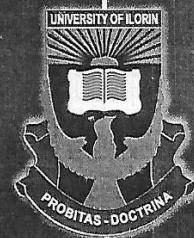


Institute **JOURNAL** of Studies in **EDUCATION**



Vol. 3, NOS. 1 & 2
SEPTEMBER, 2009 / SEPTEMBER, 2010

Published by
INSTITUTE OF EDUCATION
University of Ilorin, Ilorin, Nigeria

EDITORIAL LIST

Editor-in- Chief:

PROF. O. O. OBIYEMI

(Director, Institute of Education)

Managing Editor:

DR. S. B. OLAJIDE

(Dept. of Arts and Social Sciences Education)

Editorial Board Members

DR. (MRS) A. T. ALABI

(Dept. of Educational Management)

DR. (MRS) M. F. SALMAN

(Dept. of Science Education)

MR. O. A. AMAELE

(Dept. of Arts and Social Sciences Education)

DR. O. A. ONIYE

(Dept. of Guidance and Counselling)

DR. O. A. ONIFADE

(Dept. of Physical and Health Education)

Consulting Editors

Prof. Babatunde Ipaye

*Dept. of Guidance and Counselling
University of Ilorin, Ilorin*

Prof. Isaac Olaofe

*Dept. of Education,
A. B. U., Zaria*

Prof. (Mrs) Eunice Okeke

Faculty of Education,

Prof. M. Ajibero

*Librarian
University of Ilorin*

Prof. Taoheed Adedaja

*Dept. of Physical & Health Education,
B. U. K., Kano*

Prof. David Jiboyewa

*Faculty of Education,
University of Maiduguri*

Prof. O. J. Ehindero

*Dept. of Curriculum Studies,
O. A. U., Ile-Ife*

Prof. Samuel Ayodele

*Faculty of Education,
University of Ibadan, Ibadan*

Prof. Shehu Jimoh

*Dept. of Educational Foundations
University of Ilorin, Ilorin*

Prof. M. E. Ogunniyi

*Director & the UNESCO Chair,
School of Science & Maths Education
University of the Western Cape,
South Africa*

Prof. Ugur Demiray

*Faculty of Communication
Sciences, Anadolu University
Turkey*

CONTENTS

Growth: The Ultimate Goal of Counselling <i>Bolu-steve, F. N.</i>	39
Factors Affecting Achievement of the Millennium Development Goal on Universal Basic Education: Case Study of Some Local Government Areas in Kwara State, Nigeria <i>Olorisade, G. O. (Ph.D.)</i>	49
Employers' Assessments of the Employability of Nigerian Graduates <i>Amali, Ismaila Oteikwu (Ph.D.) & Agbonna, Samuel Ayorinde</i>	55
Objectives of Pre-Primary Education need for A Full-Scale Implementation in Nigeria <i>Etejere, Patricia Agnes Ovigueraye (Ph.D.)</i>	62
Problems Hindering National Open University in Nigeria as Perceived by Facilitators and Students in Oyo and Kwara States, Nigeria <i>Afolabi Stephen Olufemi (Ph.D.)</i>	71
Subjugating Malpractice In Nigerian Public Examinations Through Collaboration <i>Oniemayin, Funmi, E. (Ph.D.)</i>	79

PSYCHOLOGICAL FACTORS RESPONSIBLE FOR SUBSTANCE ABUSE AS PERCEIVED BY STUDENTS OF TERTIARY INSTITUTIONS IN KWARA STATE

By

BOLU-STEVE, FOLUKE NIKE
Department of Counsellor Education
University of Ilorin, Ilorin
bolusteve2002@yahoo.com

Abstract

This study was aimed at surveying the psychological factors responsible for substance abuse as perceived by students of tertiary institutions in Kwara State. Descriptive survey method was adopted. The target population comprised all students of tertiary institutions in Kwara State. The researcher purposively selected three Universities in Kwara State. They are University of Ilorin, Alikimah University and Kwara State University. Simple random sampling technique was used in selecting 150 respondents from each of the Universities. The instrument used for this study was a questionnaire tagged 'Psychological factors Responsible for Substance Abuse Questionnaire' (PFRSAQ). The instrument has two sections. Section A involved the demographic data. Section B contained 15 items on psychological factors. All hypotheses were tested at 0.05 alpha level of significance. Results revealed that there was no significant difference in the psychological factors responsible for substance abuse as perceived by students of tertiary institutions in Kwara State on the basis of gender and institution type, however a significant difference was found on the basis of religion. It was therefore recommended that efforts should be made by the Universities to establish standard Guidance and Counselling units in order to assist students to handle their psychological problems.

