

**AN INVESTIGATION INTO THE CONSEQUENCES OF
DRUG AND RELATED SUBSTANCE ABUSE ON THE
STUDY HABIT OF STUDENTS IN IJEBU-ODE LOCAL
GOVERNMENT AREA OF OGUN STATE**

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CERTIFICATION

This is to certify that this research work was carried out **by**
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DEDICATION

This project is dedicated to Almighty God for his protections throughout my years of study.

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My greatest thanks go to God Almighty, for His mercies that endureth forever, protection and provision throughout the programme also for strengthening my heart by giving me the courage and confidence to embark in this programme despite the challenges but all glory and adoration belongs to God.

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ABSTRACT

This research investigates the consequence of drug abuse and related substances among secondary school students in Ijebu-Ode Local Government Area of Ogun State. The study adopted quantitative research, methodology where a survey was used as research design 100 respondents were randomly selected through simple random technique. Three research questions were raised and stated in the course of the study. The study was adopted using t-test. The population of the study consist of all secondary school in Ijebu-Ode Local Government Area, of Ogun State. The instrument used for this study was a self-structured questionnaire which was used for data collection. The data collected were analyzed with the use of frequency count and percentages for demographic data. The study therefore recommended that opportunities should be provided for student orientation on adverse effect of drug abuse and parent or guardians should ensure that they are close to their the children as much as possible and notify school staff of behavior change in these children. They should also inform the school about health issues and any other matter of relevance.

CHAPTER ONE

1.0 Introduction

1.1 Background of the Study

Over the past two decades, the use of illegal drugs and misuse of therapeutic drugs have spread at an unprecedented rate and have penetrated every part of the globe. No nation has been spared from the devastating problem caused by drug abuse. Over the past two decades, the abuse of drugs in Nigeria has rapidly increased and risen to unprecedented level and no part of the country is safe from the scourge (Ngesu, Ndiku, Masese, 2008). The use of drugs in itself does not constitute any danger, because drugs correctly administered have been a blessing. Falco (1988) as cited by Sambo (2008) view that 'Chronic use of substances can cause serious, sometimes irreversible damage to adolescents' physical and psychological development. The use of drugs could be beneficial or harmful depending on the mode of use.

The issue of drug abuse is a well-known phenomenon being condemned by all and sundry including the federal, state and local government. It is a common thing among adolescents and even adults to abuse drugs of various types. The consequences of drug abuse pose a great concern because the chief culprits and victims are the youths who are the future leaders of the nation. People generally misuse or abuse drugs because the substance alter the mode of behaviour of an individual. Over the years, the use of hard drugs like alcohol, sedatives, cocaine, cocoa leaves, heroin, Indian hemp, tobacco, morphine and others have drastically been on increase especially among secondary school students in Ijebu-Ode Local Government Area of Ogun State, Nigeria (Olajide, Fayombo, and Aremus, 2015).

Drug and substance abuse is linked to the rising crime rate, HIV/AIDS prevalence, school unrest, family dysfunction, poverty and other malaise in the country. At the greatest peril are the youth who are deliberately and tactically recruited into the drug culture through personal factor, uncontrolled media influences and social exposure (NACADA, 2006). Drugs have been defined differently by different people. A drug is any substance which when taken into the living organism may alter one or more of its functions. The World Health Organization (WHO, 2015), defines drug

as any substance other than those required for maintenance of normal health, which when taken into the living organism, may modify one or more of its functions. In medicine, drugs refer to any substance with the potential to prevent or cure diseases. Drugs can be legal or illegal. Drug abuse refers to non-medical use of drugs. A substance is considered abused if it is deliberately used to induce physiological or psychological effects or both for purpose other than therapeutic ones and when the use contributed to health risks or some combinations of these.

The society of doctors and pharmacists frowned at the uncontrollable ways and manners in which the drugs are sold to the public in our markets and medical stores which are contributory factors to drug abuse. The use of drugs in a manner that deviates from medically approved way or method constitutes an abuse. It seems that not only the uses of drugs that create problems but their misuse and until strictest preventive measures are employed or adopted things would get worsen. Other drugs, although are used medically for the treatment of one ailment or the other, may also cause problems for the individual. Examples of such drugs are psychoactive drugs or sedatives like valium and mogadon which are sleeping pills and pain killers which are medically prescribed but may be abuse thus causing dependence and harm. People generally misuse or abuse drugs because the substance alter the mode of behaviour of an individual. Over the years, the use of hard drugs like tobacco, sedatives, Indian hemp, cocoa leaves, alcohol, heroine, morphine, cocaine to mention but a few have drastically been on the increase especially in this part of the world (Africa). The dependence or addition, which is psychological, is characterized by the compulsion to take drugs on a continuous or periodic basis in order to experience its mental effect (Ghodse, 2013)

In the same vein with the Doctors society, the National Drug Law Enforcement Agency (NDLEA) has stated that substance abuse is a major problem at all level of education in Nigeria (NDLEA, 2013). It was observed that adolescent who get involved in such risky behaviour of drug abuse often have high levels of conflict with their parents and poor self-control, suggesting that they engage in such behaviour to manage a stressful life and typically do more poorly in academic. Parents and peers influence adolescent drinking by influencing attitude about alcohol and by acting as role models (Taylor, 2003). On the other hand, parental deprivation due to deaths, divorces, separation or discord has also been strongly associated with drug abuse (Odejide, 1997). Most intuitively, alcohol and drug consumption may have some detrimental effects on pupils' cognitive

abilities, for instance, by decreasing their ability to concentrate. Concerning the indirect channels, drug and alcohol consumption may for instance be responsible for shifting individuals' resources away from schooling. Additionally, it may undermine students' progress by making them less likely to attend classes or keep up with their studies. Finally, psychologists argue that heavy drinking may lower individuals' expectations about their academic performance (Deas, Egbochuku, Akerele, 2000). This effect could be driven by a shift in students' peers when they engage in abusive alcohol consumption.

The students today are the leaders of tomorrow and they deserve good education in the right direction. The constant abuse of drugs among this group of persons can cause psycho-social problems in society. One may hope that this obnoxious practice and its associated problems would not lead to the breeding of deranged generation of youths. This fear is not unfounded because of what happens to be the frequent and rampant drug crises in many secondary schools in Nigeria. The study will therefore seek to find out the consequence of drug abuse on the study habit of secondary school students in Ijebu-Ode local government area of Ogun state.

