

Full Length Research

Students' Perceived Factors and Types of Substance Abuse among Public Secondary Schools in Kaduna State

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The study investigated students' perceived factors and types of substance abuse among public secondary school students in Kaduna state. Part of the specific objectives was to find out students' perception on factors leading to substance abuse among public Secondary School students in Kaduna state based on gender and location and to find out students' perception on types of substance abuse among public Secondary School students in Kaduna state based on gender and location. 136,269 students in Kaduna state make up the study population. Based on the formula of Krejcie and Morgan (1970), a sample of 384 was used. Factors and Type of Substance Abuse (FTSA) was used in this study to collect data from the sampled secondary school students. The data collected were subjected to SPSS analysis based on the research questions and null hypotheses. T-test statistics were used to test the hypotheses. The findings from the study showed that there is no significant difference in the perceived factors of substance abuse by male and female students and that there is no significant difference in the perceived factors of substance abuse by urban and rural students. The study recommended that schools should make sure that both male and female students are educated about substance abuse in the schools and that the state ministry of education should carry out enlightenment campaign and workshops across all the secondary schools in the state about the dangers of substance abuse.

Keywords: Students, Substance Abuse.

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INTRODUCTION

In recent times, the incidences of substance abuse among secondary school students have become a national burden, posing a serious concern in many quarters. If this problem (of substance abuse) is not properly tackled and curbed, the future of children will be jeopardized and put at risk. It is sad to note that teenagers of secondary school age are the most involved and most affected by the prevalence of substance use which is considered as a "social cancer", ravaging virtually every community and a good number of students in our public schools in Kaduna state. Substance use among secondary school students, who are predominantly adolescents, is a menace that is spreading at an upsetting rate, and if not properly checked and tamed can frustrate all effort put in place to educate children.

Balogun (2006) posited that a drug is any chemical that modifies perception, cognition, mood, behaviour and general body functions once it is taken into the body. What this means is that no drug remains latent in the body once taken. Drug and substance abuse can be used interchangeably here because they virtually mean the same thing here. However, strictly speaking drugs are pharmaceutically produced while substances are improvised. Every drug has a substance in it. Drugs and substances are consumed because of their efficacious actions for both good and bad.

Effort must be made toward controlling the prevalence of substance abuse and the rehabilitation of those, especially students, who are already engaged in it. The rehabilitation of substance use addict is a herculean task, but the good news there is that a few people respond positively to the effort of remedy. Haladu (2003) however added that substance use mostly affects adolescents who constitute a greater percentage of the nation's population. According to the United Nations (2005), the use of prohibited substances has increased across the world and the major world trend is that there is an ever-increasing availability of many kinds of substances/drugs among ever widening spectrum of consumers apart from those locally and desperately improvised.

However, it has to be noted that there are two types of substances generally speaking for our purpose here namely: legal and illegal

substances. Legal substances or drugs are those that government and international pharmaceutical bodies approved to be produced, disseminated and sold based on prescription by medically trained personnel for the treatment of different ailments; while illegal substances/drugs are those that their consumption is prohibited because of their diverse and negative consequence on those who abuse them (the National Commission on Marijuana and Drug Abuse, 2012).

This challenge begs for all-inclusive counselling programmes of rehabilitation to help those already involved in substance abuse. A lot of effort has been made by schools, government agencies, nongovernmental organizations, counsellors, teachers and parents in this direction but there is no good news yet because success in controlling teenagers' involvement in substance misuse is still very minimal and at worse, frustrating.

Concept of substance Abuse

Adeku (1991), stated that substance abuse may refer to any type of drug or chemical with regard to its pharmacological actions. Substance abuse may be understood as the arbitrary over dependence or misuse of one particular drug with or without a prior medical diagnosis from a trained/qualified health worker or doctor (Oluremi, 2012). Abudu (2008) stated that it is a fact that most youth and adolescents in Nigeria are found gathering in different spots in the evenings and late at night using some of these substances without imagining their enormous harmful effects of these substances they consume on a daily basis. In various public schools clusters of students (friends) are found loitering around at free times hobnobbing and consuming these prohibitive and harmful drugs. These substances are mostly considered as elements of socialization. This is the reason many develop and sustain the tendency of the consumption of different beers and other substances until they become addicted.

It has been made abundantly clear that in history most of the drugs being abused were pharmaceutically produced for purely medical reasons. Esen (2009) stated that there is evidence from as early as 10,000BC that alcohol

was used in religion and worship, for recreation, for medicinal purposes and for quenching thirst by long distant travellers. In the same vein Esen (2009), posited that Marijuana in China in the later part of the first century, active substances used in the production of drugs like cocaine and morphine were extracted and freely prescribed by physicians for various ailments and even sold over the counter until problems of addiction gradually started being recognized. This therefore means that all substances contain some elements that are good for the body but over indulgence in their consumption poses a problem.