Keywords: Psychological, Substance abuse, Students and Institutions.

Introduction

Substance addiction in higher institution of learning has become a problem in the society. The increase in the number of students of higher institutions who are into alcohol consumption, cigarettes smoking, and stimulants constitute a major source of concern to stakeholders in Nigeria. Substance abuse, also known as drug abuse or substance use disorder, is defined as a maladaptive pattern of substance use leading to clinically significant impairment or distress (American Psychiatric Association, 1994). Dosumu and Erhabor (2007) explained that Nigerian youths depend on artificial substitutes for a wider range of emotional and behavioural satisfaction. Substance abuse has been adopted by the Diagnostic and Statistical Manual as a blanket term to include drug abuse and drug misuse (Barrett, Meisner, Stew, 2008).

Horvath Misra, Epner, Morgan and Zupanick (2015) explained that psychology is a science that describes the human behavior. Psychologists consider behaviors that promote people's well-being and underlying adaptive behaviors. Behaviors that limit people's functioning and diminish life satisfaction are termed maladaptive behaviors one of which is substance abuse. Substance abuse is a harmful, maladaptive behavior, as such psychological principles help in the understanding of reasons why people indulge in unhealthy behaviours. Peadon, Payne, Henley, Bartu, O'Leary, and Elliott (2010) revealed that certain genes may increase the risk of drug addiction. Adelupo (2014) noted that an estimated number of 120million youth in Nigeria are involved in substance abuse. These substances include; cocaine, heroin, marijuana and other synthetic drugs. In the year 2013, it was recorded that substance abuse resulted into 127, 000 deaths. National Drug Intelligence Centre (2011) noted that of substances that are ranked illegal / legal drugs, alcohol was found to be the most dangerous. The centre also declared that one out every fifteen youths in the United States may become an alcoholic in the near future unless radical changes occur in the pattern of current alcohol usage.

Studies conducted by Okoh (1988), Oduaran (1989) and Johnson, Farquhar and Sussman, (1996) exhibited a plethora of purposes for which students of higher institutions use drug. The purposes may be as a result of curiosity, boldness, friends-do-it syndrome, enjoyment of social gathering, academic pressure, sound-sleep, sexual-prowess, and performance in sports. Students may also indulge in the use of drugs as a form of escape from pressures and worries. When young people experience difficulties in the attainment of their academic goals, they resort to the use of substances as coping strategies. Drug use among youths may also be a source of relieve from anxiety, emptiness and conflict of violence from within. Also, parents who indulge in substance abuse are potential risk factors because their children may likely become drugs addicts (Adeyemo, 2007). While biological causes of drug addiction are common, researchers believe psychological factors are the underlying causes of substance abuse (Adelupo, 2014).

Statement of Problem

The psychological causes of substance use are many and varied. The use of drugs has predisposed unpleasant attitudes among youth. According to the Global Burden of Disease (2014), substance abuse is a wide spread national problem. The prevalence rate of substance abuse has continued to increase to among students of tertiary institutions despite the efforts of the National Drug Law Enforcement Agency (NDLEA). This alarming rate of substance addiction among the students is high and capable of negatively impact on students' level of academic performance (Madu, & Matla, 2003). According to Onongba (2012), there are some personal and environmental risk factors which predispose an individual to substance use and abuse. The long-term effect of drug abuse include; psychological breakdown, brain damage and poor academic performance. It can also lead to blurred vision, hearing and muscular control impairment, and paralysis of the voluntary muscles of the heart.