1.2 Statement of the Problem

Drug abuse is a pandemic problem even on the increases in an alarming rate in Nigeria today. About two decades ago, incidence of drug trafficking in Nigeria was low and abuse was minimal, but today drug has destroyed and killed many people in the society. Students in our secondary schools are not left out in this act. It is also evident that drug and substance abuse is still a problem in our secondary schools despite various measures taken to stop it. It is possible that students who abuse drugs while in school play a big role in influencing acts of indiscipline as they are under the influence of drugs.

The unpleasant effects of drug abuse are so glaring and conspicuous that the students will only be advised not to think of venturing into it. Drug abuse among secondary school students portends highest level of rascality and unprecedented loopholes in our educational system. Consumption of hard drugs and illicit drugs is on the increase among students; the improper use of drugs and intake of unprescribed drugs are also common, and has brought woes and ruined so

many dreams and future. If this trend persists unchecked, it will spell doom even to the general public (Enakpoya, 2009).

The researcher is now attempting to identify the various reasons that make the adolescent students to abuse drugs and related substances particularly in schools. Finally, the problem of this study is to investigate the consequences of drugs abuse on the study habit of students in secondary schools in Ijebu-Ode Local Government Area of Ogun State.

1.3 Purpose of the Study

The purpose of this study is to highlight the consequence of drugs abuse on the study habit of students in secondary schools in Ijebu-Ode Local Government Area of Ogun State.

Specifically, the study will seek to investigate;

- a. Main causes of drug abuse on students.
- b. Determine the effects of these drugs on the students.
- c. Find out the influence of drugs on students and the consequence of drug abuse on society.
- d. Find out the reasons why students abuse drugs.
- e. Find out the overall consequence of the abuse of drugs on the study habit of students.

This study might also stimulate the researcher into areas of drug education or some aspects of drug use and abuse among students.

1.4 Research Questions

In the course of carrying out this research work, the research will attempt to proffer solutions to the following questions.

1. What are the perceptions of secondary school students in Ijebu-Ode Local Government Area on what drug abuse is?

2. What are the classes of drugs commonly abused by secondary school students in Ijebu-Ode Local Government Area?
3. What are the reasons given by secondary school students in Ijebu-Ode Local Government Area for abusing drugs?
4. What are the consequences of drugs and related substance abuse on the study habit of students?
5. How can we find a solution to these problems of drug and substances abuse among the adolescent students?

1.5 Research Hypothesis

In order to achieve a purposeful result in this research, it is necessary to declare the following statements.

H₁: There is no significant difference between students who abuse substance and their level of Academic performances in school examinations.

H₂: There is no significant gender difference among adolescent substance abusers and the prevalence rate of crime in the society.

1.6 Delimitation

This study was delimited to the following; Descriptive survey research design, the independent variables of drug abuse, peer group influences and poverty; the population were senior secondary school students in Public schools in Ijebu-Ode local government area of Ogun state, with selected sample size of 100, and simple random sampling techniques was used to select the following schools:

1. Ijebu Ode Grammar School
2. Anglican Girls Grammar School Ijebu Ode
3. Our Lady of Apostle Secondary School (OLASS)
4. Muslim Girls High School Ijebu Ode

5. Luba Comprehensive High School Ijebu Ode

Self-developed questionnaire will be used for data collection, and the research questions will be analyzed using Chi-Square.

1.7 Limitation of the study

Putting time into consideration and lackadaisical attitudes of the student in filling the questionnaire as well as the school management will be a limitation to this research work.

1.8 Significance of the Study

The importance of this study is to provide resource materials for many that want to have deeper knowledge about the causes, effect and control of drug abuse.

This research work will encourage organization like National Agency for Food and Drugs Administrative Control (NAFDAC), National Drug Law Enforcement Agency (NDLEA), health organizations like World Health Organization (W.H.O) and government parastatals to establish drug rehabilitation centres to help victims of drug abuse.

Moreso, the significance of this study is to outline its health implication amongst secondary school students, which will be centred on the following:

1. To identify the causes of drug abuse among secondary school students.
2. To help reduce the hazard of drug abuse to minimum and to enlighten the teachers on how to educate their students and the society at large.
3. To reduce the incidence of rape among secondary school students.
4. To alert the government on how to control the abuse of drugs since the short term and long term effects are disastrous.

1.9 Definition of Terms

Drug: This is refer to any chemical substance which when taken into the body can affect one or more body function

Drug abuse: This is described as the illegal or excessive use of drugs

Student: A person studying at a particular place to acquire knowledge skills and understanding or other place of higher education

Alcohol: This is referred to pure, rectified spirit, a volatile, intoxicating fermentation product contained in wine, beer and other distilled or fermented liquor

Investigation: Inquire into, or to examine

Consequence: Result of effect of what has gone before

Habit: settled regular tendency

Narcotics: Drug that must be prescribed by doctors before they can be used

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter will focus on review of related literatures on socio economic problems associated with drug abuse. The chapter will be discussed under the following subheadings.

2.1 Concept of Drug and Drug Abuse

Drug abuse is rapidly growing global problem. (Lakhanpal, Agnihotri, 2007). The problem of drug abuse places a significant threat to the social, health, economic fabrics of the families, society and the entire nations. (Giade, 2012; Oshodi, Aina & Onajole, 2010). Almost country in the world is affected from one or more drug being abused by its citizen's (UNODC, 2007) the increase of drug abuse globally has brought problems such as increase in violence and crime, increase in Hepatitis B and C virus, increase in HIV/AIDS diseases, collapse of the veins and in the social structure. (UNODC, 2007; Oshodi, Aina, & Onajole, 2010).

