PERCEPTION OF FEMALE UNDE000000RGRADUATES ON DRUGS OF ABUSE AND DRUG ABUSE IN KANO STATE, NIGERIA: IMPLICATIONS FOR SCHOOL COUNSELLING

BY

HAFSAT SALISU ABDULLAHI
SPS/15/MED/00088
B.A.ED.ENGLISH (BUK)

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SUPERVISOR

PROF. ABDULRASHID GARBA

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APPROVAL PAGE

This research report has been read and approved as meeting the requirements for the award of Master of Education degree in Guidance and Counseling unit of Bayero University, Kano.

……………………………………   ………………………..

Prof. Malami Umar Tambuwal   Date

External Examiner

……………………………   ………………………..

Dr. Kabir Bello DungurawaDate

Internal Examiner

……………………………………   …..………………

Prof. AbdulrashidGarbaDate

Supervisor

………………………………….………………………

Dr. Kabir Bello DungurawaDate

PG Coordinator

………………………………….   ………………………

Prof. Bello A. Bello   Date

H.O.D/Chief examiner

………………………………….   …………………

Prof. Umaru A. PateDate

Dean, School of Postgraduate Studies

DECLARATION

I declare that this research work is the product of my own research effort, undertaken under the supervision of Prof. AbdulrashidGarba and has not been presented anywhere for the award of a degree or certificate. All sources have been duly acknowledged.

………………………………………………

HAFSAT SALISU ABDULLAHI

 SPS/15/MED/00088

CERTIFICATION

This is to certify that the research work for the subsequent preparations of this dissertation by HafsatSalisuAbdullahi (SPS/I5/MED/00088) was carried out under my supervision.

…………………………

Prof. AbdulrashidGarba   Date

Supervisor

…………………………….

Dr. Kabir Bello Dungurawa   Date

Head of Department

DEDICATION

This work is dedicated to my parents, Professor SalisuAbdullahi and Hajiya Rabi Ibrahim Abdullahi.

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Abstract

The study examined perception of female undergraduates on drugs of abuse and drug abuseby female university students as perceived by female undergraduate students in Kano State. The study has five objectives, based on these objectives, three research hypotheses were formulated. The population of the study comprise of 2306 female undergraduate students in BUK, YUMSUK and KUT studying in Faculty of Education. A validated instrument, Drug Abuse Inventory (DAI) was used to collect relevant data. The reliability of DAI was established using test retest method. PPMC was used to compute the correlation coefficient of the instrument and reliability index of 0.79 was obtained. Mean and standard deviation were used to answer research questions, while t-test for independent sample and analysis of variance (ANOVA) was used to test the three null hypotheses of the study. The findings of the study included that Benylin is the most commonly abused drug among female university students in Kano State, there is difference in the perception of female undergraduates on drug abuse prevalence among female university students in Kano State based on university, in favour of BUK with the highest mean score of 8.04. The study concluded that benylin is perceived as the most commonly abused drug among female university students in Kano State, there is difference in the perception of female undergraduates on the prevalence of drug abuse among female university students based on university. Based on the findings and conclusions, it is recommended that the sales of benylin and other commonly abused drug within university campus should be controlled by university authority, counseling units should be established in every department of the universities in Kano State to directly identify and assist students with drug related problems.

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Operational Definition of Terms

1. Drugs of abuse: In the context of this study, drugs of abuse refer to drugs commonly abused by the female students of Bayero University Kano and Yusuf MaitamaSule University Kano.

2. Drug abuse: This is the non-medical use of drugs that can alter mood and perception, produce and have the ability to make the user continue to want to use the drug in spite of the health, social and physical impairments the drug causes the user.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

Drug abuse can be traced to the emergence of modern pharmaceuticals that paves way for the availability of modern substance to awake, sedate and excite. Historically, people use herbs, leaves and plants to cure illness, as well as gain extra energy or relieve work stress. The development in modern pharmaceuticals appears to be like a double-edged sword. While drugs rightly and legally administered makes it easier and perhaps faster to cure illness, drugs wrongly and illegally administered negatively affects the wellbeing and normal functioning of an organism. Today, the abuse of drugs has become a universal phenomenon that cut across the status strata. Both developed and developing societies are facing an increasing challenge of drug abuse, especially because youth whom are supposedly, seen as leaders of tomorrow and agents of change, are at the vanguard of its perpetration.

Drug abuse is sometimes, referred to as substance or chemical abuse and is deliberate or unintentional use of chemical substances that result in any degree of physical, mental, social or emotional impairment of the users, family or society in general. It is also the use of drug when it is not medically necessary, when used against legal prohibition or when there is excessive use of socially acceptable drugs. In essence, drug abuse can be, conceptualized as the use of a drug to the extent that it interferes with the health and social functioning of an individual. Also, Garba (2003) defined drug abuse as the non-medical use of drugs that can alter mood and perception, produce and have the ability to make the user continue to want to use the drug in spite of the health, social and physical impairments the drug causes the user.

Drug abuse has become a global phenomenon. Accordin8l gly, the menace of drug abuse is not new to the Nigerian society. There has been widespread of drug abuse among youths as reported by most of the media in Nigeria. Similarly, reports from NDLEA indicated that, there are some special number of youths that are taking drugs across the country. Based on this report, there is every tendency that students in tertiary institutions as well as universities are, affected by the menace.Nigerian undergraduate youths are becoming drug dependents, which is a major consequence of drug abuse, as Nigeria gradually transits from the status of a drug-consuming nation to that of a drug-producing one.

The NDLEA (1997) data reported that youths constitute the highest risk groups for drug abuse and trafficking in Nigeria. Majority of the Nigerian youths mostly depend on one form of drug or the other such as Tobacco, Indian hemp, cocaine, morphine, Heroine, Alcohol, Caffeine, Glue, Barbiturates and Amphetamines for their daily activities. The use and abuse of drugs by adolescents have become one of the most disturbing health related phenomena in Nigeria and other parts of the world. Studies have shown that students start abusing drugs early in life, some start right from secondary school while others start in the university, they may start at 11 years and while some start at 16.

From the record of drugs abuse in Nigeria, the North-West has a statistics of 37.47 percent of the drug victims in the country. Kano state is the most populated state in Northern Nigeria, thus drug abuse is the order of the day as evidence showed increase in failure at examination, abandoning school, poor performance and crimes of different nature. According to NDLEA (2010) reports, Kano State is the highest in terms of people arrested with the case of drug trafficking and suspected drug addicts (638 arrested suspects) etc. Tobacco and kolanut were the most prevalent

drugs of abuse among the youth because of their status as legal drugs. Others were marijuana, codeine and volatile solvents, which are also popular among the youths.

The abuse of drug and many, other socially problematic behavior are, seen as male dominated behavior. However, the rate at which female youths are engaging in drug abuse is becoming more and more alarming. Reports by NDLEA have revealed an increasing involvement of women in drug abuse. Among the increasing percentage of female youths engaging in drug abuse, a lot of these female youths are undergraduate students or have started abusing drugs while as undergraduate students. In view of the above, this study focuses on the public perception of female undergraduate students on the most commonly abused drug and the prevalence of drug abuse among female undergraduate students of public universities in Kano State.

The prevalence of drug abuse among female undergraduates is becoming a serious negative development that is affecting their personal development. It is seriously becoming an issue that everyone's attention is being drawn in as much as that person is conscious of what brought about improving societal welfare and peaceful coexistence among the teeming population. It is a behavior disorder that is destroying the ethical standard of many societies. Prevalence of drug abuse is consuming a lot of financial resources of Kano State government. This is because of the heavy instruments the government is putting in place to tackle this unwanted menace that is engulfing the life of many women and destroying human potentials.

1.2 Statement of the Problem

Drug abuse is not a new phenomenon in Nigeria and other societies. Scholars have argued that the presence of social problems like drug abuse is inevitable and normal in human societies. However, it only becomes abnormal when it becomes rampant or intolerable. The contemporary

Nigerian society is, characterized with high rate of drug abuse, with youths in the forefront of its engagement. Unfortunately, university students whom are mostly youths are also involved in drug abuse. More disturbing is the rate at which female students are also incessantly abusing drugs.

Until few decades back, the female population are, hardly identified with drug abuse (except a negligible percentage) especially in Northern Nigeria. However, increased freedom for women, peer pressure and attachment to drug abusing male counterparts, poverty, poor parental control and lack of supervision among other factors have increased the rate and level at which female students abuse drugs. Today, drug abuse has become an issue that casts a gloomy shadow to the entire Nigerian society especially among female university undergraduates. Research has shown that drugs especially codeine cough syrup, tablets and cigarette are the emerging cancer ravaging women and girls in the universities as these illicit habits are still sustained. Equally disturbing is the desire to use drugs to combat real or imagined fear of failure either by boosting self-esteem/self-confidence or by underscoring focused determination to achieve academic goal on record time.

More worrisome is the peculiar sociological and socio-economic problems that university students find themselves such as unbridled freedom, possession/control of too much money, poor role-models, too much play and less work syndrome, irrational ambition, doggedness and self-medication. All these are manifestations of deliberate indulgence in unrecompensed, unprescribed, unnecessary and excessive drug use to keep life going on the campus.As widely speculated, drug abuse in most Nigerian universities has led to increased secret cult activities, absenteeism, armed robbery, prostitution, high risk sexual behavior, examination misconduct, personality disorder among others. Students that are addicted to drugs often miss their lectures

and other academic responsibilities like tests, assignments and personal readings, which may consequently lead to course failure and some students may even be withdrawn.

Accordingly, most of these young students are not fully aware of the magnitude of the problem or its long time consequences, and even if they do so, find it extremely difficult to terminate their unhealthy relationship with drugs. This signifies that these young students are facing a serious problem, which needs societal intervention. Hence, most universities in Nigeria establish guidance and counseling centers or units, and the counselors are ready to assist students having problems. Most students dealing with drugs, however, do not seek the help of the university counselors because they may not want people to know that they are abusing drugs, especially female drug abusers.

1.3 Objectives of the Study

The objectives of the study were to find out:

1. Perception of female undergraduates on most commonly abused drug among female university students in Kano State.

2. Perception of female undergraduates on prevalence of drug abuse among female university students in Kano State.

3. Difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on university.

4. Difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on level.

5. Difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on programme.

1.4 Research Questions

1. What is the perception of female undergraduates on most commonly abused drugs among female university students in Kano State?

2. What is the perception of female undergraduates on prevalence of drug abuse among female university students in Kano State?

1.5 Hypotheses

1. There is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on university.

2. There is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on level.

3. There is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on programme.

1.6 Significance of the Study

The study will be of great significance to the lecturers, parents, society, government, social workers, counselors in school and non-school settings, stakeholders in education and students themselves. The significance of the study to parents is that it will help them to know the signs and symptoms of drug abuse; it will also increase their awareness about the cause and effect of drug abuse. It will also help parents to control the behaviors of their children. To the government officials, this study serves as an instrument for understanding its causes, symptoms and dangers

of drug use and abuse. It will also help the government in taking necessary measures concerned with drug abusers in and out of the state and to curb the prevalence of drug use and abuse.

Finally, the findings will be of significance to the lecturers and counselors of the universities in Kano State as it will help them in tackling drug use and abusing students through the use of sensitization lecture within and outside the classroom.

1.7 Scope and Delimitation of the Study

The scope is going to cover perception of female undergraduates ofBayero University Kano, Yusuf MaitamaSule University Kano and Kano University of Science and Technology Wudil from the Department of Education in level 2 and 3.

