



DETERMINANTS OF SUBSTANCE ABUSE AMONG HIGH ABUSERS OF DRUGS IN ONDO STATE UNIVERSITIES

Awosika Esther Olayinka¹ and Agbapuonwu Noreen Ebelechukwu (PhD)²

¹Department of Nursing, Nnamdi Azikiwe University, Awka, Anambra State. Nigeria.

Email: awosikaesta@gmail.com

²Department of Nursing, Nnamdi Azikiwe University, Awka, Anambra State. Nigeria

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ABSTRACT: *This study examined determinants of substance abuse among high abusers of drugs in Ondo State universities. This study adopted descriptive research design of the case study type. The population of the study includes 51 undergraduate students identified to be high abusers of drugs. The identified students were purposively selected as samples for this study. An inventory on use of drugs was randomly distributed to undergraduate students. The study obtained data through the use of semi-structured questionnaires. The instrument was divided into four (4) sections. In order to ascertain the validity of the instrument, the instrument was presented to two research experts in the field of mental health for face and content validity. To ensure the reliability of this instrument, a test-retest form of reliability was used. Data was coded and analyzed using both descriptive and inferential statistics. Chi-square test established that family background and personal factors influence substance abuse while school management has no influence. The study concluded that the increase in substance abuse among university students in Ondo State is as a result of the orientation of the students from their respective homes and the kind of friends or people the students associate with. It was recommended among others that most of the campaigns against substance abuse should be focused on peer group and family background influence.*

KEYWORDS: Determinants, Substance Abuse, High Abuser, Drugs, Universities.



INTRODUCTION

Substance misuse was once seen as an issue only faced by a "chosen few," but that view changed at the turn of the last century. Abuse has recently spread beyond its traditional demography of uneducated adult men to include college-educated men and women, adolescents, and those who live in rural areas. However, drug abuse among young people has become an international health concern due in part to the correlation between drug abuse and serious crimes like rape, suicide, and domestic violence. Many of those who partake in drug abuse do so under the mistaken impression that doing so will improve their performance or mood (Boys et al., 2001).

According to the United Nations Office of Drugs and Crime (2019), 35 million people around the world have a substance use disorder, but only one in seven of them really receives treatment. A total of 271 million persons, or 5.5% of the world's population aged 15–64, were reported to have engaged in substance abuse in the previous year, as of 2017. In 2018, a survey found that global substance usage rates were 30% higher than they had been in 2009. (UNODC, 2019). As an additional fact, tramadol seizures around the world have skyrocketed from less than 10 kg in 2010 to about 9 tonnes in 2018, and to an all-time high of 125 tonnes in 2019. (UNODC, 2019). According to the UN Office of Drugs and Crime (2019), the use of psychoactive substances accounts for 8.9 percent of the global burden of disease. Tobacco use is responsible for 4.1% of the mental disease burden, alcohol for 4%, and illegal drugs for 0.8%.

Substance addiction among young people nowadays is a big international and domestic problem (Glozah et al., 2018). That it could have negative effects on young people makes it problematic. The negative health, mental health, social, and financial effects of substance addiction among young people are more visible and alarming. Substance abuse and addiction are a worldwide problem that cuts across lines of race, class, religion, and ethnicity. Despite national and international efforts to combat the epidemic, the number of people affected by these problems continues to rise, and their consumption habits are shifting, particularly among college-aged people (WHO, 2020).

For the sake of this analysis, substance misuse refers to the intentional use of any chemical mixture in solid, liquid, or gaseous form, whether for therapeutic or recreational purposes. The World Health Organization (WHO) specialists group on drug dependence (quoted in Glozah et al., 2018) defined drugs as "any chemical, natural or manufactured, that, when introduced into a living organism, alters its functioning or structures." Substance abuse refers to the repeated use of any drug or drug combination in a manner that is unsafe or unmonitored by a medical practitioner.