Some of the illnesses and health problems associated with substances abuse are; hangover, weight gain, high blood pressure, depressed immune system, cancer, liver disease, heart or respiratory failure, loss of appetite, sexual impotence,

central nervous system damage, memory loss, etc. O'Donohue, and Ferguson (2006) observed that drug abuse can predispose people to gross indiscipline such as truancy, bullying, vandalism and failure among students. Although, it is true that for most people, the initial decision to take drugs is voluntary, over time the changes in the brain caused by repeated drug abuse can affect a person's self-control and ability to make sound decisions, and simultaneously create an intense impulse to take drugs (Mary, 2004). The study of Onongha (2012) showed that 42% of students consumed alcoholic substances daily/everyday, which shows that some of these students on the campus are alcohol addicts who continually live on substance. Fereu (2012) worked on drug abuse among Nigerian adolescents, while Fayombo and Aremu (2000) carried out a study on drug education and its effects on educational performance of some adolescents' drug abusers in Oyo state. Ariyo (2013) looked at attitude of undergraduates towards smokable substance. To the best knowledge of the researcher not many studies have been carried out on psychological factors responsible for substance abuse as perceived by students of tertiary institutions in Kwara State. Also it examined if there were significance differences in the perception of the respondents on the basis of gender, religion and type of institutions.

Research Question

What are the psychological factors responsible for substance abuse as perceived by students of tertiary institutions?

Research Hypotheses

The following research hypotheses were generated to guide the conduct of this study:

1. There is no significant difference in the psychological factors responsible for substance abuse as perceived by students of tertiary institutions in Kwara State on the basis of gender.
2. There is no significant difference in the psychological factors responsible for substance abuse as perceived by students of tertiary institutions in Kwara State on the basis of religion.
3. There is no significant difference in the psychological factors responsible for substance abuse as perceived by students of tertiary institutions in Kwara State on the basis of institutions type.

Methodology

The population consisted of students of tertiary institutions in Ilorin, Kwara State. The researcher purposively selected three Universities with large number of students in Ilorin Metropolis. They are University of Ilorin, Alikimah University and Kwara State University. Simple random sampling technique was used in selecting 150 respondents from each of the Universities.

The main instrument used for this study was a questionnaire tagged 'Psychological factors Responsible for Substance Abuse Questionnaire'

(PFRSAQ). The instrument was designed by the researcher through intensive review of literature. The validity of the questionnaire was established by requesting three lecturers in the Department of Counsellor Education to vet it for content validity. Content validity is the extent to which a test measures what it purports to measure (Stangor, 2004). It was later subjected to the test re-test method to further establish its reliability. For this purpose, 20 students of Kwara Polytechnic were first served with the questionnaire. The 20 students did not form part of the study sample that was selected. At an interval of four weeks, the same questionnaire was re-administered to the same group of students. The two sets of scores were compared using Pearson Product Moment Correlation Coefficient. A reliability coefficient of 0.72 was obtained which was significant at the 0.05 alpha (α) level. Hence, the instrument was statistically adjudged to be reliable and considered suitable for research use.

The questionnaire consists of two parts, Sections A and B. Section A required respondent's demographic data. Section B had 15 items through which respondents were required to indicate their perceptions by ticking the option that was most applicable to them on a Four-Point, Likert-Type scale. For section B, 4 was the highest score for the "Strongly Agree" option while 1 was the lowest for the "Strongly Disagree" option. For any respondent, therefore, the lowest possible score was 15 (i.e. $1 \times 15 = 15$) while the highest possible score was 60 (i.e. $4 \times 15 = 60$). The range is 45 (i.e. $60 - 15 = 45$). Therefore the mid-point is 22.5 (i.e. $45/2$). Hence the cut-off point for deciding whether a mean value is low or high is either $15 + 22.5$ or $60 - 22.5$, which in either case comes to 37.5. As such, any mean score of 37.5 or higher is high while a mean score of less than 37.5 is low.

Result

Demographic Data

This section presents the results of data obtained from the respondents in frequency counts and percentages

Table 1: Distribution of Respondents Based on Gender

Gender	Frequency	Percentage
Male	226	50.2
Female	224	49.8
Total	450	100.0

Table 1 indicates that 450 respondents participated in the study out of which 226 (50.2%) were males, while 224 (49.8%) of the respondents were females.

Table 2: Distribution of Respondents Based on Religion

Religion	Frequency	Percentage
African Traditional Religion	11	2.4
Christianity	238	52.8
Islam	201	44.8
Total	450	100.0

Table 2 indicates that 11 (2.4%) of the respondents were worshippers of the African Traditional Religion, 238 (52.8%) of the respondent were Christians, while 201 (44.8%) of the respondents were Muslims.

Table 3: Distribution of Respondents Based on Institution

Institution	Frequency	Percentage
Unilorin	150	33.3
Al-Hikma	150	33.3
Kwasu	150	33.3
Total	450	100.0

Table 3 indicates that 150 (33.3%) of the respondents' were sampled from each of the three institutions (Unilorin, Al-Hikma and Kwasu).