Therefore all other female undergraduates in other faculties are delimited from the study. The study delimited male undergraduatesof Bayero University Kano, Yusuf MaitamaSule University and Kano University of Science and Technology Wudil. It is also delimited to other tertiary institutions as well as other levels. The study also delimits private universities and other degree awarding institutions in Kano State.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.1 Introduction

The chapter presents the conceptual framework, theoretical framework, empirical studies and summary and uniqueness of the study. In the conceptual framework, the chapter discusses the concepts of drug, drug abuse, drugs of abuse, causes of drug abuse, signs and symptoms of drug abuseand effects of drug abuse. In the theoretical framework, the chapter reviewed Merton's Anomie theory. In the empirical studies, the chapter presents the review of some studies conducted by some researchers on the related field of study. The chapter also presents the summary and uniqueness of the study compared to the established researches.

2.2 Conceptual Framework

2.2.1 Drugs

Drugs properly administered have been societal medicinal blessing. Unfortunately certain drugs produce enticing side effect for example euphoria, a sense of feeling good, elation, serenity and power. What begins as a measure of relaxation often evolves in time to a problem of dependence and abuse (Muraguri, 2004). Drugs generally refer to illegal drugs, although the social significance of alcohol, tobacco and tranquilizers should be noted (Scott and Marshall, 2005). The diverse origins of illegal drugs include natural plants and manufactured synthetics. The most commonly used drug is cannabis, but greatest social concern is aroused by heroin, and more recently, crack/cocaine, amphetamine and ecstasy (Scott and Marshall, 2005). Generally, drugs and alcohol serve positive functions in the treatment of certain ailments and diseases, when used in accordance with qualified medical practitioner's advice (Igbo, 2007).Fundamentally, drugs are

either substances which when consumed in considerable quantity, intoxicate and affect someone's physical and mental balance, reasoning, sense of judgment and behavior; or substances that are used in the prevention or treatment of diseases, illnesses, ailments and sicknesses.

Drug refers to any substance other than food, which by its chemical nature, affects the function of the living organism. From this perspective, the term drug may thus include any household product like agricultural and industrial chemicals, alcohols and spirits, tobacco, kola nuts, coffee, medicines of remedial value, narcotics and psychotropic substance like cocaine, lexoten, valium, Librium, marijuana or cannabis sativa etc.(NAFDAC 2004).

Dusek and Girdano (1989) see drug as "any substance that by its chemical nature, affects the structure or functions of a living organism". This is an indication that all substances including food, beverages, herbs, cigarettes, food addictive etc inhaled , injected into the body to stimulate or slow down activities /metabolism are classified as drugs (Ige 2000). Awake (2001) define drug as "any chemical substance, whether of natural or synthetic origin, which can be used to alter perception, mood or other psychological states."

The term "abuse" means to use wrongly or improperly; and also to misuse (Okorie, 2006). From a different version and perspective, the word "abuse" as a concept could mean a situation whereby something is used in a bad manner, careless way and in a way in which it would it would cause injury to the user. These points of view are almost the same and they are pointing towards the same direction.

Weitters, Venturelli& Hanson (1992) see drug as any substance that modifies biological, psychological or social behavior. An additional explanation is that such modification can enhance, inhibit or distort the biological, psychological or social function of the body.

2.2.2 Drug Abuse

Drug abuse means the non-prescriptive use of psychoactive chemicals to alter the psychological state of individual, which results in altered functions. Such drugs may destroy the health and productive life of a person. Secondary schools are exposed to drugs which include alcohol, tobacco, bhang, inhalants like glue, opium, cocaine, heroine, sleeping pills, tranquilizers, cough mixture and eye drops which are readily available to them Gacicio, (2003). It is clearly stated that smoking or taking illegal drugs like cannabis sativa (bhang), marijuana, hashish, cocaine, alcohol, opium and heroin bring disorder in the human body resulting into euphoria, impulse behavior, anxiety, brain damage and psychotic reactions.

Drug abuse can also be improper use of drugs or alcohol to the degree that the consequences are defined as detrimental to the user or to the society Igbo (2007). In Nigeria where medical quacks and roadside patent medicine dealers seem to have assumed the role of qualified medical practitioners, all types of drugs including antibiotics (chloramphenicol, ampicillin and tetracycline capsules as well as penicillin injections), are dispensed without due regard to the conditions of use Igbo (2007). Fuhrman (1986) stated that drug abuse causes fear due to hallucination, brain disorder and loss of self-esteem and as a result, one can easily commit suicide or experience accidents. The use of illicit drugs leads to broken families, separation and divorce. This may not create conducive environment for a student. Drug abuse also results into indulgence in sexual intercourse thus paving way for high risks to HIV/AIDS infection and spread in addition to sexually transmitted infections. Other outcomes of drug abuse have been strikes in schools characterized by violence, destruction of property, rape and sometimes death, for instance the case of St. Kizito mixed secondary school in Meru district where male students invaded the girls dormitory and violently raped 72 girls, nineteen girls lost their lives and school

property was destroyed . Otieno (1999) also asserts that a study carried out by London schools of economics in 1980 on students learning behavior revealed a relationship between drug abuse and poor academic results .In most cases, self-prescription is the order of the day. Individuals simply walk into drug stores and buy whatever drugs they want or think they need, regardless of the conditions of use (Igbo: 2007: 166). This may lead to 'under dose' or 'overdose' of certain drugs with attendant negative consequences.

It is also conceded that indulgence in illegal drugs causes abnormal alertness, aggressiveness, loss of appetite, acute depression, sluggishness, faulty judgment, chronic intoxication and can easily cause death. The use and abuse of drugs by adolescents have become one of the most disturbing health related phenomena in Nigeria and other parts of the world NDLEA(1997). Several school going adolescents experience mental health programme, either temporarily or for a long period of time. Some become insane, maladjusted to school situations and eventually drop out of school. Drug abuse may reduce undergraduate chances of graduating from school or of landing and holding a steady job, it may also be causing student unrest in the campus which will disturb academic calendar and this may also lead to poor academic performance. Yusuf (2010) posited that cognitive and behavioral problems experienced by alcohol and drug-using youth may interfere with their academic performance and also present obstacles to learning for their classmates.

Drug abuse is common among undergraduate students; many of them abuse substance such as drug alcohol and tobacco. Alcohol is the most widely used and abused drug among youth, and it causes serious and potentially life threatening problems for this population. Yusuf (2010) noted that alcohol is the most abused substance in Nigerian campuses. Piwana and Haggai (2007) pointed out that alcohol has become a recreational past time with students, to the extent that

students have found a new religion in which drinking alcohol is the major sacrament. The findings of Piwana and Haggai (2007) also revealed that the drugs commonly used at cult meetings include first and foremost alcohol and tobacco; all cult groups abuse these two drugs regularly.The importance or usefulness of drugs cannot be over emphasized. This is because they are among the most useful means doctors have for relieving pain and suffering as well as cue of some diseases. However, they have to be taken correctly in order to obtain its positive effects. This is because the wrong drug, or the wrong amount of even the right one, can make an illness worse, destroy blood cells, damage the body, or even result to death. Some drug users become drug dependent which is also part of the abuse. This is a continuous basis in order to experience its psychic effect or to avoid the discomfort produced by its absence.Haladu (2003) explained the term drug abuse as an excessive and persistent self-administration of a drug without regard to the medically or culturally accepted patterns. It could also be viewed as the use of a drug to the extent that it interferes with the health and social function of an individual.

Majority of drug abusers in the world today are young people who are looking for new sensations, or who hope that drugs will increase their mental functioning or their ability to understand themselves. Some of them start taking drugs while in school and colleges, under the influence of friends. Although, some of them stopped after leaving the school, others still continued unabated. Many youths take drugs out of frustration, to escape from their problems. Some do so out of deviant behaviors, because they are told not to. This happens as a result of the psychological feeling of independence among young people. Hence, they do not want to be told what to do. They are ready to disobey both the authorities and their parents just to be rebellious. In poor countries like Nigeria however, youths take drugs as a result of frustration caused by poverty due to unemployment. There are no job opportunities in this country for graduates and

school leavers. The education they acquire is also defective, in the sense that it does not provide them with any skill that will enable them be self-reliant. It is equally important to note that most of the youth that abuse drugs are ignorant of the implications of what they do. This is because most of them do so to enable them fit into their peer groups.

2.2.3 Drugs of Abuse

The drugs frequently and commonly abused as postulated by Garba (2003) are:-

1. **Central Nervous system Depressants:** Central nervous system depressants are some of the widely used and abused drugs in existence. They are believed to relieve stress and anxiety, and some induce sleep. CNS depressants produce a host other side effects including problems dependence. Alcohol is the commonest depressant used to ease tension, cause relaxation or help users to forget their problems.

2. **Central Nervous System Stimulants:** Stimulants are substances that act on the central nervous system. The user experiences pleasant effects initially, such as a sense of increased energy and sometimes a sense of euphoria. A typical example of a major CNS stimulant is cocaine. Other minor stimulants include coffee, tea and some soft drinks.

3. **Hallucinogens:** Hallucinogens are substances that alter sensory processing in the brain, causing perpetual disturbances, changes in thought processing include volatile solvents and aromatic hydrocarbons.

4. **Marijuana:** It is a vegetable substance sometimes referred to as cannabis sativa. It consists of dried and crushed leaves, flowers, stems and seeds. It has some sedative effects.

5. **Miscellaneous group:** This includes zakarmi (datura metal), inhalants like nitrous oxide, volatile solvents and household products like glues, spot removers and tube repair kit or solution.

2.2.4 Causes of Drug Abuse

The following are factors that cause psychoactive substance abuse which includes peer pressure, adolescence, curiosity, availability of drugs, advertisement, social drugs, culture, drug subculture, socio economic status, parenting style, personality, urbanization, illiteracy, ignorance, unemployment, frustration, depression and nature of job.

1. **Peer Pressure:** Most people who abuse drugs always attribute the cause to the influence of their friends (peers). Peer pressure has been shown to be one of the most important determinants of drug abuse, and other forms of problem behaviors. Peer pressure or influence normally starts at schools and parties. Members of the peer group are deceived into believing that drugs are used to solve emotional problems hence they take it initially, to enjoy, to relax, and to be more sociable until they become drug oriented.

2. **Adolescence:** Closely related to peer pressure as a predisposing factor to drug abuse is adolescence. Drug abuse maybe initiated at any age but mostly initiated at adolescent age (11- I5years). Adolescent age therefore becomes a predisposing factor to drug abuse. Parents in particular must, therefore, be sensitive to the activities of their children at this stage of their development. The risk factor for adolescent drug abuse is similar to the behavioral effects of learning disabilities, reduced self-esteem, academic difficulty, loneliness, depression and the desire for social acceptance. One such period, comprises the storm and stress of adolescence. This timing is probably not by accident, for this is the period when the struggle for personal identity is at its height. Generally, learning to

be independent where parental control is indirect puts them at a higher risk of identifying with a bad group (as identified under peer pressure). This is also not necessarily because they initially share their anti-social disposition but because such group may have shown some promise of strength and commitment to security of its members. This makes identifying with such groups strategic for survival and becoming independent.

3. **Curiosity:** Adolescent stage (the age at which drugs are mostly initiated) is a period of experimentation, a period where curiosity tends to be the order of the day. Out of curiosity, youths experiment on anything except there is adequate information on the dangers of what they want to experiment. Curiosity increases with availability. Incidentally, drugs are readily available in our society.

4. **Availability of Drugs:**Availability of drugs is a predisposing factor to drug abuse. This is viewed from the context that availability creates awareness, which in turn leads to curiosity. Prevalence of drug abuse differs markedly for various drugs: drugs that are legal - alcohol and tobacco cigarettes are used much more frequently than illegal drugs. This is because they are available and have no legal prohibition. In the same vein, cannabis is the most abused illegal drug in Nigeria. Incidentally it is cultivated in Nigeria and as such available.

Advertisement: Closely related to availability of drugs is advertisement. Some drugs (especially the social drugs like alcohol and cigarette) are not only available but advertised. The glamour that goes with the advertisement of these drugs makes them attractive to the audience which makes them vulnerable to the abuse of the drugs.