Horrible youthful activities are widespread in Nigeria to the extent that they have been giving a lot of concern to the society, government and other stake holders in Nigeria. In primary schools, peers engage in organized crimes and disrupt normal academic programs. In secondary schools and most Nigerian Universities, the activities of secret cults are known to have been source of threat to lives and property. Outside the campuses, a lot of ritual killings are taking place. (Abudu, 2008; Oshodi, Aina & Onajole, 2010). The impact of drug abuse among Nigerian adolescents has been a feature of a morally bankrupt, corrupt and wasted generation and loss of our societal values and ideals. The situation now appears to be such that no one can argue ignorance of what is happening (Abudu, 2008). We cannot sit and illegitimately pretend on the menace of drug abuse among our adolescents.

According to Giade (2011), any nation being used by drug barons as a transit route has the potentials of becoming a drug abuse consumer's country, drug abuse threaten the security of every

nation, tearing a apart our societies, spawning crime, spreading diseases such as aids and killing our youths and our future.

Drug Abuse

Drug abuse may be defined as the “arbitrary” over dependence or miss-use of one particular drug with or without a prior medical diagnosis from qualified health practitioners. (Lakhanpal, & Agniotri, 2007). (Olumni, 2012), drug abuse is the harmful use of mind altering drugs. It added that the term usually refers to problem with illegal drugs, which also include harmful use of legal prescription drugs, such as in self-medication. Majority of the Nigerian adolescents ignorantly depend on one form of drug or the other for their various daily activities-social, educational, political moral e.t.c. such drugs include: Tobacco, Indian hemp, Cocaine, morphine, heroine, alcohol, ephedrine, madras, caffeine, glue, barbiturates, and amphetamines. (Oshikoya and Alli, 2006; Oshodi, Aina, Onajole 2010) in their studies on perception of drug abuse amongst Nigerian undergraduates identified dependence and addition as one of the major consequence of drug abuse, characterized by compulsive drug craving seeking behaviours are used that persist even in the face of negative consequences. These changes are maladaptive and inappropriate to the social or environmental setting, therefore may place the individual at risk of harm. Drug use among youth’s and adolescents should be a matter of concern to all Nigerians especially the socially, government, school heads, religious leaders, groups and other NGOs.

Experiment with drugs during adolescence (11-25 years) is common. At this age they try so many new things. They use drugs for many reasons, including curiosity and desire to find out the effectiveness of a particular drug, to feel good, to reduce stress, or to feel grown up. Using alcohol and tobacco at a young age increase the risk of using other drugs later in one of the WHO’s and the world Heart Foundation’s data, posit that in Nigeria, 22.1 percent of school youth age between 12 to 17 years use tobacco. The government of Nigeria seems to lose sight of its responsibilities, though it claims that tobacco should be regulated in a market oriented framework, which strikes an optimal balance and the need to ensure healthy death from cardio vascular diseases (CVD), lung cancer and other tobacco related diseases. (Abudu, 2008; Giade, 2011). Already, Nigerian adolescents are being offered cigarettes through promotions and musical

concerts. Some teens will experiment and stop, or continue to use occasionally without significant problems. While others will develop addiction, moving on to more dangerous and hard drugs and causing considerable harm to themselves and the society at large. Despite the effort of many concerned individuals and organizations to curb this menace, many individuals and organizations still present these drugs as though they are harmless. They give them slogans such as “for greatness” “for brighter life” reports from all over the world about this menace of drug abuse are severe. The British Officer for national Statistics reports that 12 percent of pupils aged (11-15) had used drugs. Amphetamines are used among student (Oshodi, Aina, & Onajole, 2010) Barbiturates are used by adolescents with suicidal tendencies rather than for addictive purpose. Madras abuse once reached epidemic proportions among students (Abudu, 2008). However, cannabis (marijuana) appears to be the most commonly abused drug by the adolescents. (UNODC, 2011). Symptoms of drug addiction include:

1. *Feeling that you have to use the drug regularly*
2. *Having intense urges for the drug that block out any other thoughts*
3. *Over time needing more of the drug to get the same effect*
4. *Taking large amount of the drug over a large period of time than you intended*
5. *Making certain that you maintain a supply of the drug*
6. *Spending money on the drug even though you can't afford it*
7. *Continuing to use the drug, even though you know it's causing problems in your life or causing you physical and psychological harm.*
8. *Not meeting obligations, situations, studies, work responsibilities or cutting back on social or recreational activities because of drug use.*

According to P.M Morton 2018 great misfortunes have resulted as a result of drug abuse and addiction examples series of road accidents that have claimed lives of men. Drug addicts when severely under the influence of drugs walked along the street half naked and perform perpetual acts like rape, assassinations and murders.

2.2 Causes of Drug Abuse

Some of the reasons why students abuse drugs are as follows:

2.2.1 Peer Pressure

Peer pressure where each student wants to associate self with the colleagues who use drugs. According to the United Nations, (2013), drug users like other people seek approval for their behaviour from the peers, whom they attempt to convince to join them in their habit as a way of seeking acceptance. While conducting an assessment on substance and drug abuse in Kenyan schools, Gatonye, (2006) observed that peer pressure has a negative or a positive impact depends on the quality of the peer group. Unfortunately, the same peer pressure that will act to keep a group within an accepted code of behavior can also push a susceptible individual down the wrong path. A study carried out by Kyalo and Mbugua,(2011),on narcotic drug problems, a case study of drug abuse by students in secondary schools noted that a majority of the drug users have friends who use drugs, and even in school they gang together to plan how to get the drugs. This takes most of their time for study since all these are done in secret usually preps time. Muma, (2008) conducted studies on the influence of drug abuse on discipline amongst students in secondary schools and agreed that there is a significant relationship between the subjects drug using behavior and involvement of their friends in drugs. According to him, if an adolescent associates with other adolescent who use drugs, the risk of involvement with drugs is further increased.

Another survey of youth in Southern Nigeria, also found that the source of drug using students was drug using friends in the same or neighboring schools. An investigation into strategies used in addressing drug abuse problems, a case study of Nairobi provincial boys' secondary schools was also carried out by Imbosa, (2002) and observed that students who reported using drugs had more drug using than abstinent friends,. Confirming this findings, Kiiru, (2004) in his study on „youth in peril“;alcohol and drug abuse in Nigeria, argues that peer pressure influences youths to use substances under the false impression that some drugs stimulates appetite for food, increase strength, and give wisdom as well as courage to face life.