Some students' decisions to start abusing drugs in college have been attributed to a number of different factors. In any case, the necessity of modifying behaviour according to a person's stage of growth cannot be overstated. This is due to the fact that strengthening one's ability to maintain a steady stream of rational thought is a prerequisite. There are few more important stages of human growth than the passage from adolescence to adulthood. Increased reasoning skills and an ability to think abstractly rather than in concrete terms are only two examples of how adolescence transforms a person's way of thinking and perceiving the world (Adebiyi et al., 2014).



In addition, youth substance addiction in Nigeria can be attributed to the fact that young people there are less likely to be stigmatised for engaging in such behaviour, since they are exposed to a social context that is more tolerant of drug users and places less of an emphasis on preventing it. Substance use may be influenced by a number of social and environmental factors, including peer pressure, parental supervision, and availability. Adolescents are influenced by their parents' drug use. Parents who struggle with substance misuse often have other social problems (Comiskey et al., 2012).

According to Duru et al. (2017), college life forces students to make decisions on their own, face strong academic expectations, and live with people they hardly know. They branch out into new circles of friends and may be exposed to viewpoints at odds with their parents'. These novel ideals may inspire young people to engage in risky behaviours like smoking, drinking excessively, and using illegal drugs. The risk of substance use is higher for undergraduates because they are making the shift from a supervised, constrained lifestyle to a more independent, influenced one at university (Makanjuola et al., 2014). Influence from one's contemporaries ranks first. The actions of students appear to be strongly influenced by their social group. An individual's risk of becoming a user increases significantly if their social circle includes frequent users.

Substance misuse can be avoided in the classroom if students are under their parents' watchful eye. Research conducted on university-aged Rwandans backs up the claim that unparented teens have a greater risk of substance usage than their parented counterparts (Kanyoni et al., 2015). Kumar et al. (2014) argue that parents' interest in their children's academic progress is a significant predictor of their children's later behaviour. According to Kumar et al. (2014), children whose parents are actively involved in their lives are less likely to experiment with illicit substances. Another crucial issue is how other family members conduct themselves when it comes to substance usage. Several studies have shown evidence of this. In the United States, for example, Rozenbroek and Rothstein (2018) found that among college students who reported using opioids for reasons other than medical necessity, 20% said they had gotten them from family. Seventy-nine percent of Kenya's homeless children who have admitted to using glue said they have a family member who is an alcoholic, smoker, or drug addict (Embleton et al., 2013). More than one-fifth (18%) of all drug users who began as street children had a family member who also used drugs (Embleton et al., 2013).

Gebreslassie et al. (2018) found that students with a family history of substance abuse were more likely to engage in substance abuse themselves. Another Ethiopian study found that kids with substance-abusing parents or siblings were more likely to become substance abusers themselves (Birhanu et al., 2014). Furthermore, there was a 2.3-fold increase in substance abuse among students who grew up in households where alcohol was regularly consumed (Birhanu et al., 2014). According to a study conducted on undergraduates at Hawassa University, those who claim that members of their family abuse psychoactive substances are more than twice as likely to engage in such behaviour as those who claim that no members of their family engages in such behaviour (Kassa et al., 2014).

Studying drug abuse amongst students in Starehe Sub-County, Nairobi was a primary objective for Ongwae (2016). Six secondary institutions were targeted. A total of 268 students, 6 guidance and counselling teachers, and 6 principals were included in the sample. It was found that peer pressure is a major motivator for drug use amongst college students. Students' drug



abuse has many negative consequences, but poor academic performance is by far the most significant.

Psychoactive substance use among Nigerian college students was investigated by Duru et al. (2017), who looked at demographic factors that could explain why college students in Imo State use drugs. The research method was a descriptive cross-sectional survey based on institutional data. Undergraduates from a subset of the state's tertiary institutions were included in the analysis. Tobacco use was found to be the most prevalent stimulant, both historically (50.3% of respondents) and currently (48.0% of respondents), with a prevalence of 45.3% and 29.1% respectively. Most first-time drug users report being influenced to start by friends or classmates. Students' current use of stimulants was significantly correlated with gender ($p=0.0001$), educational level ($p=0.012$), living arrangements ($p=0.0001$), and parental union status ($p=0.007$).

