mellow" intoxication.	Includes two subclasses hallucinogenics (e.g. lysergic acid diethylamide (LSD), mescaline, psilocybin) and cannabinoids (e.g. marijuana, hashish)

Source: Addiction Science Network (2009)

Abbreviation

ADND: Attention Deficit Hyperactivities Disorder
CNS: Central Nervous System

Causes of Drug Addiction

Addiction is the compulsive use of any substance, person, feeling or behaviour with a relative disregard of the potentially negative social, psychological and physical consequences. Amal (2009) asserted that no single factor can predict whether or not a person will become addicted to drug. Risk for addiction is influenced by a person's biology, social, environment, age or stage of development, traumatic experiences and mental health disorder. The more risk factor an individual has, the greater the chance that taking drug can lead to addiction.

Some of the causes of drug addiction highlighted by Amal (2009) are:

Biological: The genes that people are born with in combination with environmental influence account for about half of their addiction vulnerability. Additionally, gender ethnicity and the presence of other mental disorder may influence risk for drug abuse and addiction.

Mayo (2011) explained that like many psychological disorders, drug addiction and dependence depends on two main factors:

Environmental: Environmental factors, including family's beliefs, attitudes and exposure to peer groups that encourage drug use, seem to play a role in initial drug use. A person's environment includes differences from family and friends to socio economics status and quality of life in general – factor such as peer pressure, physical and sexual abuse, stress and parental involvement can greatly influence the course of drug abuse and addiction in a person's life.

Genetics: Once a person started using a drug, the development into addiction may be influenced by inherited trait.

Development: Genetic factor such as hereditary traits play a critical role during developmental stages in a person's life to affect addiction vulnerability and adolescent experience a double challenge. Although taking drugs at any age can lead to addiction, the earlier that drug use begins, the more likely it is to progress to more serious

abuse. And because adolescents' brains are still developing in the areas that govern decision making, judgment and self-control, they are especially prone to risk taking behaviours, including trying drug abuse.

Survival of Traumatic Experiences: Drugs are often used to self medicate and numb oneself in the wake of traumatic event. Survival of abuse, neglect, natural disaster, sexual assault or combat can all trigger drug abuse and addiction.

Mental Health Disorders: Some individuals suffer mental health problems, ranging from depression to schizophrenia, which cause a further drug use. In some cases, drug use has led to mental health problems, complicating addiction issues.

Structural Functionalism Theoretical Framework

The structural-functionalism approach is a perspective in sociology which view the society as a complex system whose parts need to work together in order to promote solidarity and stability. Education has social functions in a society, such as socialization, learning, and social placement. One of the key ideas in structural functionalism is the fact that society is made up of groups or institutions which is cohesive, share common norms and have a definite culture (Friedkin, 2004). It further shows that society is like a human body which serves different purposes and functions dependently. It also explain why the society functions the way it does by focusing on the relationships between the various social institutions that make up society such as education, Government, law, religion etc. (Hak, 2007).

It is, therefore, important to state that each person in the society has roles to play for sustainable development of education to be manifested in the society. This framework identified how deviance is functional for society and how society responds to deviance. A drug addict, for instance, is a deviant individual who commits an act that is deemed by the majority of society as criminal, because it leads to public outrage and punishment is always melted on a culprit. Sequel to this assertion, because a large proportion of Nigerians respond to the action as

though it is deviant, this draws the boundary between what is and what is not deviant, the labeling of this behaviour is the function of what an appropriate behaviour is in any good society. Sociologists, Counsellors, Educationist and Psychologists do well to apply this theoretical framework when dealing with an issue of drug addiction in Nigeria and beyond

Reasons for Drug Addiction

The issue of drug addiction has contributed a major subject of study by renowned scholars both in Nigeria and beyond. For example, Lily (2012) observed that the use of legal and illegal drugs among University student is increasing at an alarming pace. According to statistic from the United Nations, the United State is the biggest drug market in the world, one of the reasons behind this is the extensive use of drug at Universities in the United States (Lily, 2012).

The main reason for drug use differs among individual. Currently, the most common reason for drug use and abuse among students is to improve academic performance, this is the reason why an increase in illicit drug use is observed during exam time. Aryan (2010) highlighted 7 main reasons for drug addiction:

- **Curiosity:** Frequent reference to drug in cinemas, TV, newspaper or mentioning of drug by friend makes a person curious to have an experience.
- **Pressure by friends:** Friends who are drug addict coax a person to have a taste of the drug.
- **Family history:** If a person in a family is a drug addict, others may be influenced to try it out.
- **To overcome frustrations:** Modern life put a lot of pressure on the individual as there is higher competition in every field. In circumstance, individual may become frustrated when they cannot realize their ambitions and hence seek refuge in drugs.
- **Looking for a different world:** Some individual believe that drug take them to a new world and a new kind of perceptions.

- **Desire to do extra work:** Many people, like hard working, intellectuals or students believe that drug provide them extra energy to work; similarly many athletes also take to some of the endurance increasing drugs.

- **Relief from pain:** It is true that in some circumstances drug help in the relieving of pain. But constant usage has many harmful side effects.