STATEMENT OF THE PROBLEM

It is a prevalently held belief that the youths of any nation are the supposed leaders of tomorrow. They are the vehicles through which positive changes can be realized. This is why many tend to invest in the development of the youths. Government, parents, and guardians devote a lot of time and resources in order to explore and harness the potentials of their children/wards. No wonder the Nigerian government could not but stop the colossal importation of codeine in order to restrain its high rate of use among children and youth. This further emphasizes the fact that the youth are treasured by the national government and so no sacrifice is too much to safeguard and protect the youth from harm. No economic gain is worth the future of the young stars.

The problem of substance abuse can no longer be ignored as its devastating effects on the youth who are the supposed leaders of tomorrow are becoming palpable. Government, parents and guardians, teachers, school administrators and counsellors can no longer claim ignorance of what is happening in various public Secondary Schools across the nation. Secondary School students who engage in chemical abuse are likely to drop out of their academic programs and more likely tempted to take to crimes as a result of the frustrating circumstances they find themselves after living the school environment. Such children constitute a serious social nuisance within their communities and perhaps end up forfeiting their future as a result of their newly acquired negative behaviour. There is indeed a serious growing apprehension among parents, teachers and the society in general because of the menace of

substance abuse among public Secondary School students. In fact, this phenomenon is a "global cancer" with serious attendant consequences.

Guidance and counselling is a crucial component of school discipline to ensure that students in and out of school behave well. Guidance and counselling therefore has been introduced as part of school curriculum in order to help students surmount a number of challenges they experience both at home and in school. Guidance is not only important to students as prevention and remedy for substance abuse cases but it covers every aspect of the child's growth in school and at home. Substance abuse control, rehabilitation and intervention are only concerned about an aspect of the package which guidance and counselling covers. Guidance and counselling will be considered strictly as a prevention, rehabilitation and control strategy to help curb drugs use among students of Secondary Schools here.

OBJECTIVES OF THE STUDY

The objectives of this study were to:

1. Find out students' perception on factors leading to substance abuse among public Secondary School students in Kaduna state based on gender
2. Find out students' perception on factors of substance abuse among students of public Secondary School in Kaduna state based on location
3. Determine students' perception on the types of substance abuse among public Secondary School students in Kaduna state based on gender
4. Determine student's perception on types of substance abuse among public secondary school students in Kaduna State based on location

RESEARCH QUESTIONS

1. What is students' perception on factors leading to substance abuse among public Secondary School students in Kaduna State based on gender?
2. What is students' perception on factors

- leading to substance abuse among public Secondary School students in Kaduna state based on location
3. What is students' perception on the types of substance abuse among public Secondary School students in Kaduna State based on gender
 4. What is students' perception on the types of substance abuse among public Secondary School students in Kaduna state based on location

HYPOTHESES

- HO₁:** There is no significant difference between the male and female students' perception on the factors leading to substance abuse among public Secondary School Students in Kaduna State
- HO₂:** There is no significant difference between urban and rural students' perception on the factors responsible for substance abuse among public Secondary Schools student in Kaduna State
- HO₃:** There is no significant difference between male and female students' perception on the types of substance abuse among public Secondary School Students in Kaduna State
- HO₄:** There is no significant difference between urban and rural students' perception on the forms of substance abuse among public Secondary School students in Kaduna State

METHODOLOGY

Research design, Population and Sample Size

The study employed a survey design method. The study population comprised of public Senior Secondary School Students in Kaduna State. The population of public Senior Secondary Students is 136,269 (Kaduna State Ministry of Education, Science and Technology, 2018). A total of 384 senior students were sampled from the entire population. This is based on Krejcie and Morgan (1970) table of sample specification.

Research Instrument

The instrument for this study was a questionnaire validated by experts in the field of research. The pilot test was conducted using 30 Secondary School Students in Kachia Area Council of Kaduna State who will not be part of the study and using a Pearson's Product Moment Correlation (PPMC) coefficient was used to analyse the responses. That yielded a reliability index of 0.79, indicating that the questionnaire was reliable. The questionnaire was designed along Four-Point-Likert-Scale titled: "Factors, Types of Substance Abuse (FTSA)". The FTSA was made up of three sections: A, and B. Section A sought information on demographic data about the respondent while sections B were made up of the main items of the questionnaire. A simple percentage was used in analysing the questions while the hypotheses were tested at 0.05 level of significance using t-test statistics. The four-point-Likert-Scale had four parts, SA (4), A (3), D (2) and SD (1). While the scores were added, they made up a total of 10 points. When we divided the 10/4 it would be 2.5, which was the decision rule point of 2.5. Any value that was 2.5 and above was agreeing but any value that was below 2.5 fell to disagreement.

RESULTS

All the research questions raised in this study were translated to hypotheses and tested in the section on testing of hypotheses.

HO₁: There is no significant difference between the male and female students' perception on the factors leading to substance abuse among public Secondary School Students in Kaduna State.

The test on Table 1 was carried out to determine whether male and female students differed significantly in their perception of the factors of substance abuse in Kaduna State. A significant value of .999 (more than the 0.05 level of significance) shows that there is no significant difference. The hypothesis is therefore accepted. This implies that there is no significant difference in the perceived factors of substance abuse by male and female students.