2.2.2 Parental or Family Influence and Drug Abuse among the Youth

A number of students are motivated to copy the behaviour of drug use from parents who either smoke or drink alcohol, to the point that some become worse than their parents; much has been said and written about the relationship between the home environment and drug use. The family especially the parents are the child's basic socializing agents where they are moulded from the tender age. Muchemi, (2013) indicates that a child gains his or her first standard of behaviour from the teachings of parents and other grownup persons around. He further argued that if the child observes a disjuncture between „parent's teachings and practices“ it creates doubts which is carried out into adolescence giving rise to a deviant behaviour. Shoemaker, (2004) carried out a study on theories of delinquency; an examination of explanation of delinquent behaviour in New York and associated delinquency for example alcohol and marijuana abuse with lax, inconsistent or abusive parental discipline. The nature of parent, child interaction and the general atmosphere within the home is consistently related to delinquency among the youth. Furthermore, having a parent with a drug problem increases the chances of developing the same problem in the offspring. Other studies looked at issues related to the family and use of drugs has related to the youths.

Darcis, (2012) carried out a Rapid Situation Analysis(RSA) study in Nigeria and found that being male in an unstable family was associated with high risk for substance abuse. There was support for this argument from clinical findings on substance use among students and out of school youth in an urban area of Nigeria which showed that cannabis abusers tend to be young men, including students who had been deprived of parental supervision and warmth when they were young

Obot, (2010).A survey report by NACADA, in 2004 indicates that young people between 10 and 24 years whose parents used or sold alcohol and other drugs, they were likely to abuse these substances. According to Field, (2010), preventing poor children becoming poor adults; are part of the independent review on poverty and life chance notes that at times youth, including students who sell on behalf of parents, are themselves exposed to substance abuse in due course. Kikuvu, (2009) asserts that adolescent with substance abusing parents experience a high rate of parental and family problems those adolescents whose parents do not abuse substance. This may cause poor parents-child attachment, which may in turn lead to lack of commitment to convectional activities thereby at times leading to adolescent drug taking. Imbosa, (2002) adds that youths with poor home

support tends to seek support and understanding elsewhere. Many find affection, understanding and support in the life-style of a drug abuse sub-group.

2.2.3 Mass Media

Society is constantly bombarded with mass media messages by way of television, radio, and newspapers and online. News outlets have limited space to dedicate to issues, but illicit drugs are clearly newsworthy. In spite of the media being identified almost ten years ago as a “new battleground” for the alcohol and other drug sector, Oteyo and Kariuki, (2009), knowledge remains scant on the nature of news media reporting. How much space is devoted to drugs, how issues are framed, who speaks and who fails to speak. Even less is known about the impacts of news media on attitudes towards drugs, particularly on those who are most likely to use illicit drugs -youth.

Other fields have demonstrated that media reporting related to violence, body image and tobacco smoking can have a potentially powerful and even dangerous influence upon attitudes and behaviour. We also know that, common assumptions aside, youth remain active consumers of traditional news media such as newspapers and television news.

Social pressure from media and friends is a universal risk factor for substance abuse among adolescents in developed and developing countries Limo, (2012). This especially common in urban areas where there is a wide spread exposure to advertising on radio, television, and billboards. Young people in urban areas are more exposed to images promoting tobacco and alcohol, than their counterparts in rural areas. Muma, (2008) concurs with this argument asserting that external pressures especially the media have an influence in substance abuse among the youths. According to him, the amount of time people spend watching television has a negative influence on their behavior.

2.2.4 Age

Ansary, (2009) on a study carried out on distress and academic achievement among adolescents of affluence; a study of externalizing and internalizing problem behaviors and school performance, he asserts that young people are individuals in development and change, he further goes on to say that during this period they experiment with newly discovered aspects of their physical and

emotional selves. During this period the youth are likely to experiment with drugs and some will be addicted. An English psycho-Analyst Dr. Deret Miller, (2006) said that “adolescent is a period of adaptation. All adolescents are disturbed” sociologists and anthropologists as well as other people have defined the difficulties that adolescents find in a changing society. In many societies it’s accepted and understood that adolescence is the period when a youngster forms its own identity usually by meaningful conflict with his parents or the older generation. It has been said that adolescence is a period of health hostility on the part of the youngsters who confronting the adult stands and traditions is discovering himself.

Dr. Miller, (2006) says that during this time the youngsters` hostile and deviant behavior may provide a solution for him In Nigeria, the use of drugs commonly begins in adolescent and the age of initiation is decreasing averaging 13-15 years where the majority of the adult addicts start using drugs in their teens(Bachman et al., 2000). Kingendo, (2010) conducted a monitoring study tracking the preference of adolescent substance use among American eighteenth and grade students each year from the mid-1970sin to the 21stcentury. From this study, it was found that, in 2000 more than a half (54 per cent) of American high school seniors reported using some type illicit drug in their lifetimes.

According to the NACADA, (2012) survey on the rapid situation assessment of the status of drug and substance abuse it’s of concern that there is a decline at the age of which respondents revealed their initiation into drugs, the data for those aged 10-14 years olds showed an increase from 0.3 per cent in 2007 to (1.1) per cent in 2012 for those reporting ever using bhang. This increase was recorded among rural, male in school and low economic status categories.

2.2.5 Social Economic Factors

Poverty tends to be a characteristic of social deviants including drug abusers. This is what comes to be called economic explanation of deviant’s behaviour. Poor economic conditions are worsened when the youth do not see any hope of employment even with education. A sociologist defines this feeling when he states “Now with formal education everywhere, and for nearly everyone, the relationship between schooling and future work is at best not very direct and at worst completely incomprehensible.” Slum areas in cities and towns are said to breed the youngster percentage of drug abusers.

Kaguthi, (2004) however, drug abuse is not continued to young people in certain geographical areas or from particular social economic background. It affects the nation as a whole both in urban and rural areas. The problem cuts across class. It is not only in slums or low income areas where people are poor and unhappy but also with families living under better controlled conditions where children are better controlled. Children who come from well to do families and who materially lack nothing; take drugs for pleasure of it and more fun.

According to Gikonyo, (2005) while conducting a study on drug abusers and parental knowledge on factors predisposing the youth to drug and substance abuse in Nairobi province, observed that when drugs are taken over a long period for fun and pleasure, addiction sets in.