5. **Social Drugs:** Social drugs are usually referred to as gate way drugs. They are natural or synthetic substances, which by law are acceptable for consumption. Examples of social

drugs within the Nigeria context are alcohol, cigarette, and kolanut. The selling and consumption of these drugs are not illegal in Nigeria. The basis for not classifying them as illegal drugs has, though, been criticized considering their health implications, predisposing nature and social hazards. Until these consequences are realized and the substances placed in the right perspective they remain drugs of discretion with no legal prohibition of possession and use,

6. **Culture:** The culture of a people sets standard rules and regulation for its citizenry. Incidentally, Nigeria is a multi-ethnic society whose ethnic units are distinct cultural groups in terms of attitudes, customs, and value system. Hence they construe the world, people and events differently. What constitutes a problem in one setting is not necessarily so in another. What is considered normal drug use in one life-style may be considered deviant in another.

7. **Drug Subculture:** Drug subculture means the abuse of drugs by parents, siblings or close relations. From social interactional perspective, family members are part of an interactive, interdependent network in which the behavior of each individual or subsystems modifies that of other individuals, or subsystems, in the family. Families characterized by poor adolescent adjustment and problem behavior thus define a relatively homogeneous social environment shared by all of its members - parents and siblings. The definition of what constitutes drug abuse generally therefore varies. The view of individuals or people in a particular society about drugs determines the reaction to the different drugs of abuse. That is why some people will find it difficult to do away with palm wine or kola nuts because of cultural affiliations. The same goes for Cannabis which is seen by some people as vegetable. Through this, the younger generations are

directly or indirectly initiated into drug abuse. Studies have shown that drugs used by parents in most cases only introduce children to the drug environment while the choice and types of drugs to use depends on the child. In other words the children graduate from the smoking of cigarette or drinking of alcohol by the parents to the abuse of cannabis, cocaine, heroin etc. The fact that the parents or siblings use any drug of abuse makes them lose moral justification to discourage them and this weakens the control that they would have had on the child.

8. **Social Economic Status:** Drug abuse cuts across the three social economic classes (High, Middle and Low). Studies have however shown that children from the low social economic class abuse drugs more than children from the high or middle social economic class because of some peculiarities. Common features of low social economic class are poverty, unemployment, deprivation, parenting stress, domestic violence, school dropout, truancy, escape from home, criminal acts, malnutrition, poor diet etc. All these have effects on the personality of an individual at adolescent and adulthood which increase the chances of abusing drugs. For example studies have shown that children who have a poor diet are more likely to become aggressive and anti-social. In a fourteen years follow up study of more than 1,000 children in Mauritius, an Island in the Indian Ocean of the Coast of Africa by the University of Southern California, it was found that lack of zinc, iron, vitamin B and protein in the first three years caused bad behaviour among children later on. At eight years old, poorly fed children were more likely to be irritable and pick fights than those fed healthily. At age 11, they swore, cheated and got into fights, and at 17, they stole, bullied others and took drugs. Therefore, the more malnourished children were the greater anti-social behaviors they exhibit later on in life.

Peer influence as earlier explained is the number one predisposing factor to drug abuse. Peer influence is noted especially stronger in lower social class; youths from this class are somewhat alienated from their families, find in gangs the security and status they seek, whereas middle and upper social class youths pursue their parents' ideals of popularity and success. The lower class youth gravitate to peer influence for various reasons, the basic reason being their own low status in the society. Peer membership is also easy for them because they are less closely confined to home. From an early age, they wonder the streets and come in at late hours.

Their parents, aware of then-own inferior status, often share their children's negative attitudes toward society at large. Dominating parents impose excessive control on the child; indulgent parents pamper the child every whim and make little attempt to control him or her. The overprotected and indulged children show behaviour characterized by disobedience, temper tantrums, and excessive demands on others. They try to dominate and tyrannize other children of their own age (a step in the direction of drug abuse).

9. **Parenting Style:** The atmosphere of the parent - child relationship can be examined with regard to a variety of characteristics. For example, parental attitudes toward the child can be described as neglectful, overprotective, possessive, arbitrary, democratic, accepting, warm, hostile, rejecting, and so on. Possessiveness - detachment, concerned with the extent to which parent is protective of the youngster; this can range from extreme over protectiveness to neglect and disregard for dangers and traumatic experiences. Dominating parents impose excessive control on the child; indulgent parents pamper the child every whim and make little attempt to control him or her. The overprotected and indulged children show behavior characterized by disobedience, temper tantrums, and

excessive demands on others. They try to dominate and tyrannize other children of their own age (a step in the direction of drug abuse).

Parenting styles help the child to build either positive or negative identity. Democratic parents, encourage children to participate in family decision-making and foster achievement. Autocratic parents, control the children's behavior without giving them an opportunity to express opinions. This encourages identity for enclosure (a term used to describe children who have made a commitment but have not experienced a crisis). Laissez-faire or permissive parents provide little guidance to the children and allow them to make their own decisions thus promoting identity decision (that is children who have not yet experienced crisis; they have not yet explored meaningful alternatives or made any commitment).

Other family conditions that predispose drug abuse by children are lack of love in the home, parental negligence of responsibilities in the home due to materialistic pursuits, brokenhome, polygamous home, single parenthood, marital conflict, and large family size. Failure to experience love and affection from parents and siblings is one of the major causes of antisocial behaviors, rebelliousness, disobedience, and discipline problems of all kinds. Most polygamous homes and large families are characterized by in cohesion and lack compatibility between members of the family because of frequent disagreements, quarrels, fighting nagging which predispose the child to poor sense of security and identity. In deteriorating situations, the home break-up and the children are subjected to inadequate parental care and supervision. This influences his social and emotional adjustment - a path to drug abuse.

10. **Personality:** Freudian psychosexual theory tells us that in the course of development, some individuals because of traumatic experiences at one time or another stage fail to progress normally to the next stage. When they are adults, the primitive psychosexual tendencies characteristics of the respective immature stages continue to remain active, governing their personalities and producing characteristic psychological traits. This oral type of psychological traits is characterized by dependent attitudes towards others. Such persons will continue to seek sustenance, or feeding from others, and depending on when during the oral stage fixation occurred, he becomes optimistic, immature, and trusting pessimistic, suspicious and sarcastic, about the prospects continuing support. Oral deprivation/inadequate gratification, anxiety and insecurity surrounding the nursing situation at early stage of life lead to permanent fixation some libidinal energy on oral activities later in life, fixation gives rise in the adult personality to what is called-oral personality, a syndrome of traits including dependence, passivity, greed and excessive tendencies toward oral activities, such as smoking and drug abuse.

11. **Urbanization:** The Nigerian society has undergone tremendous transformation in the past five decades. There has been relatively rapid industrialization and urbanization, increased culture-contact with the Western World; this has resulted into acculturation and rural urban migration. All these have led the weakening of traditional control system where neighbor are no longer surrogate parents, and children return from school only to meet empty homes because parents have gone for work. Such kids find and join other children to perpetrate crime-oriented activities including drug abuse.

Studies have shown that illicit drug use is less common in the rural areas than urban areas. This is not to say that drug abuse is limited to urban areas. This simply means that

urbanization; increases the chances of drug abuse within the urban areas compared to rural areas. The reasons are not farfetched. In the village there is communal living pattern and the control of the behaviors of both adults and children are carried out by the elders and the neighborhood.

12. **Illiteracy:** Education creates awareness and forges a desirable goal. Education, fashion, and social consensus therefore, contribute to the shaping of public attitudes and practices with respect towards drugs. Indeed, there is a positive relationship between education and drug abuse. In other words low educational attainment is a strong predictor of the onset of drug abuse. Abuse of drugs no doubt is caused by illiteracy and ignorance as most people abuse drugs without knowing the harmful effects of the drugs.

13. **Ignorance:** Ignorance of the dangers of drugs is a manifestation of poor cultural attitudes, illiteracy, inadequate enlightenment programs by Government and non-Governmental organizations about the dangers of drugs. People are bright enough but they lack the information upon which to base intelligent decisions. In the face of no information, most people rely on reference groups for making decisions rather than consider the unanswered questions themselves. This situation is likened to that of drug abuse. Ignorance breeds fear, distrust, faulty decisions, and out - of- touch reasoning -a path to drug abuse.

15. **Unemployment:** It is widely known that if people had decent employment they would be less likely to use drugs. Many drug dependent persons themselves believe this sincerely. They know that drugs are often used to fill up the emptiness of unemployment. They also see that people with good jobs get less involved with drugs. The frustration associated

with joblessness, idleness is not only a predisposing factor to drug abuse but also an obstacle to cessation.

16. **Frustration:** Frustration is the thwarting or delaying of some ongoing course of action or of goal gratification. People get frustrated when they need something that is either unattainable, difficult to attain, will take time to attain or are subjected to such situations. Frustration is an important component of psychological stress. When people are subjected to circumstances of sub-marginal existence, with little or no incentive to move onto their dreams and expectations, many unusual patterns of behavior becomes manifest. These unusual patterns of behaviors bring about drug abuse. This is usually compounded by low tolerance for frustrating situations. There are a number of frustrating events in one's life, which predispose one to drug abuse. Examples are failure, losses, envious comparisons, personal limitations, guilt, and perceived lack of meaning to life.

17. **Depression:** Depression is the most ubiquitous of the patterns seen in psychological abnormality. Depression is an illness related to chemical imbalances in the brain which is much more severe an occasional case of being sad. Depression affects the body, energy level, appetite and concentration. People are depressed are quite inactive both in terms of ending energy and in getting things done, working toward it, taking care of personal business or activities. A depressed person is, therefore, virtually on an extinction 'trial as most significant reinforces are withdrawn. More subtle factors are sometimes involved such as loss of a particular body functioning. These terrible conditions in life especially where there are no adequate help results in experimentation/solace with drugs, which may eventually, lead to drug addiction.

18. **Nature of Job:** Enhancement of job performance has been identified among reasons why people initiate drug use. The categories of performance or nature of job, however, determines the kind of drugs used. In other words, how drugs have their effect and why different people choose different drugs lies in the balance between a person's drive and inhibitions. Those who wish to increase their drives take stimulants, whereas those who wish to release their inhibitions imbibe in depressants.

19. **Euphoric Effect:** Despite the acknowledged influence of peer pressures, personal and social stresses, availability and other numerous factors that predispose humans to drug use, one cannot ignore the psychoactive and euphoric effects of drugs itself which are usually sought by the users. By the pharmacological and neurobiological formulation, the particular chemical compositions of these drugs are of prime importance. The emphasis that is being laid here is on the addictive components of the drug. Predisposition to the use of such agent is ascribed to the drug itself either through the smell or intake. Addicting drugs act on the pleasure pathway by substituting the natural neurotransmitters that act at different points in the circuit, thus producing an artificial state of reward (euphoria), a powerful compulsion to sustain that state, and dysfunction of the reward mechanisms.

20. **Mental Health/Psychiatric Disorder:** The study conducted by Martin (2011) revealed that there are people who are exposed to all or some of the factors already discussed in this chapter, yet they are not abusing drugs. This makes the consideration of the mental health/psychiatric disposition of drug addicts important. This factor is beyond the drug addicts' individual personal decision whether to take drugs or not (Martin, 2011).The personality manifestation of mental health/psychiatric disposition is that such individuals

fail to identify with normal adult goals such as financial independence, stable employment and establishment of his/her own home. He is an adult, but passive, dependent, unreliable and unwilling to postpone immediate gratification of pleasurable impulses; he demonstrates no desire to persevere in the face of environmental difficulties or to accept responsibilities, which he finds distasteful.

2.2.5 Consequences of Drug Abuse

Substance abuse brings about many adverse consequences, which affect the user, his family and the entire society. These adverse consequences can be categorized into three namely, physical, psychological and social.

1. **Physical:** Some of the physical effects includes damage to important organs like brain, liver, hypertension, chronic cough and above all some researches have shown that HIV infection associated with drug addiction is becoming significant socio pathological problem in Nigeria (Ahmad, 2002).