Effects of Drug Addiction

Deepa (2010) expatiated that substance abuse claims many lives around the world every year. Apart from resulting aggravated physical and mental problems, it also renders severe social and economic repercussions on an addict's life. The various impacts of drugs are:

Physiological Effects

- Intake of drugs increases the heart rate and blood pressure and constricts the blood vessels.
- It also causes heart diseases, heart attacks and heart failure.
- It results in high body temperature, strokes and brain damage.
- It may also lead to bowel gangrene and liver damage.
- Drug addicts may even suffer from cerebrovascular problems and cancer.
- Drug addicts also experience irregular breathing, respiratory arrest and severe lungs damage
- Drug addicts suffer appetite loss which leads to sudden weight loss.
- Seizures, loss of consciousness, nausea and vomiting are also caused due to consumption of narcotic substances.
- It may also cause loss of sense of smell and problems related to nasal septum.
- It may also lead to numbness of limbs, tremors, arthritis, cramping and muscle twitches.
- Drug can alter the looks of a person drastically, and the skin appears bruised and inflamed.
- Craving for drugs can lead to excruciating abdominal pain.

Sometime fight during drugged stupor may also lead to fatal injuries.

- Deadly diseases like AIDS, STDS and hepatitis B and C are caused due to exchange of contaminated syringes.
- The combination of alcohol and certain drug can even cause death.
- Drug abuse can cause sudden death due to overdose or a slow painful death due to side effects (Deepa, 2010).

Psychological Impact

- Drug affects the neurotransmitter in the brain, influencing change in mood and feelings.
- Drug often aggravates the state of existing mental health problems.
- Often time, drug addicts are in the initial mental state of evasion or euphoric happiness.
- Addict face paranoia induced hallucinations and pseudo hallucination.
- Experiencing anxiety, tiredness, panic attack, loss of confidence and depression is common
- Feelings of rage, agitation, aggression and violence are also caused due to drug intake.
- Often, drug addicts suffer from insomnia and fatigue.
- Addicts exhibit bizarre, confusing and erratic behaviour.
- Addicts experience distorted perceptions, disorientation and forgetfulness.
- Heightened emotional sensitivity can also result in chronic irritability and suicidal thoughts.
- Mixed feelings of dependence, detachment and withdrawal are observed in substance abusers.
- Exposure to drug induced violence situation of parent during their childhood can have an adverse impact on the psyche of the children (Deepa, 2010).

Social Stigma

- Drug addiction leads to lonely life as family and friends keep a safe distance from them.

- Addictions not only affect the person's, but also his family and friends.
- Drug addicts are socially dysfunctional and like to keep company of other addicts.
- Drug addiction leads to homeless and vagrant lifestyles.
- People who are into substance abuse do not shoulder any responsibilities toward their family.
- Drug addiction has an adverse effect on marriage or relationship.
- Often, it also results in domestic violence and child abuse.
- Children of drug addicts frequently grow up with compounded emotional problems due to neglect.
- Substance abusers enter into legal problems for their delinquent and criminal behaviour.
- Often times, they are involved in car accidents or fights which prove fatal for them and others (Deepa, 2010).

Monetary Hassles

- Drug abusers often exhibit lack of interest in work or education related activities.
- Often, abusers lose their job or drop out of education owing to lack of concentration and absenteeism.
- The ever arising needs of buying drugs result in financial problems.
- People indulge in crimes like stealing, mugging, prostitution and even murder to buy drug.
- Sometime addicts even sell their home to get money for narcotic.
- People with drug problem lie for sourcing fund for drugs and end up with huge debts (Deepa, 2010).

Conclusion

This paper has established the fact that education is a verifiable tool that can be used to prevent drug addiction in our society. In order to sustain development in any nation, education must be taken seriously by all stakeholders. It highlighted that drug is a chemical substance used to enhance physical or mental well-being. Alcohol, opiate, psychomotor stimulants, barbiturate,

tranquilizers, antiemetic and psychogenic etc were some of the classifications of hard drugs revealed in this paper. It concluded that drug addiction is defined as a state of being enslaved to the habit or practice of the use of drugs for recreational purpose to the extent that its cessation causes trauma to self which jeopardizes or shortens the user's life.

The causes of drug addiction include biological, environmental and developmental factors. Also, reason for drug addiction includes curiosity, pressure from friends, family history and overcome frustration, looking for a different world, desire to do extra work and relief from pain were discussed.

Recommendations

It is important to note the following recommendations in order to have society free of drug addiction.

1. Social scientists should work hand in hand with Federal, State and Local government in order to eradicate drug addiction in the country.
2. Professional Counsellors should be licensed to practice for the effectiveness of drug addiction eradication both in Nigerian schools and the society at large.
3. Counsellors should give priority attention to drug counselling and they should establish drug awareness unit in their counselling centres. However, the unit should not be a panel established to try people who use drug as criminals, but to help solve their socio-psychological problems.
4. Government should have a well defined, comprehensive and realistic policy on drug use control; they should control all advertisements that enhance drug use on radio, television and print media.
5. Government should set up drug team in urban and rural areas and in addition, social agency like National Drug Law Enforcement Agency (NDLEA) in Nigeria should be dynamic and change its strategies in order to record more successes.

6. Tertiary institutions in Nigeria should design various programmes to enlighten students on the influence of drug on their academic and social lives. Therefore, students should be given adequate orientation about drug use right from their formative years at the Nursery, Lower Basic, Basic, Upper Basic and Senior Secondary Schools. School personnel should work more closely with parents on the needs to act as a model to their children.

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