2.3 Consequence of Drug Abuse on Academic Performance

Drug misuse, abuse, and addiction can all lead to both short-term and long-term health effects. The Diagnostic and Statistical Manual of Mental Disorders fourth edition (DMS4) defines drug abuse as a maladaptive pattern of substance use leading to clinically significant impairment or distress. “The consequence of drug abuse depends on the type of drug, any other substances that a person is using, and their health history.

Short Term Effects

Once drugs are taken by means like through injecting, sniffing or chewing, they enter the blood stream and move straight to the brain. They affect the brain making it hard to perform its normal functions (NACADA 2006). Many drugs depress the brain by:

1. Making the user less restrained, more relaxed, at first feels free, easy and gay. This is because inhibitions which usually guard behavior are released at this time
2. Affecting the motor functions of the body. The person wobbles, staggers, is unable to work, has slurred and heavy speech and has double vision.
3. Slowing down the brain area that controls judgment and thought, like conscience impairing the ability to think, remember, understand and make decisions. The person might even kill without being aware of their actions.

Long Term Effects

Drug and substance abuse is associated with very many problems which include health related problems, violence, truancy, family break ups. Alcohol abuse is associated with poor health, reduced productivity, violence, spread of STD's and

HIV/AIDS, domestic violence, road accidents, child abuse and neglect among other vices (Munyoki, 2008). other long term effect of drug abuse are;

1. **Cancer:** People, who abuse tobacco suffers from different cancers like cancer of the mouth, throat (NACADA, 2006). Memory loss: Marijuana use can cause memory lapse and also lead to decreased physical endurance. Liver, lung, heart diseases, vitamin deficiencies and brain damage are some of the many complications that occur due to , drug use and dependence (Musk et al; 2003). Taking drugs especially during adolescence interrupts the normal maturing process.
2. **Crime:** Drug abuse is now a major public health problem in many parts of the world. It is accompanied by drug dependence. Drug abuse is very harmful because the abusers seek funds for purchase of drugs by committing crimes such as shoplifting, prostitution, robbery, burglary and pick pocketing.
3. **Physical dependence and mental disorder:** Heroin causes physical dependence on the drug such that a person cannot do without it once he is used to it. It also causes tolerance such that an addict needs more and more of it. An overdose of heroine can kill almost immediately. Hallucinations cause very odd, disturbed and unreal situations. In the long run most abusers develop mental illness (Githinji, 1975).
4. **Intoxication and death:** Inhalants affect the abuser through the vapor fumes that are inhaled. They cause excitement and encourage violent behavior. They also result to intoxication, dizziness, slurred speech, inflamed eyes, hallucinations and convulsions. If repeatedly inhaled, they can cause brain damage resulting in death.

2.3.1 Consequence of Drug Abuse on Education

Drug abuse has become a stumbling block to the students learning behavior which is an essential element in education practice (Horwood et al., 2010). It has been noted generally that school indiscipline is on the rise due to drug abuse and many incidences related to this make the headlines in the daily press.

According to Munyoki, 2008, drug abuse results to lack of morals and deteriorating learning standards. This has led to strikes in secondary school characterized by violence, destruction of school property and in some cases loss of lives.

Different types of drugs are readily available in school locations. Such drugs and substances include alcohol, bhang, and tobacco among others. Drug abuse association with interpersonal conflicts, students unrest and destruction of property, may be an indicator of a larger pattern of deviant behavior. A student who is involved in drugs cannot perform well academically because there is impairment of cognitive development which in turn reduces academic achievement and disrupts academic progression. Students who abuse bhang regularly are twice as likely to receive marks below average and drop out of school in the long run (Kikuvi, 2009). School academic calendars are also disrupted especially when there is unrest and students are sent home for a while. This affects the performance of all students due to the fact that the breakup of the school routine impedes their progress. Reflections of indulgence in drug use and abuse is self-neglect, academic deterioration of children in school who have repeated performance in families (Kyalo and Mbugua, 2011).

2.4 Preventive Measures against Drug and Substance Abuse

In order to curb the vice of drug and substance abuse, a number of preventive measures are necessary. Some of these include:

- 1. Effective Communication:** Communicating with adolescents who abuse drugs is of utmost importance, having' close family relationships, paying immediate attention to a child or teenager who is hurting emotionally, involvement in religious activities and assertiveness training. (Escando &Galvez, 2005). The home is the nucleus that strengthens

society. Children and teenagers need homes that can offer warmth, shelter and security. In one study, social support (which consists of good relationships with parents, siblings, adults and peers) during adolescence substantially reduce drug abuse (Melgosa, 2003).

2. **Laws and orders:** There should be law enforcements especially by the anti-narcotic unit to curb drug trafficking. Early intervention would work best when implemented before the onset of drug abuse.
3. **Advertisement:** Advertisements on alcohol and cigarettes on the media should be banned and those found to go against the law should be dealt with accordingly. This can be through fines, being given jail terms or revoking their licenses.
4. **Training of teachers:** Training of effective personnel especially teachers. Schools should also provide time and resources for in-service training and supervision. “Guidance and counseling programmes are essential in order to help students grow towards responsible adulthood. The programmes should offer students guidance on educational, vocational, social ethics and personal matters”.
5. **Symposiums or seminars on the use of drugs:** There should be peer-led programmes which are led by students who are taken to be role models. School based programmes should be part of community wide prevention effects that involve parents, peers, role models, media, police, youth servicing agencies.
6. **Placing restriction or ban on some drugs:** Some drugs should be banned. Some drugs like preventive and curative medicines are not harmful therefore banning them will be detrimental to people’s illness. The ones which are hard or narcotic like heroin, mandrax and cocaine should be banned. People should be sensitized on the harmful effects of abusing alcohol and drugs.
7. Education is important for human and social development and it is considered a fundamental human right (UNDP, 1993).
8. Provision of employment opportunities: Many developing countries, Nigeria included, have limited resources to cater for the basic needs of its people. When youth abuse drugs, not only is the drain on the economy but also on the control of supply and demand reduction which are expensive undertakings. This deals the country a blow as the youth become less

productive. Many drug abusers may be unable to attain or hold fulltime employment and may be absent from work leading to loss in productivity. (Ade, 2006).