2. **Psychological:** Drug abuse leads to depression (state of being kin low spirit), anxiety, dementia (loss of memory), Hallucination (hearing or seeing an image when this is not real), moodiness and aggressiveness leading to the degeneration of the individual. Such individual with these characteristics is a waste of him/herself and the society at large.

3. **Social:** Socially the consequences of drug abuse to the nation are quite serious. The preponderance of youth addicts roaming the streets negatively affects the economy as a result of low productivity and shortage of efficient manpower. Public safety is subverted, as drug addiction is leading to incitement of both sexes to prostitution and criminal behavior.

Attempt to establish a correlation between criminal violence and drug abuse had been made and there are claims that illicit drug users are higher in a population of criminals than non-drug users. Violence witnessed in various communities leading to bloodletting, raping (Floyd, L.J., Hedden, S., Lawson, A., Salama, C., Moleka, A.G.& Latimer, W. 2010), stealing has a link with drug abuse. The human and material resources lost during such violence have their effects on the stability of the nation Ige, (2000). A significant number of deaths from road accident have also been traced to the act of person's under the influence of drugsAliyu (2010)

2.2.6 Signs and Symptoms of Drug Abuse

According to Adolescents Health Information Project AHIP (2001) the following are signs and symptoms of drug abuse. They are:

1. **Signs of Drug Used and Drug Paraphernalia**

a. Possession of drug related paraphernalia such as pipes, rolling paper, small decongestant

b. Possession of drugs, peculiar plants or bolts, seeds of leaves in ashtrays or clothing pockets.

c. Odour of drugs, smell of incense or other cover up scents.

2. **Identification with Drug Culture**

a. Drug related magazines, slogans on clothing

b. Hostility in discussing drugs

3. **Signs of Physical Deterioration**

a. Memory lapses, short attention span, difficulty in concentration.

b. Poor physical coordination, slurred or incoherent speech; unhealthy appearance, indifference to hygiene and grooming

c. Bloodshot eyes, dilated pupils.

4. Changes in Behavior

a. Distinct downward performance in school place of work.

b. Increased absenteeism or tardiness.

c. Chronic dishonesty, lying; cheating and stealing.

d. Trouble with the police and other law enforcement agencies.

e. Change of friends, evasiveness in talking about new ones.

f. Increasing and inappropriate anger, hostility, irritability, sectraveness etc.

g. Reduce motivation, energy, self-discipline, self-esteem etc.

2.2.7 The Effects of Drug Abuse

Mba (2008) page 10-18 identified numerous negative effects of drug abuse on the body chemistry as follows:

1. Alcohol-related problems includes

a. Physical problems e.g. liver cirrhosis, pancreatic, peptic ulcer, tuberculosis, hypertension, neurological disorder.

b. Mental retardation for the fetus in the womb, growth, deficiency, delayed motor development.

c. Craniofacial abnormalities, limbs abnormalities and cardiac deficits.

d. Psychiatric e.g. pathological drunkenness and suicidal behavior.

e. Socially-broken homes, increased crime rate, sexual offences, homicide and sexually transmitted diseases, losing jobs and misuse of money (resources).

2. **Tobacco:** Causes stimulation of heart and narrowing of blood vessels, producing hypertension, headache, loss of appetite, nausea and delayed growth of the fetus. It also aggravates or causes sinusitis, bronchitis, cancer, strokes, and heart attack.

3. **Stimulants:** Lethargy, irritability, exaggerated self-confidence, damage nose linings, sleeplessness, and psychiatric complications.

4. **Inhalants:** Causes anemia, damage kidney and stomach bleeding.

5. **Narcotics:** Causes poor perception, constipation, cough, suppression, vomiting, drowsiness and sleep, unconsciousness and death.

6. **Metal objects:** Sharing hypodermic needles increases the risk of contracting AIDS and some types of hepatitis from injecting some drugs.

2.2.8 Factors Determining Drug Abuse among Undergraduate Students.

The following are some of the factors that determine drug abuse among undergraduate students:

1. **Peer group influence:** Most University students are young adults below the age of 24 years. They are therefore susceptible to the influence of peers (Falaye, 2001; Enang, 2007). Consequently, some of them start smoking, taking alcohol, and eventually advance to the use of hard drugs like marijuana, heroin and cocaine (Osarenren, 2002).

2. **Lack of Self-Confidence:** Usually many male students take drugs to boost their self-confidence in a bid to approach their female counterparts for amorous relationship (Falaye, 2001)

3. **Reduction of Stress and Frustration:** Some students take drugs when they are under stress or feel frustrated. Such ugly situations may arise from the death of a loved one, a quarrel between the student and his/her parents leading to the teenager fleeing from home, or maltreatment by a stepmother (Ndu, Brown and Topp 2009).

4. **Academic Rigour:** Some University students find it difficult to combine their academic program with other social activities (Makinde, 2004). Consequently, many of them resort to the use of drugs either to study late into the night or relieve tension. The use of drugs is particularly common during examinations (Samuel, P.S., Fasuyi, O. O. &Njuku, P. A. 1985).

5. **Curiosity and Search for Excitement:** Some university students take drugs because of curiosity and desire for adventure. Thus, curiosity leads to experimentation with drugs (Ndu, Brown &Topp 2009). Repeated experiments lead to excitement. Because these drugs give a feeling of excitement, such students find it difficult to do without them.

2.2.9 Effects of Drug Abuse among Undergraduate Students

The following are some of the effects of drug abuse among University students in Nigeria:-

1. **Truancy and Absenteeism:** According to Osarenren (2002), truancy is when students stay away from school or academic activities regularly without permission while absenteeism is when there is a high rate of absence from school or academic activities when regular attendance is required. These problems are indications of adolescent rebellion, self-assertion, perceived poor academic achievement or maladjustment which are traceable to drug abuse (Falaye&Gesinde, 2003; Falaye& Adebayo, 2002).

2. **Cultism:** When University students are into drugs, they further seek membership of secret societies which are rampant on University campuses in Nigeria. Researchers have shown that many cult members are into drugs (Atere, 2003; Raufu, 2003 &Okirika, 2000)

3. **Armed Robbery and Organized Crimes:** Drug abuse gives students a false sense of security and self-confidence. As a result, these adolescents take to different types of crime including kidnapping, rape and armed robbery.

4. **Prostitution and High Risk Sexual Behavior:** When female University students are dependent on drugs, they may also take to prostitution as a means of making easy money to live above their economic means. Male students who are on drugs are also known to be gigolos or engage in gay relationships with older wealthy men while the female may have multiple sexual partners with whom they engage in lesbianism and unprotected sex. According to Samuel, P. S., Fasuyi, O. O. &Njuku, P. A. (1985), such students usually desire the most expensive and fashionable clothing, perfumes and cars but do not have the means to secure them. Prostitution and other high risk sexual behavior therefore, provide the avenue for cheap money.

5. **Hostility:** Drug abusers often experience emotional instability. Consequently, they may become hostile to family, friends, colleagues, lecturers constituted authority and every one about them.

6. **Personality Disorders:** A personality disorder is a deviant behavior (Makinde, 2004). Thus, personality disorders that are common among drug abusers are paranoid (secretive, stubborn, rigid); schizoid (socially withdrawn, poor social skills); narcissistic (self-centered, lacks empathy); histrionic (flirts about, attention seeking); borderline (unable to maintain intimacy, unstable moods); and self-defeating (depressed, lonely, resists social contact, feels hopeless).

7. **Examination Misconduct:** University students who are into drugs experience different levels of personality disorders as highlighted above. As a result their involvement in cult and other related activities, truancy and absenteeism, poor study skills and poor memory, many of them resort to cheating during examination (Awa, 1983).

2.2.10 Substance Abuse Identification Techniques.

There seems to be three techniques for identifying substance abuse, the first technique is laboratory process where blood test are conducted in order to ascertain the presence or non-presence of especially alcohol in the blood. The second technique is usually to wait and remain vigilant until the person under surveillance is caught using the substance. The third technique is to rely on symptoms (Garba, 2003).

According to Amina (2001), people having a tendency towards drug abuse or addiction may show the following traits:

(i)   An unusual craving for sweets

(ii)   Long period of time spent alone

(iii)   Laziness, lack of motivation and forgetfulness

(iv)   A change to dress that emulate the drugs culture

(v)   A change of friends who are associated with drug culture

(vi)   An interest in the music of the drug culture

(vii)   Radical mood changes, constrain irritability, hostility etc.

(viii) Red short eyes, needle mark on the arms etc.

2.2.11 Management of Drug Abuse

Garba (2003) listed the following as the management and solution to drug abuse

(i) Let us be involved in the promotion of awareness of drug abuse dangers through campaign on continuous basis

(ii) Help people to cope with anxiety.

(iii)Encourage the improvement of general health

(iv) Urge people not to be selfish

(v) We should encourage people to practice new ways of relaxation

(vi) Encourage open mindedness on this issue

(vii) Encourage a realistic lifestyle

(viii) We can encourage people to manage time well

(ix) Treatment and social re-integration

Garba (2003) stresses that, psychologist should also help in the educational program, but such effort cannot work out the presence of deeper social value whether they concern smoking, liquor or drugs. And to help school to encourage such value, new drugs curriculum should be introduced in our institution of learning.

Abdullahi (2006) outlined among the solutions to drug abuse that, government should re-activate the drug inspection units and make them perform their duties more effectively. The government should regulate the advertisement of abused drug on radio, television and printed media. The drug abuse among youth cannot be solved by government alone, with the parents influence and charity begins at home, parents should be good model for their children and teach them good behaviors in a practical way. Parents should not smoke cigarettes or drink alcohol in the presence of their children. Special values as regard to the use of drug must change to drug free society. Enlightenments program especially among the youth should be involved in the ministry of health. Government should control all illicit drugs, alcohol and cigarette. Establishment of rehabilitation centers all over the federation and fully equipped. The centers should be utilized in giving good orientation to individuals on drug abuse hazards. Similarly, who pointed out that, we are all witnesses to the effect of war indiscipline and corruption (WAI) on the standard of cleanliness of our surroundings? In the same vein, there should be war against Drug abuse.

2.2.12 Historical Perspective of Women and Drug Use

To grasp the complexity of the growing predicament of women and alcohol/drug use, counselors and those working in related fields must understand the historical context of this area and its influences on women and substance use today. Belenko (2000), for example, reported that many psychoactive drugs—now known to be both dangerous and additive-were completely legal in this country until the end of the 19thcentury. In fact, physicians often prescribed medicines containing opium, morphine, or cocaine to women for any number of ailments.

Over-the-counter (OTC) drugs were originally used for self-medication, and women were routinely given these "soothing syrups" as home remedies for "women's troubles," which included menstrual and menopausal discomforts, ovarian neuralgia, vaginismus, vomiting due to pregnancy, and more other substance use Kandall, 1998. To deliver that calming effect, most OTCs contained alcohol or opiates. It wasn't until the Pure Food and Drug Act of 1906, the Opium Smoking Act in 1909, and the Harrison Act of 1914 that policy makers were forced to implement changeBelenko, 2000

Women have long enjoyed social interactions accompanied by alcohol – although historically much less visibly than men. Despite women's temperance movements beginning in the late 1800s, women drank secretly in order to prevent the grim social stigmatization associated with drinking Murdock, 1998. Between the Prohibition period and World War II approximately 38% of women drank alcohol. By the late '40s and early '50s, this percentage increased to 56% Kandall, 1998 and significantly rose during the 1960s and 1970s.

Today, the use of alcohol and other drugs among women continues to increase despite a growing awareness of the many physical and psychological risks associated with these substances. Although this is especially valid for women between 18 and 24 years of age DHHS, 2000,

experts suspect that as many as 3 million women abuse alcohol and that 25% of those who abuse alcohol also abuse other drugs Center for Substance Abuse Prevention, 2000.