HO₂: There is no significant difference between

Table 1: t-Test on Difference in the Factors of Substance Abuse as Perceived by Male and Female Students

Gender	Number	Mean	S.D.	t-value	df	Sig(2-tailed)	Decision
Male	189	3.15	0.481	-.001	381	.999	Accepted
Female	194	3.15	0.478				

Table 2: t-Test on Difference in the Factors of Substance Abuse as Perceived by Urban and Rural Students

Location	Number	Mean	S.D.	t-value	df	Sig(2-tailed)	Decision
Urban	197	3.16	0.488	.696	381	.487	Accepted
Rural	186	3.13	0.470				

Table 3: t-Test on Gender Difference in Students' Perception of the Types of Substance Abused by Secondary School Students

Gender	Number	Mean	S.D.	t-value	df	Sig(2-tailed)	Decision
Male	189	2.65	0.644	.266	381	.790	Accepted
Female	194	2.63	0.667				

Table 4: t-Test on Difference in the Perceived Types of Substance Abused by Secondary School Students due to Location

Location	Number	Mean	S.D.	t-value	df	Sig(2-tailed)	Decision
Urban	197	2.61	0.692	-.983	381	.326	Accepted
Rural	186	2.67	0.613				

urban and rural students' perception on the factors responsible for substance abuse among public Secondary Schools student in Kaduna State.

The test on Table 2 was carried out to determine whether urban and rural students differed significantly in their perception of the factors of substance abuse in Kaduna State. A significant value of .487 (more than the 0.05 level of significance) shows that there is no significant difference. The hypothesis is therefore accepted. This implies that there is no significant difference in the perceived factors of substance abuse by urban and rural students.

HO₃: There is no significant difference between male and female students' perception on the types of substance abuse among public Secondary School Students in Kaduna State.

The test on Table 3 was carried out to determine whether male and female students differed significantly in their perception of the types of substance abused by secondary school students

in Kaduna State. A significant value of .999 (more than the 0.05 level of significance) shows that there is no significant difference. The hypothesis is therefore accepted. This implies that there is no significant difference in the students' perception of the types of substance abused by male and female students in Kaduna State.

HO₄: There is no significant difference between urban and rural students' perception on the forms of substance abuse among public Secondary School students in Kaduna State.

The test on Table 4 was carried out to determine whether urban and rural students differed significantly in their perception of the types of substance abused by secondary school students in Kaduna State. A significant value of .326 (more than the 0.05 level of significance) shows that there is no significant difference. The hypothesis is therefore accepted. This implies that there is no significant difference in the students' perception of the types of substance abused by urban and rural students in Kaduna State.

DISCUSSION OF FINDINGS

In this study, the researcher found out that there is no significant difference in the perceived factors of substance abuse by male and female students. This may be as a result of their upbringing and curiosity. This study is in line with Adeku (1991), who found out in his study that family management practices such as marital breakdown, different caretakers, harsh and inconsistent discipline and multiple mothering in early childhood are all important factors in the developing anti-social behaviour in adolescents.

The findings from this study also proved that there is no significant difference in the perceived factors of substance abuse by urban and rural students. This shows that anti-social behaviours are always found among students not minding their city location. This study contradicts the study of Fawa (2003) that discovered that lower prevalence of substance use among the rural students perhaps as a result of the fact that most of the inhabitants are likely to be affected by the traditional African values that discourage the use of drugs by children.

CONCLUSION

The following conclusion, based on the findings is drawn from the study:

There was no significant difference in the perceived factors of substance abuse by male and female students which was as a result of upbringing of some students and curiosity in knowing what substance abuse look like. There was no significant difference in the perceived factors of substance abuse by urban and rural students.

The study also concluded that there was no significant difference in the students' perception of the types of substance abused by male and female students in Kaduna State. This is as a result of the fact that both male and female students indulge in similar type of substance abuse. The study also concluded that there was no significant difference in the students' perception of the types of substance abused by urban and rural students in Kaduna State. This is due to the fact that substance abuse is found in schools not minding the school locations.

RECOMMENDATIONS

The following recommendations are made from the findings of this study:

1. The study discovered that there was no significant difference in the perceived factors of substance abuse by male and female students. The study recommends that schools should make sure that both male and female students are educated about substance abuse in the schools.
2. The study revealed there was no significant difference in the perceived factors of substance abuse by urban and rural students. The study recommends that the state ministry of education should carry out enlightenment campaign and workshops across all the secondary schools in the state about the dangers of substance abuse.
3. The study showed that there was no significant difference in the students' perception of the types of substance abused by male and female students in Kaduna State. The study recommends that secondary school authorities should but more effort in making sure that drug abuse is totally eradicated in all the secondary schools in Kaduna state.
4. The study further discovered that there was no significant difference in the students' perception of the types of substance abused by urban and rural students in Kaduna State. The study recommends that Kaduna state ministry of education should ensure that drug abuse clubs/associations be established in all the secondary schools in the state. This will further help in educating and enlightening the students about the dangers of substance abuse.

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