

EFFECT OF DRUGS ABUSED ON ACADEMICS ACHIEVEMENT AMONG SENIOR SECONDARY SCHOOL STUDENTS IN YAURI LOCAL GOVERNMENT AREA, KEBBI STATE: IMPLICATION FOR COUNSELLING

^{1*}Mukhtar Nawait Salihu & ²Aliyu Papa Khalied

^{1&2}Department of Educational Foundations,
Faculty of Education,
Sokoto State University, Sokoto
Email: muknawait@gmail.com

Abstract

The study investigated on drugs abuse and its effect on academic achievement among senior secondary school students of Yauri local government area, Kebbi State. Implication for counselling. It employed descriptive survey design and population of study consist of students in all senior secondary schools in the study area. And the sample size of 160 teachers and 364 students from population of 270 teachers and 7000 students respectively were used on the bases of sample's table research Advisor, 2006. Two research questions were formulated as guide during the study. Self-developed questionnaire titled; Drug abuse and Academics Achievement "(DAA) with 0.72 and 0.77 validity and test retest reliability respectively. Data were collected and analyzed using frequencies and percentages and the results obtained that, technological exposure and peer group influences were the main contributing factors to drug abuse among secondary students in the study area. It was also gathered that drug abuse result to mental health problems of students and poor concentration which result low academic achievement. Based on the findings it was recommended that, Parent should monitor, supervise and possibly limit their children level of exposure to social media technology and peer group relationship. Guardians Counsellor and governments should consider issue of drug as matter that requires serious and urgent attention to save millions of Nigerian from running mad due to several mental disorders.

Keywords: Drug Abuse, Students' academic Achievement, Counselling, Secondary School

Introduction

Drug abuse amongst the global youth population has become a serious problem affecting everyone. Addiction leads many people, young people prominent amongst them, into downward spiral of hopelessness that in some cases ends fatal. They range from glue-sniffing street children and teenage ecstasy users, to hard core heroin and cocaine addicts (Nacada, 2005). Drug abuse is responsible for lost wages, destruction of property in schools, soaring health care costs and broken families. It is a problem which affects us all as parents, children, teachers, government officials, taxpayers and workers.

Drug abuse may be defined as the "arbitrary" over dependence or miss-use of one particular drug with or without a prior medical diagnosis from qualified health practitioner. Drug abuse is the harmful use of substances that may eventually alter or change individual ways of thinking (Masibo, 2013). It added that the term usually refers

to problems with illegal drugs, which also include harmful use of legal prescription drugs, such as in self-medication. Majority of the Nigerian adolescents ignorantly depend on one form of drug or the other for their various daily activities-social, educational, political moral etc. such drugs include: Tobacco, Indian hemp, Cocaine, morphine, heroine, alcohol, ephedrine, madras, caffeine, glue, barbiturates and amphetamines. Oshodi, Aina, Onajole, 2010) in their studies on perception of drug abuse amongst Nigerian undergraduate identified dependence and addiction as one of the major consequence of drug abuse, characterized by compulsive drug craving seeking behaviors are used that persist even in the face of negative consequence. These changes are maladaptive and inappropriate to social or environmental setting, therefore may place the individual at risk of harm. Drug use among youth's and adolescents should be a matter of concern to all Nigerians especially the socially, government, school heads, religious leaders, groups and other NGOs.

The following seven factors are the leading causes of drug abuse in young one. Taylor,(2003).

1. Depression and Mental Illnesses

Depression in adolescent girls is not uncommon. Over one-third of high school girls reports regular feelings of sadness or hopelessness.. Young women who are depressed and suicidal often self-medicate with drugs of abuse, increasing their risk of drug addiction.

2. History of Trauma

Among all adolescents in drug treatment, nearly twice as many girls as boys report sexual or physical abuse in their lifetime. Girls who have been physically or sexually abused are also more likely to smoke, drink, and use drugs than those who were not abused in childhood.

3. Stress and Inability to Cope

While males tend to externalize their stress with aggression and delinquency, females have a tendency to internalize their reactions to stress. In most cases of severe stress, young women become depressed and withdrawn. According to the survey, 41 percent of young women report their inability to cope with stress as the main reason for using drugs. Stressful life events may include a death or illness in family or friends, parental divorce, changes in school or relationships, and moving from home to home.

4. Low Self-Esteem

Low self-confidence frequently accompanies the teenage years. This is especially true among girls. Body-image and social image are often top priorities for high school girls who want to fit in. They associate weight loss with beauty and popularity. They associate drinking, drug use, and smoking with being sexy, trendy, and cool. They believe that drugs are the answer to their problems.