2.2.13 Gender Effect on Drug Abuse

Studies on substance use and college students consistently demonstrate that college men drink and use drugs more frequently, in larger quantities, and at earlier ages than college women (Sax, 1997; Wechsler, 2002). Nonetheless, Madison-Colmore, Ford, Cooke, and Ellis (2003) noted that substance abuse is increasing among women, particularly among 18-25 years-olds. Among college women enrolled full-time, nearly 34% engaged in binge drinking and 10.7% reported heavy alcohol use (Department of Health and Human Services [DHHS], 2000). Among college women not enrolled full-time, 26.3% binge drank and 6% reported heavy alcohol use. Moreover, Wechsler (2002) reported a 125% increase in frequent binge drinking, which he defines as the three or more times in the two weeks prior to the survey

Madison-Colmoreet. al(2003) surveyed 445 college women, 317 African Americans and 138 Caucasians, attending 10 colleges and universities located in the Eastern region of the United States regarding their prevalence of tobacco, alcohol, marijuana, and cocaine use. The results showed that alcohol was the most frequently used substance, followed by tobacco, marijuana, and cocaine. At the time of the study, more than 73% of female college students used alcohol, 25% used tobacco, 23% used marijuana, and less than 2% used cocaine. Within the 30-day period prior to being surveyed, 53% of college women reported alcohol use, 17% reported tobacco use, 13% reported marijuana use and less than 1% used cocaine. Disaggregated analysis of the frequency usage patterns within that period revealed that Caucasian female college students reported drinking alcohol and using tobacco more frequently than did their African American counterparts. These findings were consistent with previous studies (Caetano

&Kaukutas, 1995; Caetano, 1984; Russell, Cooper, Mudar and Frone, 1992), which also found alcohol use and alcohol- related problems to be more frequent among Caucasian women than Africa women.

Conversely, the Madison-Colmore, et.al (2003) study reported more frequent usage of marijuana among African American college women than among Caucasianwomen. Madison-Colmoreet.al attributed the increased marijuana use among African American female college students to cultural differences. In other words, despite its illegal drug status marijuana is more frequently viewed among African Americans as a socially acceptable behavior.

2.3Theoretical Framework

2.3.1 Merton's Anomie/Social Structure Theory

The theory was developed by Robert K. Merton in 1938 to explain how the social structure encourages deviance in American society. According to Ozo-Eson (2010) Merton believed that every social structure has two (2) characteristics, goals and means. Whereas goals connote those things that are worth striving for, means connotes approved methods of achieving the goals. Merton believed that disagreement between goals and means creates anomie. The idea of anomie used by Merton was borrowed from Emile Durkhiem (1857-1917) who used the term "anomie" to connote a state of normlessness or weak social regulation in modern society as one of the conditions that leads to high rate of suicide. For Merton, however, anomie is a condition that societal mal-integration takes when there is disjuncture between means and goals (Akers & Sellers, 2004).

For Madaki (2009) Merton explained anomie in relation to American society when the societal goals and means of attaining them are rejected. The American society is such that the pursuit of the American dream (monetary success) through educational certificate or market success is a

cultural priority (Joyce, 2012). Iwarimie – Jaja (2008) posited that Merton's (1968) argument is that American societies like all capitalist oriented societies define goals to be achieved by approved means, but opportunities to achieve success goals via conventional means are inequitably distributed. Hence, Iwarime-Jaja (2003) concluded that conventional means are differently distributed to the extent that individuals willingly choose to circumvent them and therefore, device their own means.

According to Siegal (2012) legitimate means to acquire American dream are stratified across class and status line. Thus, strain caused by the disagreement between societal goals and institutional means may induce the structurally denied individuals to develop deviant, criminal or means. According to Madaki (2009) Merton developed modes of adaption, which he believed all members of the society will fit into one category. That is to explain the differential responses the people make when the condition of strain sets in.

The modes of adaptation include: Conformity, Innovation, Ritualism, Retreatism and Rebellion. Burke (2009) argued that conformity is a self-explanation response or adaption. This is because, they are individuals who were not structurally denied access to conventional means. Conformity is the most common resource or else, society would be unstable (Leonard, 1982, Siegal, 2012). Except conformity, all other responses are deviant.

Innovators accept the cultural goal (i.e. monetary success) but reject the institutional means. Siegal (2012) maintained that innovation closely related to criminal behavior. Tierney (2006) posited that the formulation of innovation constitutes the source of property crime. Hence, Burke (2009) argued that innovation is the primary focus of the students of crime and criminal behavior. Armed robbery, theft, fraud, drug trafficking, human trafficking among others are all forms of crimes committed by innovators.

Ritualists accept the institutional means but reject the cultural goals. Tierney (2006) argued that original purpose (monetary success) is neglected and close adherence to institutional means becomes a matter of ritual. For leonard (1982) ritualists have lost all hope of attaining the goal, but conforms rigorously to the institutional means. Example of ritualists includes Clerical assistants and cleaners etc.

Retreatism is the least form of adaptation, as they are aliens who reject both the means and goals of the society (Burke, 2009). Leonard (1983) argued that vagrants, tramps, dry addicts, psychotics among others are example of retreatist. Finally, the rebellions do not only reject both societal goal and institutional means, but tend to introduce new social order which they value cherish. Examples include terrorists like AlQaeda in Islamic magrib (AQIM), Taliban, Tuarey, Tebu, Boko Haram among others.

2.3.2 Relevance of the Social Structure Theory to Drug Abuse

According to the theory, drug abusers are among the retreatist group, who reject both the societal goals and institutional means that can be used to achieve them. According to the theory, female students that abuse drug(s) are mainly members of the lower class. Thus, female students engage in drug abuse as a behavioral response to the situation of 'strain' they found themselves in. A condition imposed by the structural disjuncture between cultural goals and institutional means of achieving them.

The theory has gained a lot of support over the years. Siegel (2012) argued that Merton's theory has been one of the most enduring and influential sociological theories of deviant behavior. The theory provides a useful insight on how social structure creates deviance. However, the theory cannot be used to explain drug abuse among people who accepts both the means and goals of the

society (Leonard, 1983). Accordingly, the assertion that deviant behavior is mainly a feature of lower class members of the society is unacceptable.

2.4 Review of Empirical Studies

Many studies have been carried out in different parts of the world on drug use and abuse by researchers. Oye-Adeniran, Aina, Gbadesin and Ekanem, (2014) conducted a survey on 2,408 female students (1,854 from the University of Ibadan and 554 from the Bayero University, Kano). Alcoholic drinks of palm wine, alcoholic wine, and beer were the most common of substances used (22.7%), followed by tobacco (2%) and cannabis (1%). The drugs used were significantly associated with religious affiliation of the students, as the prevalence of substance use was least among Muslim students (11.7%) and highest among those who professed traditional religion (39.4%).

Oshikoya and Alli (2006) reported that of the 1000 students surveyed on the perception of drug abuse amongst Nigerian undergraduates living off-campus at Students at the Lagos State University, a total of 807 responded to the questionnaire resulting in 80.7% response rate. Majorities (77.9%) of the students were aged 19-30 years and unmarried. 86.5% claimed they were aware of drug abuse, but contrarily they demonstrated poor knowledge and awareness. Marijuana, 298 (45.7%) was the most common drug of abuse seen by most of the students. Coffee (43.1%) was the most commonly used drug, followed by alcohol (25.8%) and marijuana (7.4%).

A survey conducted by Fatoye and Morakinyo (2002) on substance use among secondary school students in rural and urban communities in South Western Nigeria with a sample size of 542 made up of 266 males and 276 females found that the prevalence rate of current drinking was 13.4%. The study also found that the prevalence rate of alcohol use was 26.4%, and that the most

commonly used alcoholic beverage was palm wine (60.1%), followed by beer (20.8%), and then locally fermented wine and locally distilled gin (14.7%). Data collected by Eke (1997:250) from 640 secondary school students aged 14 years or older in the former Anambra State of Nigeria, using self-administered questionnaire found that 57% of the students had used alcohol.

Similarly, Chafez and O'Brien (1991:96) carried out a research on the usage of alcohol and other drugs. According to the researchers, a survey conducted by Alcoholic Anonymous (AA) in 1986 showed that 38% of alcoholics in AA were addicted to one or more drugs. This was especially true of women: 46% of women as opposed to 37% of men in the survey 35 reported that they were addicted to drugs as well as alcohol. Eighteen-year-olds had the highest level of drug and alcoholic addition, at 80%.

In similar studies conducted byAdeyemoFlorence, Ohaeri Beatrice and OgbodoOgala (2016) drug abuse has become an increasing problem in Nigeria. This study sought to determine the prevalence of drug abuse among students in a tertiary institution in Benin City, Edo State Nigeria. The study adopted a descriptive survey designs. The sample size of the study was 800 students (n=800). The research question and hypothesis was answered. Descriptive statistics and Pearson product moment correlation were used for data analysis using statistical package for social science (SPSS). The result showed that majority of the respondents were young people within the age group of 20-25 years and higher proportion of respondents were male students. This study reveals that 46.6% of the sample respondents have taken drugs for non-medical purposes at least once. Coffee and Alcohol were the most commonly abused drugs. Majority of the respondents agreed that student's teacher relationship, improper parental upbringing as well as the influence of peer pressure were the reasons of drug abuse. Result also revealed that null hypothesis which stated that there is no significant relationship between university environment

and drug abuse among UNBEN students is rejected while the alternate hypotheses is upheld. It is therefore recommended that public health intervention aimed at preventing drug use among students should be designed to raise awareness about the negative effect of drug abuse. The current research work is related to the past work in the use of descriptive statistical tools to test the null hypothesis. But the past research did not give the actual population of the study which the present research work did.

Awoyinfa (2012) conducted a study on the effects of drug abuse on the academic performance of Benue state university students. The theoretical framework adopted was on differential and structural strain theory. The study was descriptive survey research. The finding from the study reveals that majority of the respondents believed the level of drug abuse among students of BSU is moderate. Based on the result of the study, it concludes that drugs are a source of medication and treatment for various illness and preventive disease if properly prescribed by medical professionals. But drugs wrongly used without medical prescription has negative effect or consequences for academic, social, psychological and physical development of students. Therefore, recommends that there should be proper orientation of students on the dangers associate with drug abuse.

In a research conducted by Ubangha, Ogunyemi, Makinde, Ajani (2013) the study investigated the relationship between drug abuse and deviant behavior among undergraduates of university of Lagos. A sample of 100 undergraduates was randomly selected from the faculties of Education, Engineering, Business Administration and college of Medicine. Three hypotheses were tested while data were generated using structured questionnaire. Pearson product moment correlation statistics was used to analyze the data. Results showed no significant relationship between drug

abuse and each of truancy, cultism, and high risk sexual behavior among undergraduates of the University of Lagos, Nigeria.

Result from Adelekan, Abiodun, Obayan , Oni, Ogunremi (1988) on the prevalence and pattern of substance use was investigated among undergraduate students of the University of Ilorin, Kwara State. Six hundred and forty-nine students completed a 117-item self-report questionnaire 636 of which were analyzed in which 41% were females. The most commonly used substances with their 'lifetime' prevalence rates were as follows: salicylate analgesics, 95.2%; alcohol, 77%; stimulants, 69.2%; antibiotics, 63.3%; hypno-sedatives, 49.4% and cigarettes, 37.4%.Bewick, Mulherri and Stiles (2008) examined changes in undergraduate student alcohol consumption as they progress through university in UK. Data was collected for 3 years from 5895 undergraduate students who began their studies either in 2000 or 2001. Longitudinal data was available from 225 students, while, the remaining 5670 students all responded to at least one of the three surveys. The study found that student alcohol consumption declines through their undergraduate studies.