2.5 Theoretical Framework

This study is guided by Albert Bandura's social cognitive theory (1977). The theory puts emphasis on acquisition of social behaviors through observation of other people's behaviors in a social context. Therefore, behaviour change is influenced by mainly three things; environment, people and the behaviour. According to the theory, observing other people engage in behaviors that seem attractive leads to desire to engage in the same behaviour.

This theory emphasis on cognitive process that promote learning of behaviour. Apart from cognitive processes acquisition of behaviour also depend on the environment and the behaviour itself. This means that people determine the behaviour they wish to acquire, but they are also influenced by the environmental factors. The environment includes both physical and social environment. Social environment includes people that we frequently get into contact with daily. The social cognitive theory postulates that role modeling affects behaviour acquisition and shaping of the behaviors in the society. Pupils, who engage in drug abuse, most likely learn the behaviour from the environment. The teachers and adults in the society are the role models for pupils. In case, they get involved in drug abuse, the pupils may desire to engage in such behaviors. Social cognitive theory is relevant to the proposed study as it forms the basis for studying the factors that determine the development of behaviour among pupils. The behaviors could be influenced by their gender, age and social pressure from the peers they interact in the schools. Out of curiosity, pupils choose to do risky activities making them vulnerable to drug abuse.

The theory also explains that the external influences affect behaviour through cognitive processes. Future human's behaviour is guided by their capability to form symbols. As such, a person can model an observed behaviour. It is through understanding people's perception of reality and we can understand their behaviors and change them.

2.6 Summary of literature review

In this section, the researcher reviewed literature and identified some of the causes of drug abuse among secondary school students. These range from peer pressure, social occasions among other related causes. The school environment plays a major role in enhancing or curbing the vice of drug abuse. In urban centres students are likely to engage themselves in drugs more than those in the rural areas. The effects of drug abuse can be short term or long term depending on how long one engages in drug taking and the kinds of drugs abused. Drug abuse leads to truancy, indiscipline, and cancers like cancer of the liver, lung and throat. Learning standards also go down because most drug abusers who are students need to be assisted right from home and school. Religious societies should also play a role in drug abuse control.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

This chapter describes the design and research methodology employed in the course of doing justice to the topic under consideration. It also give information as regarding the population studied, sample and sampling techniques used, the research instrument, administration of questionnaire and finally, it gives precise data analysis.

3.1 Design of the Study

A research design translates ideas into specific experimental procedure that help to minimize the possible explanation of the findings. This study was grouped under the category of survey research. It involves the collection of data in the form of responses to questionnaire in order to know the consequence of drug abuse on the habit of secondary school students in Ijebu-Ode government area of Ogun state.

3.2 Population of the Study

In conformity with the topic of the research study; the consequences of drug abuse on the study habit of secondary school students in Ijebu-Ode Local Government area of Ogun state: secondary school student therefore became the target population for this study, so to prevent ambiguity; secondary schools in Ijebu-Ode Local Government are the target population for the project. The schools to be used for this research are:

1. Ijebu Ode Grammar School
2. Anglican Girls Grammar School Ijebu Ode
3. Our Lady of Apostle Secondary School (OLASS)
4. Muslim Girls High School Ijebu Ode
5. Luba Comprehensive High School Ijebu Ode

3.3 Sample and Sampling Procedure

In this research study two sampling techniques were employed which were stratified sampling and purposive sampling. The stratified sampling was used to choose the Local Government used i.e Ijebu-Ode Local Government and purposive sampling techniques was also used to choose for schools out of all schools in Ijebu-Ode Local Government using simple random techniques. The study sample was drawn from selected public secondary school in Ijebu-Ode Local Government. i.e five (5) secondary school. A total number of one hundred (100) respondents were selected among the students of selected school. Five (5) selected schools and hundred (100) respondents, in particular twenty (20) in each school.

3.4 Research Instrument

The first section of personal data, with which the respondents give details of personal information of the respondents like sex, religion, class, single or mixed schools etc,

The questionnaire consists of two sections. The second section contain fifteen (15) items with options ranging from strongly agree, strongly disagree, disagree. The statement was carefully structured to enable the students respond without any fear of prejudice of the statement posed.

3.5 Validity and Reliability of the Instrument

The instrument developed by the researcher will be presented to the researcher supervisor for structured correction; addition and suggestion was incorporated in the modification of the instrument. This helps to ensure both content and face validity of the instrument.

3.6 Administration of the Instrument

The study was primary a survey in approach design to find out the consequences of drug abuse on the study habit of secondary school students in Ijebu-Ode local government area of Ogun state. Well-structured questionnaire will be administered to collect all the necessary data for

students. The researcher will visit the schools to administer this questionnaire to the students. The questionnaire will be distributed to the randomly selected schools/ students and necessary explanation will be given on to fill the questionnaire. Some students co-operated immensely during the administration of the questionnaire which are duly filled and returned immediately. The responses were coded and well analyzed. To get the rest and accurate needed information from the students, they were discouraged from writing their names in order to guarantee confidentiality on the questionnaire.

3.7 Method of Data Collection

The questionnaire of this research work will be administered in the selected secondary school in Ijebu-Ode Local Government and responses were collated for the purpose of analysis.

3.8 Method of Data Analysis

The data obtained will be analyzed with the use of frequency count and t-test method making it possible for the result to be compiled into tabular form in order to statistically prove the finding of this research.

CHAPTER FOUR

PRESENTATION AND ANALYSIS OF DATA

This chapter contains the results of data analysis. The general descriptions of the data were presented. Data were analyzed using the descriptive analysis such as frequency counts, percentages, mean, standard deviation, while the inferential analysis of chi – square was applied and t - test was used to test the research question using Statistical Package for Social Science (SPSS) Version 23.0 tested at 0.05 level of significance.

4.2.0: Demographic Data of the Respondents

Table 4.2.1 showing respondents Gender

Gender	Frequency	Percent	Valid Percent	Cumulative Percent
Female	48	48	48.0	48
Male	52	52	52.0	100.0
Total	40	100.0	100.0	

Table 4.2.1 reveals that 48% of the respondents were female while 52% were male, this shows that majority of students who are majorly affected by the use of drugs are male. On rare occasion do we come across female student abusing drugs.