Based on the foregoing, the study examined determinants of substance abuse among high abusers of drugs in Ondo State universities. Specifically, the study:

1. Examined family background factors that determine substance abuse high abusers of drugs in Ondo State universities,
2. Investigated personal factors that determine substance abuse among high abusers of drugs in Ondo State universities, and
3. Determined school management factors that determine substance abuse among high abusers of drugs in Ondo State universities.

METHODOLOGY

This study adopted descriptive research design of the case study type. The population of the study are 51 undergraduate students identified to be high abusers of drugs. The identified students were purposively selected as samples for this study. An inventory on use of drugs was randomly distributed to undergraduate students, while those identified to be high abusers of drugs were purposively selected. The study obtained data through the use of semi-structured questionnaires. The instrument was divided into four (4) sections: A–D. Section A was designed to gather information relating to the socio demographic details of the respondents. Section B with eight items was focused on family background factors that determine substance abuse. The section includes items such as involvement of father, siblings, or cousins in substance abuse. Section C with eight items focused on personal factors such as peer influence that determines substance abuse among university students. Section D with five (5) items focused on school management factors that determine substance abuse among university students. The rating scale of the instrument on personal and school management factors influencing trend of substance a continuum ranges from Strongly Agree to Strongly Disagree as follows: Strongly Agree = 5 points, Agree = 4 points, Undecided= 3 points, Disagree = 2 points and Strongly Disagree = 1 point.

In order to ascertain the validity of the instrument, the instrument was presented to two research experts in the field of mental health for face and content validity. To ensure the reliability of this instrument, a test-retest form of reliability was used. This was carried out at an interval of



two weeks to ascertain the internal consistency level of the instrument. Responses were subjected to data analysis using Pearson's Product Moment Correlation Statistics. The coefficient values for each section are as follows:

Family factors influencing substance abuse = .861

Personal factors influencing substance abuse = .757

School management factors influencing substance abuse = .794

After obtaining ethical approval from each of the institutions, the instrument was administered to 51 respondents by the researcher and two research assistants each for each school. The questionnaires were collected after completion and collated. Data was coded and analyzed using both descriptive and inferential statistics.

RESULTS

Objective 1: Family background factors that determine substance abuse among high abusers of drugs in Ondo State universities.

Table 1: Frequency distribution of respondents by family background factors influencing substance abuse

S/N	Items		A	D	Total
1	Grew up where substance is surplus	F	25	26	51
		%	49.0	51	100.0
2	Father is involved in substance(s)	F	18	33	51
		%	35.3	64.7	100.0
3	Mother is involved in substance(s)	F	13	38	51
		%	25.5	74.5	100.0
4	Sibling(s) is(are) involve in substance(s)	F	17	34	51
		%	33.3	66.7	100.0
5	Cousin(s) is (are) involve in substance(s)	F	15	36	51
		%	29.4	70.6	100.0
6	During childhood do parent administer Alcoholic herbal mixture to you	F	12	39	51
		%	23.5	76.5	100.0
7	Do you participate in cultural/ traditional festivals where taking substance(s) is a part of the festival	F	13	38	51
		%	25.5	74.5	100.0
8	Substances is served at family occasions/parties	F	17	34	51
		%	33.3	66.7	100.0