The second in the series of surveys was conducted by Adelekan in 1993. The comparison of the data with the 1988 series gave some indication of trends. For example, there was a significant decrease in the current use rate of alcohol, salicylate analgesics, stimulants and cigarettes in 1993. The reduction was observed equally in both genders. They also noted a significant increase in the current non-medical use of antibiotics, and in the lifetime use of organic solvents. However, usage rates were stable for the low-use substances such as cannabis, cocaine and heroin. The pattern of use for the commonly used substances remained largely occasional, with a shift towards less frequent smoking in 1993.

Osman, Victor, Abdulmoneim, Mohammed, Abdalla, Ahmed, Ali and Mohammed (2016) reported that the prevalence of drug abuse among university students in Sudan were tobacco (13.7%), cannabis (4.9%), alcohol (2.7%), amphetamines (2.4%), tranquilizers (3.2%), in9halants (1%), opiates (1.2%), cocaine (0.7%) and heroine (0.5%), with peer group (40.9%) as the rationale behind the abuse. Females (70.2%) with mean age of 19.6 were found to be recorded with drug abuse and 57.6% of them lived with their parents.The Federal Road Safety Corps (F.R.S.C) (1995) carried out a research on the rate of road accidents in Nigeria. From the reports gotten by the F.R.S.C, the body observed that about 40% of accidents, especially during the end of the year and New Year celebrations, occur as a result of the abuse of either alcohol, stimulants or other mind altering drugs.

Bogowicz, Ferguson, Gilvarry, Kamali, Kaner and Newbury-Birch (2017) studied alcohol and drug use among medical and law students at a UK university using anonymous cross sectional questionnaire survey of first, second and final year students. The study found significant difference in prevalence of drug among medical and law students. Babalola, Akinhanmi and Ogunwale (2014) examined prevalence, pattern and factors associated with psychoactive drug use among medical students in OlabisiOnabanjo University, Nigeria using WHO student questionnaire to evaluate drug use among 246 medical students between September and October 2011 (with 47.2% female representation). The study findings indicated difference in prevalence of psychoactive drug use among students in different levels of study.

National and International Drug Agency (NIDA) (1987) carried out a research on the usage of illicit drugs and the number of people who use drugs. From the findings of the body, and from the results of their research, it was found that 60% of all high school seniors in the Unites States of America, who were surveyed in 1981, used illicit drugs.Onoja (2010) studied prevalence of

drug abuse among secondary school students using 250 self-administered questionnaires distributed among students of one public and one private school. The prevalence of drug abuse was 22.1% and 15.3% among private and public schools respectively.

Global Research Network (2000) found out and reported after conducting its research that in Russian Federation, 90% of registered HIV infected persons were drug injectors. From the report, it was also revealed that 64% of drug users in Manpur, Northern India were believed to share needles, while an estimated 20-50% of HIV/AIDS cases in North America were attributed to injecting drug use (I.D.U).

Sorensen, Fagan, Hunt, Stoddard, Girod, Eisenberg, and frazier (2004:250) carried out a research on the age of those who smoke tobacco in the United States. From the report they got, they observed that approximately eight percent of adult smokers initiated tobacco use before the age of eighteen.

2.5 Summary and Uniqueness of the Study

The researcher reviewed studies above which investigated drug use and abuse among undergraduates. More recently, Tarig et al (2016), Florence, Ohaeri, Beatrice and Ogala (2016) also investigated drug abuse among university students in Sudan, and prevalence of drug abuse among students in a tertiary institution in Benin City.

The review also considered some of the empirical studies above which investigated perception of drug abuse amongst Nigerian undergraduates, Oshikoya and Alli (2016) investigation perception of drug abuse amongst Nigerian undergraduates living off-campus at the lagos state university.Almost all studies indicate strong relationship between university students and drug abuse.

Oshikoya and Alli (2006) examined the perception of drug abuse amongst Nigerian Undergraduates at the Lagos State University. The present study is unique in terms of population of the study which will focus on female undergraduates of all the public universities in Kano state in level two (2) and three (3) from the department of Education.

Florence et al (2016) examined the prevalence of drug abuse among students in a tertiary institution in Benin City, Edo State. The present study is unique in terms of population of the study, sample size and sampling technique whereby the review mentioned above randomly selected samples from four faculties and four departments.

Adelekan et al (1988) examined prevalence and pattern of substance use among undergraduates of the university of Ilorin Kwara State. The present study is unique in terms of population and sample size whereby the present study focused on female undergraduates from level two (2) and three (3) and a sample size of three hundred and sixty (360) respondents was used. The study is also unique because it investigates perception on most commonly abused drug and the prevalence of drug abuse based on university, level of study and program of study.

The review considered some empirical studies that related to the present study and also most of the studies reviewed were from the foreign literature and few from local literature. In view of this, the present study attempted to breach the gap by providing the empirical data that showed the perception of female undergraduates on drugs of abuse and drug abuse by female university students in Kano State.

CHAPTER THREE

METHODOLOGY

3.1 Introduction

This chapter provided detailed explanation on the methodology that was employed in this study. It outlined the brief introduction, research design, population of the study, sample size, sampling technique,data collection instrument and data collection procedure.

3.2 Research Design

The research design adopted for this study was survey design. Nwankwo (2011) opines that descriptive survey aims at collecting data from a given sample of population and describes probably certain features of the sample as well as generalized it to the entire population. In descriptive survey, the researcher observed the behavior of one or more variables all at once. It is the most recommended for collecting behavioral data relating to psychological and academic studies (Fraenkel&Wallen, 2008). The study used survey design to find out perception of female undergraduates on drugs of abuse and drug abuse by female university students in Kano State and describe it to the reader.

3.3 Population and Sample

3.3.1 Population of the Study

The target population of this study comprised of all the level 200 and 300 (2017/2018) session female undergraduates of Bayero University Kano, Yusuf MaitamaSule University Kano and Kano University of Science and Technology Wudil from the department of Education. According to the statistical report obtained from Centre for Information Technology(CIT), the total number of female undergraduatesin Bayero University Kano is one thousand two hundred

and forty two (1242) and according to the Departmental record of students 2017/2018 session, the total number of female undergraduates in Yusuf MaitamaSule University is six hundred and seventy one (671) while Kano University of Science and Technology female undergraduates are three hundred and ninety three (393) making the total number of female students two thousand three hundred and six (2306).

3.3.2 Sample Size

The sample size of the study is 306 female undergraduates of Bayero University Kano Yusuf MaitamaSule University Kano and Kano University of Science and Technology Wudil. Out of the above sample, 164 female undergraduates in Bayero University were selected, 89 female undergraduates in Yusuf MaitamaSule University Kano and 53 female undergraduates in Kano University of Science and Technology Wudil to form the sample size. The sample size was drawn from the total population using Researcher Advisors (2006). Below is the table of sample size.

Table 1: Study Population and Sample Size

S/N	UNIVERSITY	PROGRAMME	LEVEL	POPULATION	SAMPLE SIZE
1.	BUK	B. A Ed	200	315	42
			300	320	42
		B. Sc Ed	200	297	39
			300	310	41
2.	KUST	B. Sc Ed	200	244	33
			300	149	20
3.	YUMSUK	B. A Ed	200	173	23
			300	129	17
		B. Sc Ed	200	242	32

	300	127	17
TOTAL		2306	306

3.3.3 Sampling Technique

Proportionate sampling technique was used in selecting the sample of the study. Proportionate sampling is a sampling method used when the population is composed of several subgroups that are vastly different in number. The number of participants from each subgroup is determined by their number relative to the entire population. The total number of female undergraduates was two thousand three hundred and six (2306) and simple random sampling technique was used to select three hundred and six (306) respondents.

3.4 Data Collection Instrument

The instrument used in collecting data in this study is researcher-developedquestionnaire titled Drug Abuse Inventory (DAI). The instrument consists of three sections A, B and C. Section "A" is concerned with personal data of the respondents such as university, year of study etc, section "B"consist of eleven (11) items related to drugs commonly abused by female university students and section "C" consists of four (4) items, prevalence of Drug Abuse among Female University Students. The instrument is based on four (4) likert scale.

3.4.1Scoring of the Inventory

The Inventory was scored on (4) point Likert scale to find out the perception of female undergraduates on drugs of abuse and drug abuse. The response categories of the Inventory was weighted by assigned numerical value as: Strongly Agree= 4 ,Agree = 3, Disagree =2 and Strongly Disagree =1 while most of them= 3, many of them =2, some of them= 1 and none of

them= 0. The sum of weight of all the items choose by the subject represents the individual's total score.

3.5 Validation of Data Collection Instruments

3.5.1 Validity of the Instrument

Validation of the instrument was obtained with the assistance of the Supervisor and other experts in the Department of Education Bayero University and Yusuf MaitamaSule University Kano. The useful suggestions such as modification of some items and grammatical errors were effected in drafting the final instrument with a view to eliminate ambiguities and irrelevant items to ensure a well-structuredinstrument.

3.5.2 Reliability of the Instrument

The reliability of the instrument was obtained from pilot testing of the instrument using test retest method. Test retest type of reliability is determined by administering the same test twice to the same candidates under approximately the same conditions.The score obtained on the two occasions are then correlated to establish the degree to which two sets of scores correspond. A test that yields similar scores on two administrations where no significant event has taken place is highly reliable. Pearson Product Moment Correlation Co- efficient was used in computing the correlation co-efficient of the instrument and a reliability index of 0.79 was obtained.

3.6 Data Collection Procedures

The procedures for data collection began by collecting an introductory letter from the Department of Education Bayero University Kano and present it to student affairs of Bayero University Kano, Yusuf MaitamaSule University and Kano University of Science and Technology Wudilfor appropriate data and sought permission to conduct the research in their

universities. The letter contained explanation regarding the nature and purpose of the study. After the permission was granted the researcher presented the letter during pilot study and was used in administering the instrument. The collection of data was done through personal administration and assistance from the research assistants who were trained on how to administer the instrument. After that, the researcher met the sample students in their respective lecture halls prior to commencement of lecture and told them the purpose of seeing them. The subjects responded to the questionnaires within 25 minutes, they filled and returned them. The instrument was administered to level 2 and 3 students of Department of Education in the sampled schools and only female students participated in the research.

3.7 Data Analysis Procedure

The statistical tools that were used by the researcher to analyze and interpret the data are descriptive and inferential statistics. Descriptive statistical technique (mean and standard deviation) were used to answer all research questions. T-test for independent sample and Analysis of variance (ANOVA) were used to test differences in all the hypotheses at0.05 level of significance. T-test was used because it is the applicable statistical technique for determining the differences or otherwise between means of two samples or between two groups. Standard deviation was used to answer all the research questions in the study because it will indicate the extent to which values are dispersed from the distribution mean.

CHAPTER FOUR

DATA PRESENTATION AND ANALYSIS

4.1 Introduction

This chapter presents the summary of data, detail analysis of results, summary of findings, and discussion of findings. The data collected was subjected to descriptive statistics (mean and standard deviation) and t-test for independent sample. The three hypotheses were tested at 0.05 level of significance. The analysis was based on the 306 questionnaires that were distributed in Bayero University Kano (BUK) Yusuf MaitamaSule University Kano (YUMSUK), and Kano University of Science and Technology (KUST).

4.2 Data Presentation

Two research questions and three hypotheses were stated in the chapter one of the study. The research questions and hypotheses were tested and result of findings was presented in this chapter. Below shows the summary of distribution of the respondents and answers to research questions based on the data collected from the instruments of data collection employed in the process of data collection.