Table 4.2.2 Showing respondents Age

Age	Frequency	Percent	Valid Percent	Cumulative Percent
12 – 13 years	32	32.0	32.0	32.0
14 – 15 years	45	45.0	45.0	77.0
16 years & above	23	23.0	23.0	100.0
Total	100	100.0	100.0	100.0

Table 4.2.2 reveals that 32% of the respondents were between the age of 12 – 13 years, 45% were between the age of 14 – 15 years, while 23% were 16 years above.

4.3.0 RESEARCH QUESTIONS

6. What are the perceptions of secondary school students in Ijebu-Ode Local Government Area on what drug abuse is?

S/N	ITEMS	SA	A	SD	D
1	Young people in urban areas are more exposed to images promoting tobacco and alcohol, than their counterparts in rural areas.	47 (47%)	34 (34%)	5 (5%)	15 (15%)
2	Students drink alcohol and use other substances for diverse reasons such as a stress reliever, to be bold, to forget about their problems or to alleviate anxiety.	62 (62%)	19 (19%)	5 (5%)	14 (14%)
3	Adolescents with anxiety disorder typically experience uneasiness that can last for a long period of time	52 (52%)	37 (37%)	7 (7%)	4 (4%)
4	Drugs can be taken at any point in time	60 (60%)	31 (31%)	4 (4%)	5 (5%)
5	Behaviour change is influenced by mainly three things; environment, people and the behaviour	46 (46%)	32 (32%)	11 (11%)	11 (11%)

Analysis from research question 1 reveals that the issue of drug abuse is a well-known phenomenon being condemned by all and sundry including the federal, state and local government. It is a common thing among adolescents and even adults to abuse drugs of various types. The consequences of drug abuse pose a great concern because the chief culprits and victims are the youths who are the future leaders of the nation. People generally misuse or abuse drugs because the substance alter the mode of behaviour of an individual. This was in line with the findings of

World health Organization (2010); Drugs can be legal or illegal. Drug abuse refers to non-medical use of drugs. A substance is considered abused if it is deliberately used to induce physiological or psychological effects or both for purpose other than therapeutic ones and when the use contributed to health risks or some combinations of these.

A t – test analysis of Male and Female students’ perception on drug abuse

	N	Mean	Std. Deviation	Std. Error Mean	df	Sig. Level
Male	56	11.50	3.612	.399	38	.087
Female	44	10.45	3.872	.392		

Table 4.4.2 shows (mean = 11.50; Std. Deviation = 3.612; Std Error Mean =.399) for male students` and (mean = 10.45; Std. Deviation = 3.872; Std Error Mean =.392) for female students`. However, since the significant value .087 is greater than 0.05 with df of 38 hence, it would then be concluded that the perception of students on the consequences of drug abuse was not adequate enough.

7. What are the consequences of drugs and related substance abuse on the study habit of students?

S/N	ITEMS	SA	A	SD	D
1	If use of substance becomes more frequent, negative consequences can develop, including impairment at school.	78 (78%)	22 (22%)	0 (0%)	0 (0%)
2	Bullying behaviour is common among students who are addicted to drugs.	46 (46%)	32 (32%)	11 (11%)	11 (11%)
3	Drug addiction has turned many young people into criminals	38 (38%)	37 (37%)	16 (16%)	9 (9%)

4	Inability to sleep is one of the effect of the damage caused by the brain	68 (68%)	19 (19%)	7 (7%)	6 (6%)
5	Students who abuse drug regularly are twice as likely to receive marks below average and drop out of school in the long run	48 (48%)	36 (36%)	10 (10%)	6 (6%)

Based on the findings in research question 2, it could be said that drug and related substance abuse has a great negative effect on the study habits of secondary school students in Ijebu-Ode local government area of Ogun State; as it reveals 78% of the respondents who strongly agreed that if use of substance becomes more frequent, negative consequences can develop, including impairment at school while 46% of the sampled population also agreed that Bullying behaviour is common among students who are addicted to drugs. We can therefore state further that Drug addiction has turned many young people into criminals with the variables showing 38% who strongly agreed, 37% agreed, while 16% strongly disagreed to the same assertions. It could also be observed from 68% of the students who agreed strongly that Inability to sleep is one of the effects of the damage caused by the brain and that 36% agreed that Students who abuse drug regularly are twice as likely to receive marks below average and drop out of school in the long run.

A T – Test analysis of drugs and related substance abuse among secondary school students

	N	Mean	Standard Deviation	Mean Difference	df	Sig.
Drugs	45	11.50	3.612	.399	38	0.68
Related substance abuse	55	12.46	3.188	.387		

The table above shows (mean = 11.50; Std. Deviation = 3.612; Std Error Mean =.399) for Drugs and (mean = 12.46; Std. Deviation = 3.188; Std Error Mean =.387) for related substances abused`. However, since the significant value .04 is less than 0.05 with df of 38 hence, it would then be concluded that students in secondary schools in Ijebu-Ode local government are really into drug and substance abuse irrespective of various campaigns and programmes against illegal intakes of drugs and alcohol. This is due to the fact that majority of the parents around the sampled area are found with the habit of abusing drugs in the presence of their children.

8. How can we find a solution to these problems of drug and substances abuse among the adolescent students?

S/N	ITEMS	SA	A	SD	D
1	Awareness programees against the use of drug indiscriminately should be organized in all secondary schools	78 (78%)	22 (22%)	0 (0%)	0 (0%)
2	Concept of drug abuse and its effect should be part of curriculum	46 (46%)	32 (32%)	11 (11%)	11 (11%)
3	Reflections of indulgence in drug use and abuse are self-neglect, academic deterioration of children in school who have repeated performance in families	38 (38%)	37 (37%)	16 (16%)	9 (9%)
4	Parent should serve as a good examples for their children in the areas of drug intakes and other societal virtues	68 (68%)	19 (19%)	7 (7%)	6 (6%)
5	Drug regulating agencies should help place bans on drugs such as cocaine, Indian hems, heroine, etc.	48 (48%)	36 (36%)	10 (10%)	6 (6%)

The students today are the leaders of tomorrow and they deserve good education in the right direction. The constant abuse of drugs among this group of persons can cause psycho-social problems in society. One may hope that this obnoxious practice and its associated problems would not lead to the breeding of deranged generation of youths. Society is constantly bombarded with mass media messages by way of television, radio, and newspapers and online. News outlets have limited space to dedicate to issues, but illicit drugs are clearly newsworthy. In spite of the media being identified almost ten years ago as a “new battleground” for the alcohol and other drug sector, Oteyo and Kariuki, (2009), knowledge remains scant on the nature of news media reporting. How much space is devoted to drugs, how issues are framed, who speaks and who fails to speak. Even

less is known about the impacts of news media on attitudes towards drugs, particularly on those who are most likely to use illicit drugs -youth.