Table 4: Mean and Rank Order on the psychological factors responsible for substance abuse as perceived by Students of tertiary Institutions

Item No.	As far as I am concerned, students abuse substance when they:	Mean	Rank
8	have emotional problem	3.21	1 st
5	are finding a way to escape from the reality of problems	2.98	2 nd
2	are depressed	2.93	3 rd
4	are influenced by peer group	2.87	4 th
3	have low-self esteem	2.74	5 th
1	there is chaos in their family	2.72	6 th
10	are bored	2.69	7 th
12	are not performing well in school	2.58	8 th
6	have personality disorder	2.56	9 th
11	need to concentrate	2.54	10 th
15	have parents that are drug addicts	2.52	11 th
13	use it as self- medication	2.36	12 th
7	wish to have fun	2.31	13 th
9	have traumatic situation	2.27	14 th
14	lack appropriate information	2.20	15 th

Table 4 shows that Item 8 ("As far as I am concerned, student abuse substance when they have emotional problems") had the highest mean score of 3.21 and was

therefore ranked 1st. Ranked 2nd is Item 5 ("As far as I am concerned, student abuse substance when they are finding a way to escape from the reality of problems") with a mean a score of 2.98. item 14 ranked last with a mean score of 2.20.

Hypotheses Testing

Hypothesis One: *There is no significant difference in the psychological factors responsible for substance abuse as perceived by students of tertiary institutions in Kwara State on the basis of gender*

Table 5: The t-test showing the psychological factors responsible for substance abuse as perceived by students of tertiary institution on the basis of gender

Gender	N	Mean	SD	Df	t	p-value	Decision
Male	226	26.32	4.99				
				448	0.32	0.17	Accepted
Female	224	26.18	4.92				

Table 5 shows a t-value of 0.32 and a p-value of 0.17. The p-value is greater than alpha level at 0.05. The hypothesis is accepted. Hence, there is no significant difference in the psychological factors responsible for substance abuse as perceived by students of tertiary institutions on the basis of gender.

Hypothesis Two: *There is no significant difference in the psychological factors responsible for substance abuse as perceived by students of tertiary institutions in Kwara State on the basis of religion*

Table 6: Analysis of Variance (ANOVA) Showing the Psychological Factors Responsible for Substance Abuse as Perceived by Students of Tertiary Institution on the Basis of Religion

Source	Df	SS	Mean Square	F	p-value	Decision
Between Groups	2	191.421	45.71	3.63*	0.02	Rejected
Within Groups	447	5630.990	12.59			
Total	449	5822.411				

*Significant, $p < 0.05$

Table 6 shows the F-value calculated of 3.63 and a p-value of 0.02. The p-value is less than alpha level at 0.05. The hypothesis is not accepted. Hence, there is

no significant difference in the psychological factors responsible for substance abuse as perceived by students of tertiary institutions in Kwara State on the basis of religion.

In order to determine the mean value(s) that caused the significant difference observed in the ANOVA results of Table 6, the Duncan Multiple Range Test (DMRT) was used as a post-hoc test. The results of the DMRT procedure are displayed in Table 7.

Table 7: Duncan's Multiple Range Test (DMRT) showing the Psychological Factors Responsible for Substance Abuse as Perceived by Students of Tertiary Institution in Kwara State on the Basis of Religion

Duncan Groupings	N	Means	Group	Religion
A	201	67.11	3	Islam
B	238	64.34	2	Christianity
C	11	63.02	1	ATR

Table 7 shows the Duncan Multiple Range Test indicating the significant difference noted in the ANOVA on Table 6. Group 3 (Islam) with a mean score of 67.11 differed significantly from Group 2 (Christianity) and Group 1 (African Traditional Religion) with mean scores of 64.34 and 63.02 respectively. All the groups differed from one another but the significant difference noted was as a result of the mean of Group 3 (Islam). This thus implies the Muslim respondents are of the view that abusing substances as well as drugs is against the moral ethics guiding a true Muslim hence they try as much as possible to abide by their teachings of their religion. Hence, the significant difference noted in the ANOVA on Table 6 and thus, the hypothesis is rejected.