Table 2 Distribution of respondents based on University, level of study and programme

	University	Programme	Level	frequency	Percentage	
1	BUK	B.A ED	200	42	13.7	100%
			300	42	13.7	
		B. SC ED	200	39	12.7	
			300	41	13.3	
2	YUMSUK	B.A ED	200	23	7.52	
			300	17	5.56	
		B.SC ED	200	32	10.6	
			300	17	5.56	
3	KUST	B. SC	200	33	10.8	
			300	20	6.53	
		Total		306	100	

Table 2 shows the distribution of respondents based on university, level and programme. The distribution of respondents based on university shows that BUK has 164 respondents representing 53.6%, YUMSUK has 89 respondents representing 29.1% and KUST has 53 respondents representing 17.3%. The distribution of respondents based on programme shows that BUK has 84 B.A ED students (51.2%) and 80 B.SC ED students (48.8%), YUMSUK has 40 B.A ED students (44.9%) and 49 B.SC ED students (55.1%), while, KUST has 53 B.SC ED students (100%). Hence, there are 124 B.A ED students (40.5%) and 182 B.SC ED students (59.5%).

Accordingly, the distribution of respondents based on level shows that there are 169 level 200 students (55.2%) and 137 level 300 students (44.8%).

4.3 Data Analysis

To present the data analysis, the data was presented in a tabular form based on research questions and hypotheses.

4.3.1 Answers to Research Questions:

The data collected was analyzed using t-test for independent sample to test the hypotheses and the research questions were answered using descriptive statistics (mean scores and standard deviation).

The two (2) research questions formulated in chapter one were answered below using the mean scores and standard deviation of the variables.

Research Question One: What is the perception of female undergraduates on most commonly abused drug among female university students in Kano State?

Table 3 Most Common Drug Abused by Female Undergraduate Students

Group	Mean	S. D.	Rank
Codeine	3.52	0.618	2
Marijuana	2.80	1.010	6

Rohypnol	3.37	0.787	3
Tramadol	2.94	1.024	5
Benylin	3.57	0.604	1
Tobacco	3.35	0.710	4
Heroine	2.80	1.022	6
Cocaine	1.85	0.846	10
Alcohol	2.04	0.905	9
Gadagi	2.64	1.071	7
Solution	2.56	0.947	8

Table 3 above shows that benylin has the highest mean score of 3.57, closely followed by codeine with a mean score of 3.52, rohypnol with a mean score of 3.37, tobacco with a mean score of 3.35, tramadol with a mean score of 2.94, heroine and marijuana both with a mean score of 2.80, gadagi with a mean score of 2.64, solution with a mean score of 2.56, alcohol with a mean score of 2.04 and finally cocaine with a mean score of 1.85. Therefore, benelyn is the most commonly abused drug by female university students in Kano State with the highest mean score of (3.57).

Research Question Two: What is the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State?

Table 4 Prevalence of Drug Abuse among Female University Students

S/N	University	Programme	Level	N	Prevalence
1	BUK	B.A ED	200	42	38(90.5%)
			300	42	36(85.7%)
		B. SC ED	200	39	35(89.7%)
			300	41	37(90.2%)
		Total		164	146 =89%

2	YUMSUK	B.A ED	200	23	15(65.2%)
			300	17	10(58.8%)
		B.SC ED	200	32	19(59.3%)
			300	17	10(58.8%)
		Total		89	54 =60.7%
3	KUST	B. SC ED	200	33	18(54.5%)
			300	20	10(50%)
		Total	53	28 =52.8%
		Total		306	228=74.5%

Table 4 above shows the prevalence of Drug Abuse among Female University Students as perceived by female undergraduates in Kano State. It shows that out of 164 female undergraduates from BUK, 146 (89%) perceived that female undergraduates abuse drugs. Out of 89 female undergraduates from YUMSUK, 54 (60.7%) perceived that female undergraduates abuse drugs and out of 53 female undergraduates from KUST, 28 (52.8%) perceived that Female Undergraduates abuse drugs. Therefore, out of the total number of 306 female Undergraduates in Kano State 228 (74.5%) perceived that Female Undergraduates in Kano State abuse drugs.

4.4 Hypotheses Testing

Analysis of variance and t-test for independent sample was used for the analysis of the three hypotheses using statistical program for social sciences (SPSS) computer analysis.

HO1: There is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on university.

Table 5 Analysis of Variance (ANOVA) on Prevalence of Drug Abuse among Female University Students based on Universities

Source	Sum of Squares	df	Mean Square	F	Sig.

	83.093	2	41.546	19.842	0.00
Between Groups	83.093	2	41.546	19.842	0.00
Within Groups	634.437	303	2.094		
Total	717.529	305			

Table 5 above shows Analysis of Variance of difference in the prevalence of drug abuse among female university students based on universities. The result shows the p-value of 0.00 tested at 0.05 with a 305 degree of freedom. The p-value (0.00) is less than 0.05 level of significance. Therefore, the null hypothesis which states that there is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano state is rejected. This means that there is significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State.

Table 6 Post Hoc Test Analysis (Scheffe Test)

(I) Institutions of learning	(J) Institution	Mean difference (I-J)	Std. Error	Sig.
BUK	KUST	1.439	.229	.000
	YUMSUK	.301	.191	.288
KUST	BUK	-1.439	.229	.000
	YUMSUK	-1.138	.251	.000
YUMSUK	BUK	-.301	.191	.288

	KUST	1.138	.251	.000

*The mean difference is significant at the 0.05 level

Table 6 above present the post-hoc analysis (scheffe test) to show the direction of the difference in the perception of female undergraduates on drug abuse prevalence based on university. The table shows that there is significant difference between BUK and KUST (P-value=0.000) and KUST and YUMSUK (p-value=0.000) respectively, while the table present that there is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students between BUK and YUMSUK (p-value=0.288).

HO2: There is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on level.

Table 7 t-test for independent sample of Prevalence of Drug Abuse based on level of study

Level of Study	N	Mean	Sd	df	t-cal	P-Value
Level 200	169	7.88	1.677	304	2.165	0.31
Level 300	137	7.50	1.312			

Table 7 above shows the test result of difference in prevalence of drug abuse among female university students based on level of study. The result shows the calculated t-value of 2.165 and p-value of 0.31tested at 0.05 with a 305 degree of freedom. The p-value (0.31) is greater than the 0.05 level of significance. Therefore, the null hypothesis which states that there is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students is retained. This means that, there is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on level.

HO3: There is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on programme.

Table 8 t-test for independent sample between Prevalence of Drug Abuse and programme of study

Programme	N	Mean	df	Sd	t-value	P-value (2tailed)
B.A ED	124	7.94	304	1.820	2.175	0.30
B.SC ED	182	7.55		1.285		

Table 8 above shows the test result of difference in prevalence of drug abuse among female university students based on program. The result shows the calculate t-value of 2.175 and p-00value of 0.30 tested at 0.05 with a 304 degree of freedom. The p-value (0.30) is greater than the 0.05 level of significance. Therefore, the null hypothesis which states that there is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on programme is retained. This means that there is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on programme.

4.5 Summary of Findings

The following are the research findings, which include:

1. Benylin is the most commonly abused drug among female university students in Kano State.

2. The prevalence of drug abuse among female university students as perceived by female undergraduates in Kano State is high with 74.5%

3. There is significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on university.

4. There is no significant difference in the perception of female undergraduates on the prevalence of drug abuse female university students in Kano State based on level.

5. There is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on programme.

4.6 Discussions

This study was set up mainly to investigate perception of female undergraduates on drugs of abuse and drug abuse by female university students in Kano State. In this study, drugs commonly abused as well as prevalence of drug abuse in Kano State public universities was investigated using Drug Abuse Inventory (DAI).

The first research question reveals that Benylin (with a mean score of 3.57) is perceived as the most commonly abused drug among female university students in Kano state. The finding also reveals that, cocaine (with a mean score of 1.85) is the least commonly abused drug among female university students in Kano State. This finding of Florence, Beatrice,

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Okpalaand Oghale (2016) is not in conformity with the most commonly abused drug, but is in conformity with the least abused drug. The study sought to determine the prevalence of drug abuse among students in University of Benin. The study employs descriptive survey design using a sample size of 800 students (44.6% female representation). The study found that alcohol and coffee were the most commonly abused drug, while, cocaine was the least. The finding is also not in agreement with the findings of Oshikoya and Alli (2006) who conducted a survey with 807 out of 1000 respondents (80.7 response rate) on perception of drug abuse among undergraduate students residing off-campus in Lagos State University. The study found that marijuana (45.7%) was the most commonly abused drug seen by most students. The study finding is also in disagreement with the findings of Adelekan, Abiodun, Obayan and Ogunremi (1998) who investigated prevalence and pattern of substance use among undergraduate students of University of Ilorin with 636 analyzed questionnaire (out of which 41% were females). Contrary to this study finding, Adelekan et al (1998) provided the most commonly abused substances to include salicylate analgesics.

The second research question shows that the extent of drug abuse prevalence among female University students as perceived by female undergraduates in Kano State is high with 74.5%. It shows that out of 164 female undergraduates from BUK, 146 (89%) perceived that female undergraduates abuse drugs, out of 89 female students from YUMSUK 59 (66.2%) perceived that female undergraduates abuse drugs, and out of 53 female undergraduates from KUT, 28 (52.8%) perceived that female undergraduates abuse drugs. The study finding also corroborates the findings of Babalola, Akinhanmi and Ogunwale (2014) who examines the prevalence, pattern and factors associated with psychoactive substance use among medical students of OlabisiOnabanjo University, with a sample of 246 medical students (47.2%

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female representation) between September and October 2011. Babalola et al (2014) found the lifetime prevalence of drug abuse among medical students in OlabisiOnabanjo at 65%.

The first hypothesis provides that there is significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students based on university. This finding also provides that BUK has the highest prevalence of drug abuse among female university students with a mean score of 8.04, then, YUMSUK with a mean score of 7.74 and finally KUST with 6.60 mean score. The findings from the analysis of hypothesis with a p-value of 0.00 (tested at a 0.05 level of significance) proved that there is difference in prevalence of drug abuse between the three sampled universities. This may be because BUK is a federal institution, the students may be more aware on the issue of drug abuse. This finding is in agreement with the finding of Onoja (2010) who compared the prevalence of drug abuse among students of private secondary schools and public secondary schools in Jos. A total of 250 self-administered questionnaires were distributed in each school using proportionate allocation by stratification method. Onoja (2010) found that drug abuse was more prevalent in private schools than government schools.

The second hypothesis purports that there is no significant difference in the perception of female undergraduates on drug abuse prevalence based on level. This finding also purports that level 200 female students have a mean score of 7.88, level 300 female students with 7.50 mean score. The findings from the analysis of hypothesis with a p-value of 0.31 (tested at a 0.05 level of significance) proved that there is no difference in prevalence of drug abuse between level 200 and level 300. This study finding is in disagreement with the findings of Bewick, Moulhern and Stiles (2008). Bewick et al (2008) describes drinking patterns of UK fulltime undergraduate students as they progress through their degree course. Data was

collected for 3 years from 58995 undergraduate students who began their studies either 2000 or 2001. Longitudinal data (i.e years 1-3) were available from 225 students. The remaining 5670 students all responded to at least one of the three surveys (year 1, n=2843; year 2, n=2219; year 3, n=1805). The study found that student's alcohol consumption declines over their undergraduate studies. This means that, the prevalence in consumption of alcohol is not the same across all levels of study. Thus, Bewick et al (2008) discovered difference in prevalence of substance abuse among undergraduate students across levels of study. However, the findings of Babalola et al (2014) also indicated relationship between prevalence of drug abuse among university student base on year of study.

The third hypothesis maintains that there is no significant difference in perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on programme . This finding also highlight that female students studying B.A ED has the highest mean score of 7.94, than female students studying B.SC ED with 7.55 mean score. The findings from the analysis of hypothesis with a p-value of 0.30 (tested at 0.05 level of significance) proved that there is no significant difference in prevalence of drug abuse between the programmes of study (B.A ED and B.SC ED). This finding is in disconformity with the findings of Bogowicz, Ferguson, Gilvarry, Kamali, Kaner and Newbury-Birch (2017) who examined the use of alcohol and drug among medical and law students at a UK University, using anonymous cross-sectional questionnaire survey of first, second and final year medical and law students at a single UK university. With 1242 of 1577 respondents (78.8%) Bogowicz et al (2017) found difference in prevalence of drug abuse (alcohol use disorders) between medical students and law students.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter presents an overview of the entire study by presenting the summary of the entire research study, drawn conclusions from findings, implication for counselling and provides recommendations from the study and recommendations for further studies based on the findings of the study.