Teenage girls with low self-confidence are twice as likely as those with higher self-confidence to report drug use. Not only are high school girls more than double as likely to diet and engage in unhealthy weight-related behaviors than boys, but they are also more likely to use drugs or alcohol to try to control their weight.

5. Social Pressures

One study found that many teenage girls initiate drug use to fit in with their peers. Another study of 11 to 13-year old girls revealed that the most “popular” girls believe they are under even more pressure to smoke, drink, and try drugs. According to the report, the more friends a girl has who smoke, drink, or use drugs; the likelier she is to do so herself. If five of her close friends drink alcohol, she is over seven times likelier to drink.

6. Academic Pressures

High school is undoubtedly a time of great academic pressure for young women. It is the time that matters most for colleges, and the time in which students come to a new, mature level of learning. Yet academics and substance abuse can easily (and dangerously) intertwine. Teens who get A’s and B’s in school are at half the risk of drug use as teens that have poor school performance.

7. Lack of Parent-Child Communication

One of the greatest things a parent can do to prevent their daughter’s drug use is simply to communicate. If you believe your teenager is at risk of using drugs, talk to her about the consequences of drug abuse and her options. Teach her how to say no. Educate her about the risks of substance abuse.

8. Peer Group

This is one of the common causes of drug addiction and abuse. It is a form of societal influence on the affected youth. “Peer group is a group of people of the same age or social status” (Hornby, 2012). Peer groups cause a lot of evil like drug abuse, armed robbery, rape, among our youths in Nigeria and beyond. Someone can be influenced to become a drug addict by his friends who are drug addicts. Some people are drug addicts today because they associate with drug addicts and they do not want to be called “Jew guys” by their friends. Some people are compelled by their friends to become drug addict.

Effect of Drug abuse

Drugs are chemicals that affect the body and brain. Different drugs can have different effects. Some effects of drugs include health consequences that are long & short lasting and permanent. They can even continue after a person has stopped taking the substance. The effects of the drug in the body depend on how the drug is delivered. For example, the injection of drugs directly into the bloodstream has an immediate impact, while ingestion has a delayed effect. But all misused drugs affect the brain. They cause large amounts of dopamine, a neurotransmitter that helps regulate our emotions motivation and feelings of pleasure, to flood the brain and produce a “high”. Eventually, drugs can change how the brain works and interfere with a person’s ability to make choices, leading to intense cravings and compulsive drug use. Over time, this behavior can turn into a substance dependency, or drug addict.

Long term effects include; insomnia and exhaustion, nasal problems, anxiety, eating disorder, weight loss, sexual dysfunction (not performing well), heart damage lungs problems, kidney failure, problems with memory learning, decreased motivation and concentration, psychosis (United Nations Office on Drugs and Crime, 2017).

Drug abuse has short term effects which include; loss of inhibition (can feel usually well, happy, talkative), quiet and reflective mood, drowsy (tired), intense or altered senses to sound, colour and other sensations, altered memory and thinking, confusion, anxiety (worry, nervous, tense) and mild paranoia (feeling undue suspicion of others) altered vision and bloodshot eyes, dryness of the eyes, mouth and throat, reduced coordination and balance, decreased nausea (United Nations Office on Drugs and Crime, 2017). It also affect academic performance, for instance Gazette, (2015) which found the drug use to be a perpetual problem for the school going adolescent because it undermines academic ability of a student and performance.

High school is undoubtedly a time of great academic pressure for young women. It is the time that matters most for colleges, and the time in which students come to a new, mature level of learning. Yet academics and substance abuse can easily (and dangerously) intertwine. Teens who get A's and B's in school are at half the risk of drug use as teens that have poor school performance and academic achievement.

According to (United Nations Drug Control Programme, 2002) marijuana consumption was said to be widely spread in Africa. It was said that beyond 25 million of consumers constituted 5.8% of the adult population whereby the world average was 3.4% of the adult population. In African continent it was said that 61% of people who got treated for drug abuse were often displayed with the serious psychological disorders and mostly were cannabis users and 2/3 of them were youth.

In the year 2001 it was reported that in Africa the situation reached at a very serious point that African countries represented at the International Narcotics Convention held in Vienna in late March 2001 just asked the UN to put an exceptional effort in the battle against the vice on behalf in the regions (International Narcotics Control Board, 2001). According to Agbonghalel and Okaka(2014) who investigated the effects of drug abuse on academic performance on technology education students in Nigerian public universities found that 82.79% of the population who participated in study agreed that hard drugs had some effects on academic performance of technology education students in Nigerian public universities who involved in drug abuse. According to Otieno, (2012) who conducted a study on environmental and demographic factors influencing drug and substance abuse among secondary school students in Kisumu town east in Kenya, indicated some statistical information from Kisumu District Hospital to have an increase in mental and behavioral disorders due multiple drug consumption and the use of other psychoactive substances (Kisumu District Hospital Office, 2012). In 2010, those between the age of 15-24 years who were admitted in the very hospital with mental and behavioural disorders due to drug abuse were about three, among them one patient died from psychotic disorders. Meanwhile in year 2011, there were psychiatric cases related to multiple drug use and other psychoactive substances within secondary school age (15-24) years which increased to ten so this percentage increase was almost 33%. As the results deaths that arose from drug and other substances abuse continued to increase one year after another in Kisumu town (Kisumu District Hospital, 2012).