Other fields have demonstrated that media reporting related to violence, body image and tobacco smoking can have a potentially powerful and even dangerous influence upon attitudes and behaviour. We also know that, common assumptions aside, youth remain active consumers of traditional news media such as newspapers and television news.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATION

5.1 SUMMARY OF FINDINGS

The findings of this study are hoped to lead to greater and deeper exploration of this matter concerned among all those concerned with drug abuse in future studies. The main task for the stakeholders is not merely to ensure that the key elements highlighted in the present study are present but also to state what these elements are and how they are vital on making schools drug free zones. Based on the findings of the present study, there is a crucial need to address drug related problems affecting young learners. There is a need for students to receive moral and material support for their future benefits. Drugs can affect a student's concentration and thus interest in school and extracurricular activities. This leads to increased absenteeism and drop outs. Most psychoactive drugs affect the decision making process of students, their creative thinking and the development of necessary life and social skills. Drugs also interfere with an individual's awareness of their unique potential and thus their interest in their career development (Louw, 2001). This gradually leads to social, emotional and physical problems and new feelings of guilt, despair and helplessness.

The study utilized questionnaires to collect data. Data was collected from sampled secondary school students.

5.2 CONCLUSION

The study concludes that Drug and Substances Abuse is a complex phenomenon in secondary schools. Therefore, there is need for more students to explore deeper on this pertinent issue. This calls for concerted efforts by all stakeholders (including teachers, parents, educational officers and other government officials) to fight the vice and make schools a better place for current generations and generations to come. Evidently, drug and substance abuse is a problem among students. From the findings of this study, most students are involved in drug abuse. Most are aware of the

consequences, yet they keep on indulging in the vice. Such consequences range from those health related, social related and academic related.

5.3 RECOMMENDATIONS

There is crucial need to address drug related problems affecting learners among all the stakeholders. Therefore the following recommendations were made by the researcher;

1. The ministry of education in conjunction with National Campaign against Drug Abuse (NACADA) should review curriculum with the aim of inculcating more values among the youth.
2. The school administrators should develop, implement and regularly review, in consultation with the school community and governing council, a school behavioural code which is consistent with the drug abuse policies.
3. Opportunities should be provided for student orientation on adverse effects of drug abuse.
4. Teachers should develop and foster positive relationships with students and families. They should also participate in developing, implementing and reviewing the schools procedures for managing drug abuse related cases.
5. Parents and guardians should ensure that they are close to their children as much as possible and notify school staff of behaviour change in these children. They should also inform the school about health issues and any other matter of relevance.

5.4 SUGGESTIONS FOR FURTHER STUDIES

This study is not restricted neither it is conclusive, student, independent researchers, organizations or any group of person(s) wishing to make further inquiries of the topic are at liberty to do so, they may even find this report of much resource. However, the researcher suggests the following areas for further studies:

- i. The effects of drug abuse on social life and educational attainments of students in tertiary institutions in Ogun State and other regions of the country.
- ii. The implications of the use of drugs on mental health and development of primary and secondary school pupils'.
- iii. An assessment of the incidence Drug abuse in Ogun State.
- iv. Drug abuse and its implication on security of Nigeria.

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**TAI SOLARIN COLLEGE OF EDUCATION, OMU-IJEBU
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DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION

**THE CONSEQUENCES OF DRUGS ABUSE ON THE STUDY HABIT OF STUDENTS
IN SECONDARY SCHOOLS IN IJEBU-ODE LOCAL GOVERNMENT AREA OF
OGUN STATE**

PERSONAL DATA OF STUDENT:

Age

12-13 yrs. []

14-15 yrs. []

16 yrs. and above []

Sex of Students

Male []

Female []

School Type

Mixed []

Single []

INSTRUCTIONS:

1. Please tick [✓] in the appropriate box, use the scale on the right to reflect your views on the items below:

Disagree – D

Strongly disagree - SD

Agree - A

Strongly agree - SA

Teachers and research assistants should also guide student in attending to the items of the instrument by explaining to them the items in a language they will understand perfectly, though they should not influence their opinions

S/N	ITEMS	SA	A	D	SD
1	The use of substance becomes more frequent, negative consequences can develop, including impairment at school.				
2	Experiences such as school unrest, have also been identified as potential risk factors in schools causes by drug iilcit				
3	Students drink alcohol and use other substances for diverse reasons such as a stress reliever, to be bold, to forget about their problems or to alleviate anxiety.				
4	Adolescents who abuse substances such as alcohol and tobacco had multiple mental health problems				
5	Inability to sleep is one of the effect of the damage caused by the brain				
6	Forgetting things easily is an effect of drug abuse on the brain				
7	Adolescents with anxiety disorder typically experience uneasiness that can last for a long period of time				
8	Drug addiction has turned many young people into criminals				
9	Bullying behaviour is common among students who are addicted to drugs.				
10	Sexual abuse have also been identified as potential risk factors in schools				
11	Behaviour change is influenced by mainly three things; environment, people and the behaviour				
12	Students who are drug addict are twice as likely to receive marks below average and drop out of school in the long run				
13	Reflections of indulgence in drug use and abuse are self-neglect, academic deterioration of children in school who have repeated performance in families				

14	Poverty tends to be a characteristic of social deviants including drug abusers.				
15	Young people in urban areas are more exposed to images promoting tobacco and alcohol, than their counterparts in rural areas.				