Hypothesis Three *There is no significant difference in the psychological factors responsible for substance abuse as perceived by students of tertiary institutions in Kwara State on the basis of Institutions type*

Table 8: Analysis of Variance (ANOVA) Showing the Psychological Factors Responsible for Substance Abuse as Perceived by Students of Tertiary Institution in Kwara State on the Basis of Institution

Source	Df	SS	Mean Square	F	p-value	Decision
Between Groups	2	62.634	31.31	2.43	0.09	Accepted
Within Groups	447	5759.777	12.88			
Total	449	5822.411				

Table 8 shows the F-value calculated of 2.43 and a p-value of 0.09. The p-value is greater than the alpha level at 0.05. The hypothesis is accepted. Hence, there is no significant difference in the psychological factors responsible for

substance abuse as Perceived by Students of tertiary institution in Kwara State on the basis of institution.

Discussion

The study revealed that students abused substance when they have emotional problems. Fatoye and Morakinyo, (2002) noted that students go through a lot of psychological stress which might result into use of substance. Ksir, Ray and Charles (2002) noted that when an individual persists in the use of drugs, substance dependence may be diagnosed. In the same vein Lukoye, , Ndung'u, Kinoti, and (2014) reported that students indulge in substance use as a form of relaxation from emotional stress.

According to Peadon, Payne, Henley, Bartu, O'Leary, and Elliott (2010) consumption of substance among women has increased in the last thirty years. In the past, substance abuse was common among men, however, male students tend to have a higher percentage of substance abuse than women. The researcher further noted that frustration, as a result of changes in women's role especially; exposure to masculine environment might force women into drug abuse (Engs & Hanson, 1990). This renders male and female susceptible to substance use.

The religious affiliation of the respondents also influenced their views. The differences in opinion may be due to the tenets of their religion. However, Lukoye, Mungla, Ndung'u, Kinoti, and Ogot (2014) reported that students from different religious group reported that they were initiated into drugs through a friend. On the other hand, Odek-Ogunde (1999) found that 19.7% lifetime prevalence rate of cannabis use among University students. Adeyemo (2007) opined that peer influence is the most potent predictor of alcohol use among adolescents; this could be understood from the fact that adolescents are easily susceptible to peer pressure, peer encouragement and attitude. Students commitments to religious activities can prevent them from engaging in substance abuse.

Irrespective of institution, Natasha (2014) observed that the major cause of substance abuse is primarily psychological. The researcher reported that some of the psychological causes stem from traumatic situations which often trigger the instinct to "self-medicate" (decrease the stress's pain through drug use) with the slightest psychological challenge. This Self-medication is a precursor to substance abuse.

Conclusion, Counseling implications and Recommendations

In conclusion, the study identified that emotional problem is the major cause of substance abuse as expressed by students of tertiary institutions in Kwara State. Also male and female student from the different institutions agreed on various factors that predispose student to substance abuse. However, respondents of different religious affiliation differ in their opinions on factors responsible for substance abuse. It is evident from the result of this study that counselors in tertiary institutions should be exposed to different skills of handling students who indulged in substance abuse. Thus, the provision of counseling services to students is imperative in order to provide preventive and curative measures. Based on the findings of this study, it was recommended that professional counselors should be actively involved in early identification of students who indulge in substance abuse

on the campus. This would afford the Counselors the opportunity to exercise expertise in handling various categories of psychological factors responsible for substance abuse among the students of tertiary institutions. University counseling centers should collaborate with student's unions and lecturers especially those dealing with students directly (student Affairs, level Advisers and Medical personnel) to provide special psychological support for students who are into substance abuse. Institutions where there are no counseling centers should as a matter of urgency, make efforts to establish a standard guidance and counseling units. Universities, in collaboration with relevant agencies such as NDLEA, NAFDAC, e.t.c should organize workshops and seminars on the need to effectively tackle the unwholesome act of substance abuse among the students of tertiary institutions in Nigeria..