Similarly Tuwei, (2014) in his study on influence of drug abuse on students' academic performance in public universities showed that alcohol abuse influences on academic performance such as heavy drinking which has got a negative effect. Marijuana abuse was said also to directly impair academic abilities that limit academic performance and the minority of students who were daily marijuana dealt with highly segregated ways of

behavior were noted to involve in criminal behaviors such as breaking laws or when individuals involved in criminal acted to fund their drug abusers (Tuwei, 2014).

Furthermore, findings showed that tobacco uses lead to lack of studies' concentration, sleepless, lack of appetite, dodging classes, physical weakness, and rejection from the friends. At the same time school administrators who were interviewed also provide the effects of drug abuse such as; Irresponsible citizens, theft, school dropout high rate, poor in academic achievement, indiscipline, poor health, and individual negligence. These aspects are slowly said to lead to drop out, expulsion from school and poor academic performance. On top of that, barbiturate users were adversely affected in terms of mental health (Tuwei, 2014). In his results, abuse of barbiturates stood at 24% in colleges. These drugs tended to make the user moody, anxious and impulsive according to his findings. Also the researcher discovered that low academic performance was caused mostly by anxiety and restlessness. But also the use of these drugs wasted academic time since students had to visit hospitals frequently and for longer time therefore leading in a drop in academic performance (Tuwei, 2014).

Tuwei, (2014) showed that the best students did well academically, the less were likely to smoke. In addition that a poor grade early in life is believed to predict strong increased tobacco consumption at later date and sometimes can be difficulties in quitting smoking. Meanwhile (Bryant, 2000) as cited in (Tuwei, 2014) did a test on the relationship between school achievements and smoking whereby they came up with arguments that smoking might lead indirectly to poor school achievement.

Research Questions

- I. What are the causes of drug abuse among Senior Secondary School Students in Yauri Local Government of Kebbi State?
- II. What are the effect of drug abuse on student's academic performance among Senior Secondary School Students in Yauri Local Government of Kebbi State?

Methodology

Descriptive survey deign was utilized, during which questionnaire was used in soliciting information from the respondents. The populations of the study consist of teachers and students in the 13 secondary school in Yauri Local Government. Purposive sampling technique was used in choosing the schools and the sample size of 160 teachers and 364 students from 270 teachers and 7000 students respectively on the bases of sample's table research Advisor, 2006. Researcher developed questionnaire titled; Drug abuse and its effects "(Dae) with 0.72 and 0.77 validity and test retest reliability respectively. Finally, collected data were analysis using descriptive statistics of frequencies and percentages and results were presented in form tables in chapter four.

Results

Research Question One: What are the causes of drug abuse among Senior Secondary School Students in Yauri Local Government of Kebbi State?

Table 1: Result of Responses as regards to why Students Engage in Drug Abuse

S/N	Items	SA(%)	A(%)	D(%)	SD(%)
1	Teacher having favourite students cause drug abuse	46(13)	42(12)	106(29)	170(46)
2	Technology and peer group contribute to drug abuse	131(36)	140(38)	51(14)	42(12)
3	Bad attitude among teachers contribute to drug abuse	106(29)	115(32)	78(21)	65(18)

The above table 1 indicated that, 146 of the respondents representing 13% and 42 of the respondents representing 12% strongly agreed and agreed that teacher having favourite students was cause of drug abuse while 106 of the respondents representing 29% and 107 of the respondents representing 46% disagreed and strongly disagreed teacher having favourite students was not the cause of drug abuse among the students. Also 131 of the respondents representing 36% and 140 of the respondents representing 38% strongly agreed and agreed that, technology and peer group were factors contribute to drug abuse among students while 51 of the respondents representing 14% and 42 of the respondents were of view that technology and peer group influence does not contribute to drug abuse. Similarly, 106 of the respondents representing 29% strongly agreed that bad attitude among teachers contribute to drug abuse 115 of the respondents representing 32% were also established that bad attitude among teachers contribute to drug abuse while 78 of the respondents representing 21% and 65 of the respondents representing 18% had contrary opinion that bad attitude among teachers does not contribute to drug abuse.