5.2 Summary

Chapter one presents the background of the study which was the introductory part of the work, statement of the problem was provided, the objective of the study was highlighted, the research questions and hypotheses were outlined. The chapter also presents the significance of the study as well as the scope and delimitation of the research work. The chapter two of the study presents the conceptual frame work, from which, the concept of drug, drug abuse and drugs of abuse were discussed, causes and consequences of drug abuse, signs and symptoms of drug abuse, factors determining drug abuse among undergraduate students, effects of drug abuse to undergraduate students, historical perspective of women and drug use, gender effect on drug abuse. The chapter also presents the theoretical framework, in which Merton's Strain theory was discussed. The review of empirical studies, summary and uniqueness of the study was also discussed.

Chapter three presents the methodology of the study. The chapter contained the research design, population, sampling size and technique, data collection instrument, description of DAI, the procedure of scoring DAI test, the validity and reliability of the data collection instrument. Accordingly, the data collection and analysis procedures were discussed in the third chapter. The

fourth chapter presents the summary of the data, answer to research questions, hypotheses testing, summary and discussion of findings.

5.3   Conclusions

Based on the statistical analysis and/or result of the study findings, the study concludes that benylin is the most commonly abused drug among female university students in Kano State.The study also concludes that the prevalence of drug abuse among female undergraduates is high with 74.5%. Accordingly, the study also concludes that there is significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on university.The study also concludes that there is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on level.The study also concludes that there is no significant difference in the perception of female undergraduates on the prevalence of drug abuse among female university students in Kano State based on programme.

5.4 Recommendation

5.4.1 Recommendation from the Study

Based on the findings of the study, it is, recommended that:-

1. Since benylin is the most commonly abused drug by female university students, the university management should put the appropriate measures of ensuring that benelyne is not easily accessible within the university campus through preventing it sales.

2. The university should also ensure that students found with benylin are punished accordingly (except strictly under doctor's prescription).

3. Drug abuse counselling weeks should be an integral part of the university sessional programmes, a method of awareness and management campaign that will focus on problems involved in the abuse of drugs commonly abused by university students.

4. Counselling units should be established in every department of the universites in Kano State to directly identify and assist students having drug problems.

5. Level coordinators should collaborate with class members to identify students with drug problems and report to respective counselling units.

5.4.2 Recommendations for Further Studies

Based on the scope and limitation of the study, it is, recommended that:-

1. Similar studies should be, carried out using distinct or different research technique, but on similar behavior.

2. The scope of the study was limited to undergraduate students from the faculty of education. Therefore, it is recommended that similar study should be conducted to cover students from other faculties of the university.

3. The study is limited to female students. It is recommended that similar study should be conducted usingmixed gender grouping (male and female).

4. The study is also limited to female students from public universities in Kano State. It is recommended that similar study should be conducted using both the public and private universities in the State.

5. The study focused on perception on commonly abused drugs and prevalence of drug abuse. Hence, studies should be conducted to investigate perception on effect of drug abuse on academic performance.

5.5 Implications for School Counselling

Even with formal and informal strategies used by both institutions of study, family members and community at large, the problem of drug abuse continue to persist among female students. However, not much attention is, given to counselling strategies. Female students can, be assisted immensely by counsellors to overcome and manage their problem. In other words, majority if not all, of these female students having drug problems can be treated with counselling interventions.

The study finds that there is difference in prevalence of drug abuse among female university students in Kano State based on programme and level of study. Hence, there is need for counselling units to be established in all departments or faculties in the universities that will specifically address the problems of students in every department. The counsellors are expected to identify the female students with drug problems, the problems of the individual drug abusers and causes of their drug related problems, as well as the nature and magnitude of these problems.

When necessary, the university should make it possible for counsellors to meet with parents of female students identified drug problems. This will simplify the work of counsellors in identifying the problems of the female students having drug problems, and to develop the effective counselling strategies that will be, used in solving problems of drug abuse. The counsellors must also monitor the behavior and progress or otherwise of female students undergoing counselling interventions.

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Appendix I

DEPARTMENTAL LETTER OF AUTHORITY FOR RESEARCH

Department of Education
P.M.B. 3011
Kano State
Head Prof. Auwal M. Lawal
Email: awwalboss@yahoo.com
Date

B.U.K.
Bayero University, Kano

Dear Sir,

LETTER OF INTRODUCTION

This is to certify that: HAFSAT SALISU with Registration

Number: SPS/15/MED/00088 is our student in the Department of Education

Bayero University, Kano

Kindly render any assistance he may require from you.

Prof. Auwal M. Lawal
Head of Department

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DRUG ABUSE INVENTORY

INTRODUCTION

I am a postgraduate student of Guidance and Counseling Unit in Bayero University Kano and I am conducting research on Perception of Female Undergraduates on Drugs of Abuse and Drug Abuse by Female University Students in Kano State: Implication for school Counseling. I will highly appreciate if you will kindly fill in this questionnaire and I assure you that the information you will provide will be treated with utmost confidentiality.

SECTION A: Respondent's Personal Data

QUESTIONNAIRE IDENTIFICATION NUMBER

1. Institution of study:
(i) Bayero University Kano (   )
(ii) Yusuf MaitamaSule University Kano (   )
(iii) Kano University of Science and Technology Wudil (   )

2. Year of Study
(i) Level 200 (   )
(ii) Level 300 (   )

3. Programmes
(i) B.A ED (   )
(ii) B.SC ED (   )

SECTION B: Instruction: you are kindly required to tick one of the response options

	Drugs Commonly Abused by Female University Students				
S/N	**Items**	**Strongly Agree**	**Agree**	**Disagree**	**Strongly Disagree**
1	Codeine is among the drugs commonly abused by female undergraduate students				
2	Marijuana (Indian Hemp) is among the drugs commonly abused by female undergraduate students				
3	Rohypnon (Rochi) is among the drugs commonly abused by female undergraduate students				
4	Tramadol is among the drugs commonly abused by female undergraduate students				

5	Benylin is among the drugs commonly abused by female undergraduate students				
6	Tobacco is among the substances commonly abused by female undergraduate students				
7	Heroine is among the drugs commonly abused by female undergraduate students				
8	Cocaine is among the drugs commonly abused by female undergraduate students				
9	Alcohol is among the substances commonly abused by female undergraduate students				
1 0	Gadagi is among the substances commonly abused by female undergraduate students				
1 1	Solution is among the substances commonly abused by female undergraduate students				

Prevalence of Drug Abuse Among Female University Students

	Items	Most of them	Many of them	Some of them	None of them
1	Female students in this university are abusing drugs				
2	Drug abused by female students in this university is Tramadol				
3	Female students in this university are addicted to drugs				
4	The drug abused by female students in this university is Benylin				

Name of Research Assistant:-
Checked by Researcher:-
Date:-

```
GET
  FILE='C:\Users\Documents\Hafsat Data_1.sav'.
DATASET NAME DataSet1 WINDOW=FRONT.
DESCRIPTIVES VARIABLES=Codeine Marijuana Rohypnol Tramadol Benelyn Tobacco
Heroine Cocaine AlcaholGadagi Solution
  /STATISTICS=MEAN STDDEV MIN MAX.
```

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Codeine	306	1	4	3.52	0.618
Marijuana	306	1	4	2.80	0.010
Rohypnol	306	1	4	3.37	0.787
Tramadol	306	1	4	2.94	1.024
Benelyn	306	1	4	3.57	0.604
Tobacco	306	1	4	3.35	0.710
Heroine	306	1	4	2.80	1.022
Cocaine	306	1	4	1.85	0.846
Alcahol	306	1	4	2.04	0.905
Gadagi	306	1	4	2.64	1.071
Solution	306	1	4	2.56	0.947
Valid N (listwise)	306				

```
ONEWAY Prevalence BY InstitutionsofLearning
  /STATISTICS DESCRIPTIVES
  /PLOT MEANS
  /MISSING ANALYSIS
  /POSTHOC=SCHEFFE ALPHA(0.05).
```

Oneway

[DataSet1] C:\Users\Documents\Hafsat Data_1.sav

Descriptives								
Prevalence								
	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
BUK	164	8.04	1.099	.086	7.87	8.21	5	11
KUT	53	6.60	1.561	.214	6.17	7.03	3	9
YUMSUK	89	7.74	1.880	.199	7.35	8.14	3	10
Total	306	7.71	1.534	.088	7.53	7.88	3	11

ANOVA					
Prevalence					
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	83.093	2	41.546	19.842	.000
Within Groups	634.437	303	2.094		
Total	717.529	305			

Multiple Comparisons

Dependent Variable: Prevalence
Scheffe

(I) InstitutionsofLearning	(J) InstitutionsofLearning	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
BUK	KUT	1.439*	.229	.000	.88	2.00
	YUMSUK	.301	.191	.288	-.17	.77
KUT	BUK	-1.439*	.229	.000	-2.00	-.88
	YUMSUK	-1.138*	.251	.000	-1.76	-.52
YUMSUK	BUK	-.301	.191	.288	-.77	.17
	KUT	1.138*	.251	.000	.52	1.76

*. The mean difference is significant at the 0.05 level.

Prevalence

Scheffe

InstitutionsofLearning	N	Subset for alpha = 0.05	
		1	2
KUT	53	6.60	
YUMSUK	89		7.74
BUK	164		8.04
Sig.		1.000	.409

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 82.870.

b. The group sizes are unequal. The harmonic mean of the group

sizes is used. Type I error levels are not guaranteed.

```
T-TEST GROUPS=Programme(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=Prevalence
  /CRITERIA=CI(.95).
```

T-Test

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Group Statistics

	Programme	N	Mean	Std. Deviation	Std. Error Mean
Prevalence	B.A ED	124	7.94	1.820	.163
	B.SC ED	182	7.55	1.285	.095

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for
		F	Sig.	t	df	Sig. (2-tailed)	Mean Diffe
Prevalence	Equal variances assumed	10.734	.001	2.175	304	.030	
	Equal variances not assumed			2.040	204.728	.043	

```
T-TEST GROUPS=LevelofStudy(1 2)
  /MISSING=ANALYSIS
  /VARIABLES=Prevalence
  /CRITERIA=CI(.95).
```

T-Test

[DataSet1] C:\Users\Documents\Hafsat Data_1.sav

Group Statistics

	LevelofStudy	N	Mean	Std. Deviation	Std. Error Mean
Prevalence	Level 200	169	7.88	1.677	.129
	Level 300	137	7.50	1.312	.112

Independent Samples Test

		Levene's Test for Equality of Variances		t	df	Sig. (2-taile
		F	Sig.			
Prevalence	Equal variances assumed	5.628	.018	2.165	304	
	Equal variances not assumed			2.220	303.647	

```
GET
  FILE='C:\Users\Documents\Hafsat Data_1.sav'.
DATASET NAME DataSet1 WINDOW=FRONT.
DATASET ACTIVATE DataSet1.
SAVE OUTFILE='C:\Users\Documents\Hafsat Data_1.sav'
 /COMPRESSED.
FREQUENCIES VARIABLES=Prevalence
  /ORDER=ANALYSIS.
```

Frequencies

[DataSet1] C:\Users\Documents\Hafsat Data_1.sav

Statistics

Prevalence

N	Valid	328
	Missing	0

Prevalence

		Frequency	Percent	Valid Percent	Cumulative Percent
		22	6.7	6.7	6.7
Valid	Yes	273	83.2	83.2	89.9
	No	33	10.1	10.1	100.0
	Total	328	100.0	100.0	