Table 1 above presents frequency distribution of respondents by family background factors influencing substance abuse. Results revealed that almost half (49%) agreed that they grew where substance is surplus, while the majority (51%) declined outright. Similarly, 35.3% held that their fathers are involved in substance abuse, while the majority (64.7%) declined. Also, 25.5% held that their mothers are involved in substance abuse, and the majority (74.5%)



declined. More so, slightly above a third (33.3%) held that their sibling(s) is (are) involved in substance abuse, while the majority (66.7%) held a contrary view. Also, slightly below a third (29.4%) held that their cousin(s) is (are) involved in substance use, while the majority (70.6%) held a contrary view. More results show that above a quarter (23.5%) affirmed that their parents often administered local concoction mixed with herbal medicine to them from their childhood, and the majority (76.5%) disaffirmed. More results revealed that over a quarter (25.5%) admitted that they do participate in cultural/traditional festivals where substances are served, while the majority (74.5%) declined. More results show that below a third (33.3%) agreed that substances are served at family occasions/parties, while the majority (66.7%) disagreed.

By using the figures in Table 1, $O=A$, $E=D$ (where O and E are the observed and expected variables respectively).

Table 2: The decision table 1

N	Df	Alpha	χ^2_{Cal}	χ^2_{tab}	Decision
8	8-2=6	0.05	87.69	12.59	Rejected

df (degree of freedom) = N-2

Since χ^2_{Cal} is greater than χ^2_{tab} , then, family background factors significantly influenced substance abuse among high abusers of drugs in Ondo State universities.

Objective 2: Personal factors that determine substance abuse among high abusers of drugs in Ondo State universities.

Table 3: Frequency distribution of respondents by personal factors influencing substance abuse

Variables		A	U	D
Most of my friend are into substance(s)	F	16	14	21
	%	31.4	27.5	41.1
I enjoy clubbing and partying	F	17	13	21
	%	33.4	25.5	41.1
I belong to a group/society where substance(s) is compulsory for all	F	19	7	25
	%	37.3	13.7	49.0
I take substances whenever I need to study over night	F	17	8	26
	%	33.3	15.7	51.0
Using specific substance help me assimilate easily	F	14	7	30
	%	27.5	13.7	58.8
Using specific substance help me think less about my challenges	F	15	6	30
	%	29.4	11.8	58.8
Using specific substances help boost my self-esteem and reduce anxiety	F	19	8	24
	%	37.3	15.7	47.0
Using specific substances make me feel comfortable among peers	F	13	7	31
	%	25.5	13.7	60.8



Table 3 above presents frequency distribution of respondents by personal factors influencing substance abuse. Results revealed that 31.4% agreed that most of their friends are into substances, 27.5% were undecided, while 41.1% disagreed. Also, 33.4% agreed that they are the partying and clubbing type, above a quarter (25.5%) were undecided, while a higher percentage (41.1%) disagreed. More so, 37.3% said they belong to a group/society where substance(s) is compulsory for all, 13.7% were undecided, while the majority (49.0%) disagreed. Similarly, 33.3% agreed to using specific substances whenever they need to study, 15.7% were undecided, while 51.0% disagreed. More results showed that (27.5%) agreed that using specific substances helps them to think less about their challenges, 13.7% were undecided, while the majority (58.8%) declined.

Further results showed that 29.4% affirmed that using specific substances helps them boost their self-esteem, 11.8% were undecided, while the majority (58.8%) disagreed. Also, 37.3% agreed that using specific substances makes them feel comfortable among peers, 15.7% were undecided, while the majority (47.0%) disagreed. 25.5% agreed that using specific substances makes them feel comfortable among peers, 13.7% were undecided, while the majority (60.8%) disagreed.

Table 4: The decision table 2

N	Df	Alpha	χ^2_{Cal}	χ^2_{tab}	Decision
8	N-3=5	0.05	33.59	11.07	rejected

Since χ^2_{Cal} is greater than χ^2_{tab} , then, personal factors significantly influenced substance abuse among high abusers of drugs in Ondo State universities.

Objective 3: School management factors that determine substance abuse among high abusers of drugs in Ondo State universities.