Table 2: Responses as regards to Effect of Drug Abuse on Student’s Performance

S/N	Items	SA(%)	A(%)	D(%)	SD(%)
1	Drug abuse make students fail exams	107(29)	82(22)	94(23)	81(22)
2	Drug abuse among student result to school drop-out	74(20)	88(24)	106(29)	98(27)
3	Drug abuse result to mental problems to students	106(29)	115(32)	78(21)	65(18)

The result of table 2 above indicated that 107 of the respondents representing 29% strongly agreed that drug abuse make students fail exams and 82 of the respondents representing 22% also agreed that drug abuse make students fail exams while 94 of the respondents representing 23% and 81 of the respondents representing 22% disagreed and strongly disagreed that Drug abuse does not make students fail exams. Also 74 of the respondents representing 20% and 88 of the respondents representing 24% strongly and agreed drug abuse among student result to school drop-out while 106 of the respondents

representing 29% and 98 of the respondents representing 27% disagreed and strongly disagreed that drug abuse among student does not result to school drop-out. Furthermore, 106 of the respondent respondents representing 29% and 115 of the respondents representing 32% strongly agreed and agreed that drug abuse result to mental problems to students while 78 of the respondents representing 21% disagreed and 65 of the respondents representing 18% strongly disagreed that drug abuse does not result to mental problems to students.

Discussion

The findings of the study are discussed in line of the research questions answered. As regards to question one which stated that; what are the causes of drug abuse among Senior Secondary School Students in Yauri Local Government of Kebbi State? The result revealed that majority of students established technology and peer group influences as major contributors to drug abuse among the students, this finding agreed with Hornby, (2012) ascertained that drug abuse among our youths in Nigeria and beyond are caused by peer groups. Someone can be influenced to become a drug addict by his friends who are drug addicts. Some people are drug addicts today because they associate with drug addicts and they do not want to be called “Jew guys” by their friends. Some people are compelled by their friends to become drug addict. One would like to be identified with his friends or peer group and when one is addicted to a particular drug he or she will have the craving for that drug thereby losing the sense of direction in his or her life. Another cause of drug abuse that was ascertained by the majority of the teachers was lack of parental care/supervision. The finding also corresponded with Haladu (2003) which explain some of the following as causes of drugs abuse among secondary students, Peer Group Influence: Peer pressure plays a major role in influencing many adolescents into drug abuse..

The research question two which was on effect of drug abuse on student’s academic Performance, The data of the findings revealed that, majority of the students strongly believed that drug abuse result to mental problems, when a child continues abuse drug, when it reaches a stage the brain will be affected, also it affect academic performance of student negatively. This finding agreed with Otieno, (2012) who conducted a study on environmental and demographic factors influencing drug and substance abuse among secondary school students in Kisumu town east in Kenya, indicated some statistical information from Kisumu District Hospital to have an increase in mental and behavioral disorders due multiple drug consumption and the use of other psychoactive substances. It also agreed with Kisumu District Hospital Office, (2012) which ascertained in 2010 that those between the age of 15-24 years who were admitted in the every hospital with mental and behavioural disorders due to drug abuse were about three, among them one patient died from psychotic disorders. Majority of the teachers also indicated that inabilities to concentrate was also another effect of drug abuse. The result also agreed with Gazette, (2015) which found the drug use to be a perpetual problem for the school going adolescent because it undermines academic ability of a student and performance.

Implication for Counselling

Personal social guidance and counselling service is highly needed in schools particularly among adolescence which form the arms of senior secondary school students. This life stage is delicate and crucial as it is dominated by Id libido personality. The students can

easily be influenced by environmental forces like peer group for immediate gratification of their faulty desires. Therefore, individual and group counselling should be made available in the schools through the activities of School Counsellor to help such students adjust to normal and acceptable lifestyle expected of him by the society. National Drug Law Enforcement Agency (NDLEA) need to be invited by school counsellor and Principal occasionally to deliver lectures, films and symposium to create more awareness among students on causes and consequences of drug's misuses. Those caught should be referred to counsellor by school management and parent for counselling therapy.

Conclusion

Based on the findings of the research, technological exposure and peer group influences were the main contributing factors to drug abuse among students in the study area. It was also gathered that drug abuse result to mental health problems of students and poor concentration which result to low academic achievement.

Recommendations

Based on the findings and the conclusion drawn, it was recommended that;

- I. Parent should monitor, supervise and possibly limit their children level of exposure and peer group going about with for healthy interpersonal relationship.
- II. Guardians and governments should consider issue of drug as serious matter that requires urgent attention to save millions of Nigerian from running mad due to drug related mental disorders.

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