References

- Adeolupo, T. E. (2014). Factors responsible for the consumption of alcohol among students of tertiary institutions in Ilorin, Kwara State. Unpublished M.Ed. Project submitted to the Department of Counsellor Education, University of Ilorin.
- Adeyemo, D. A. (2007). Interpersonal factors as correlates of alcohol use among secondary school adolescents in Oyo State, Nigeria. *Anthropologist*, 9(4), 321-326
- Ariyo . L. S. (2014). Attitude of undergraduate towards the smokable substances. Unpublished M.Ed. Project submitted to the Department of Counsellor Education, University of Ilorin.
- American Psychiatric Association (1994). *Diagnostic and statistical manual of mental disorders* (4th ed.). United State: Washington, DC.
- Barrett, S. P., Meisner, J. R., & Stewart, S. H. (2008). What constitutes prescription drug misuse? Problems and pitfalls of current conceptualizations. *Curriculum on Drug Abuse Review* 1 (3), 255 – 262.
- Centers for Disease Control and Prevention (2004). Smoking attributable mortality, years of potential life lost, and productivity losses. Retrieved from <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5745a3.htm>.
- Dosunmu, A. G. & Erhabor, E.M. (2007). Drug abuse among students of tertiary institutions in South Western Nigeria. Retrieved from <http://www.108.cgpublisher.com/proposals/583/index.html>
- Engs, R. C. & Hanson, D. J. (1990). Gender differences in drinking patterns and problems among college students: A review of the literature. *Journal of Alcohol and Drug Education*, 35(2), 36-47.
- Fareo, R. (2012). Drug abuse among Nigerian adolescents: Strategies for counselling. *The Journal of International Social Research*, 5 (20), 341 – 347
- Fatoye, F. O. & Morakinyo, O. (2002). Substance use among secondary school students in rural and urban communities in South Western Nigeria. *East African Medical Journal*, 79; 6: 299- 305

- Fayombo, G. A. & Aremu, S. (2000). Drug education and its effects on the educational performance of some adolescent drug abusers in Ibadan. *The Counsellor*, 18 (5), 378-387.
- Global Burden of Disease (2014). Mortality and causes of death: Global, regional, and national age-sex specific all-cause and cause-specific mortality for 240 causes of death, 1990-2013: a systematic analysis the Global Burden of Disease Study. *Lancet* 3, 54-62.
- Horvath, T., Misra, K., Epner, A., Morgan, G., & Zupanick, E. (2015). Psychological causes of addiction. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3053226/>
- Johnson, C. A., Farquhar, J. W., & Sussman, S. (1996). Methodological and substantive issues in substance abuse prevention research: An integration. *American Behavioral Scientist*, 39: 935—942. Ksir, O., Ray, S., & Charles, D. (2002). *Drugs, society, and human behavior* (9th ed.). Boston: McGraw-Hill.
- Lukoye, A., Mungla, P., Ndung'u, M., Kinoti, K., & Ogot, E., (2014) Prevalence of substance use among college students in Eldoret, western Kenya. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3053226/>
- Madu, S. N, & Matla, M. Q. (2003). Illicit drug use, cigarette smoking and alcohol drinking behaviour among a sample of high school adolescents in the Pietersburg area of the Northern Province, South Africa. *Journal of Adolescence*, 26:121–136.
- Mary .A. (2004). *Drinking of alcohol students*. London: Butterworth.
- Natasha, T. (2014). Causes of drug addiction: What causes drug addiction? Retrieved from <http://www.healthplace.com/about/healthy/authors/natash-tracy-biograph>
- National Drug Intelligence Center (2011). The economic impact of illicit drug use on American society. Washington D.C.: United States Department of Justice. Available <http://www.justice.gov/archive/ndic/pubs44/44731/44731p.pdf> (PDF, 2.4MB)
- Odek-Ogunde, M., & Pande-Leak, D. (1999). Prevalence of substance use among students in a Kenyan University: a preliminary report. *East Africa Medical Journal*, 76, 301–306
- O'Donohue, W. & Ferguson, K. E. (2006). Evidence-based practice in psychology and behaviour analysis. *The Behavior Analyst Today*, 7 (3), 335–350.
- Okoh, B. (1988). Problems of secondary school learners. *Careers*, 2 (3), 56 - 69.
- Onongha, G. I. (2012). The influence of some factors on alcohol use and abuse among education students of Osun State University, Nigeria. *International Journal of Humanities and Social Science*, 2(11), 24-32.
- Oduaran, D. (1989). *Psychological guidance of the school child*. Ibadan, Evans Books.
- Peadon, E., Payne, J., Henley, N., Bartu, A., O'Leary, C, & Elliott, J. E. (2010). Women's knowledge and attitudes regarding alcohol consumption in pregnancy: A national survey Retrieved from www.dryabugo.gov/publication/understanding-dry-abuse-addiction.
- Stangor, C. O. (2004). *Research methods for behavioural sciences*. Boston Houghton Mifflin Co.