Table 5: Frequency distribution of respondents by School management influencing substance abuse

Variables		A	U	D
There are hideouts where substances are sold on the campus	F	18	12	21
	%	35.3	23.5	41.2
There are places where substances are been sold around the school communities	F	17	13	21
	%	33.3	25.5	41.2
There are no rule or regulation prohibiting students from taking substances	F	20	6	25
	%	39.2	11.8	49.0
The school had never organized any seminars/ talks on substance(s) since I was admitted	F	19	8	24
	%	37.3	15.7	47.0
Drug test should be part of the admission process requirements	F	20	8	23
	%	39.2	15.7	45.1



Staff are often seen around taking substances	F	20	6	25
	%	39.2	11.8	49.0
Some celebrate birthday party in school with substances	F	19	8	24
	%	37.3	15.7	47.0

Table 5 above presents the frequency distribution of respondents by school management influencing substance abuse. Results revealed that over a third (35.3%) agreed that there are hideouts where substances are sold on campus, 23.5% were undecided, while 41.2% disagreed. Also, 33.3% agreed that there are places where substances are being sold around the school communities, 25.5% were undecided, while 41.2% disagreed. More so, 39.2% agreed there are no rules or regulations prohibiting students from taking substances, 11.8% were undecided, while the majority (49.0%) disagreed. However, 37.3% agreed that the school had never organized any seminars/talk on substance(s) since they were admitted, 15.7% were undecided, while (47.0%) disagreed. More results show that 39.2% agreed that drug test was part of the admission process requirements, 15.7% were undecided, while 45.1% disagreed. Further results show that 39.2% agreed that staff are often seen around taking substances, 11.8% were undecided, while 49.0% disagreed. 37.3% of the respondents agreed that they celebrate birthday parties in school with substances, 15.7% were undecided, while 47.0% disagreed.

Table 6: The decision table 3

N	Df	Alpha	χ^2_{Cal}	χ^2_{tab}
8	4	0.05	6.72	7.81

Since χ^2_{Cal} is less than χ^2_{tab} , then, school management factors do not significantly influence substance abuse among high abusers of drugs in Ondo State universities.

DISCUSSION

The home plays a significant role in shaping individuals. In this study, findings revealed that the majority of the respondents declined the influence of family, but the Chi-square test supported that family background has a significant influence on substance abuse. This is in line with Ikoh et al. (2019) who found that drug abuse was significantly practiced in the metropolis due to lack of parental control, easy access to drugs, and the emerging street culture of gangsters. The finding is evidenced in that some fathers, cousins and siblings are into substance abuse. These are close relatives who probably share a close relationship with the respondents and have high chances of influencing their behavior. Hassan (2013) also found an association between where they grew up and alcohol consumption was significant ($p=0.002$) with more students who grew up in urban settings likely to consume alcohol.

Substance abuse is one of the most common antisocial acts capable of influencing social competencies and causing social disorder. In this study, findings show that personal factors have significant influence on substance abuse. The findings are supported by Agbonghale and Okaka (2014) who found that peer groups influence students of technology education to engage



in drug abuse in Nigerian public universities. This is evidenced in that a significant part of the respondents affirmed that most of their friends are into substances. Peer could play a critical role in behavioural adjustment; there the likelihood of influence is quite significant. Ongwae (2016) also found that most students are driven into taking drugs by peer pressure.

Findings show that school management has no significant influence on substance abuse, apart from the fact that a major percentage of the respondents affirmed the items raised. Although, a negligible number of the respondents affirmed that school had never organized any seminar/talk on substance(s) and that some celebrate birthday parties in school with substances.

CONCLUSION

Chi-square test established that family background and personal factors influence substance abuse while school management has no influence. The study concluded that the increase in substance abuse among university students in Ondo State is as a result of the orientation of the students from their respective homes and the kind of friends or people the students associate with.

RECOMMENDATIONS

1. Psychiatry as a professional body should be established as a department in all higher institutions clinics in Nigeria.
2. Most of the campaigns against substance abuse should be focused on peer group and family background influence.
3. In order to discourage substance abuse, policy makers should include drug tests as part of the requirement for admission into Nigerian higher institutions.

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