

## DRUG ABUSE AND ITS INFLUENCE ON UNDERGRADUATES STUDENTS OF COOU



NNAEMEKA OBIDIKE FRANK, PhD<sup>▼</sup>

### **Abstract**

*In recent time, the media space is awash with reports of strange mental behaviours of varying degrees among Nigerian youth as a result of drug abuse. Of particular concern is the novel chemical substance, known as methamphetamine (crystal meth or mkpuru mmiri) and the alarming rate at which Nigeria youth indulge in quaffing and inhaling the substance. It therefore becomes imperative to evaluate the effects of drug abuse among students of higher learning in Nigeria, using the students from Chukwuemeka Odumegwu Ojukwu University, Anambra State. The study is aimed at finding out the extent of the students' involvement in drug abuse, their motivating factors, and the consequences of drug abuse in their life and in the society at large. The study is anchored on Social Learning theory and Phenomenological Theory. It adopted a survey research approach and drew a sample size of 400 respondents using the Taro Yamani's formula. Questionnaire was the instrument for data collection. Results from the study present the existence of drug/substance abuse among the target undergraduate students. Reasons for this reality in the University environment are attributed majorly to lack of parental guidance (51%) and peer group influence (17%) with consequences of drug abuse put at poor academic performance, criminality, violence, family disharmony. Among others, the study recommended that NDLEA and other agencies in the war against drug abuse should give significant focus on families and parents, that re-orientation drives should be engaged for a targeted fight against drug abuse at micro and macro levels where students are found and that for minors and majors in universities legal sanctions etc. should be explained in seminars and conferences.*

**Keywords:** *Influence, Drug, Abuse, Students, Higher, Learning*

### **Introduction**

The issue of drug abuse is not peculiar to one nation, but has always been an international problem. In terms of origin, it has never been possible to confine drugs to a particular place of origin (UNOCD, 2021). Globally, drug problems started generating concern as long ago as 1909 when the first International Drug

---

<sup>▼</sup> *Department of Mass Communication, Faculty of Social Sciences, Chukwuemeka Odumegwu Ojukwu University, Igbariam Campus*

Conference was convened in Shanghai, China (World Health Organization, WHO, 2021). While citing Ghodse and Maxwell (1990) Yakubu, Isa, Abubakar, Oreagba, and Awaisu (2020) noted that since 1990 there has been an extensive international programme of legislation under the auspices of the United Nations, and between 1912 and 1972 twelve multi-lateral drug treaties were concluded.

In Nigeria, the drugs challenge initially came to the attention of research and health care experts in the early 1960s (Erah & Omatoye, 2017). In a hospital-based study (Namadi, 2016), a pattern of psychiatric morbidity, implicating cannabis (Indian hemp) abuse demonstrated by researchers, found that high proportions of patients admitted into hospitals because of acute psychotic reactions had histories of cannabis abuse. Most of these patients were young students, unemployed urban residents, and low-skilled workers. The contemporary Nigerian society is replete with similar situation, with astronomical increase in the menace of "area boys" across the towns and cities, armed robbery, juvenile delinquency among students in institutions of learning, especially students of higher learning, indiscriminate violence in social amusement parks, disloyalty to age mates, elders, parent and even constituted authority by breaching its laws and orders. Most of the foregoing social vices are related to drug misuse/abuse. Era and Omatoye (2017) argue that ignorance among the populace and lack of awareness on the use of various drugs and their effects on the body give room for self-medication that may lead to drug abuse.

Historically, drug abuse in Nigeria is a catalogue of changes brought about by such factors as the civil war, unexpected oil boom that followed with its sudden increase in Gross National Product (GNP) and rapid socio-economic changes and urbanization which also led to disintegration of the family social network, and increase in drugs availability (Erah and Omatoye, 2017). Now, the country is facing a level of economic depression and there now exists unwholesome health practice especially among youth that use drugs. The proliferation of patent medicine stores where any type of drugs can be bought whether such drugs are supposed to be over-the-counter drugs or prescription types, have exacerbated the situation. The peer group influence is also counted among possible reasons that play a vital role in drug problems of a nation. Students are seen moving about in-groups both at school and outside the school. Often their ambition is centered on how to defy school and home norms and the most available medium by which they can do this is through the use of drugs which give them added coverage and confidence to achieve their aims. These reasons and many other factors lead to an indiscriminate use of drugs. Technological advancement has further improved the man's ability to discover the pharmaceutical knowledge of investing drugs and testing its effects. The

foregoing gave the rise to the need to examine the influence of drug abuse among university undergraduates.

### **Statement of the Research Problem**

The prevalence of drug abuse among the students of higher institutions in the contemporary Nigeria society is unarguable. This development is, without doubts, connected with the problems of frequent crisis in higher institutions and the rampaging incidence of cultism. This phenomenon has created a worrisome situation about the future of the youth who are universally regarded as the leaders of tomorrow. It therefore becomes germane to examine the effects of drug abuse among the students of universities and higher institutions of learning. The underlying problem is that the relationship between drug abuse, the social life and poor academic performance, among others of university students in higher institutions in this part of the country and specifically COOU seems yet to be empirically examined. This is considered a gap in knowledge that needs to be filled.

### **Objectives of the Study**

The general objective of this study is to examine the effects of drug abuse among students of universities and institutions of higher learning focusing on the students of the Chukwuemeka Odumegwu Ojukwu University, Igbariam Campus. The specific objectives of the paper are:

1. To find out the extent to which students of COOU indulge in drug abuse.
2. To ascertain the causes of drug abuse among the students of COOU.
3. To identify the perception of students on the felt gains from indulgence in drug misuse.
4. To find out the channels through which students get their drug supply.
5. To determine the influence drug abuse has on the academic performances of students.

### **Theoretical Framework**

This work used the Social Learning theory and Phenomenological Theory as theoretical foundations.

#### **The Social Learning Theory**

Social Learning theory was propounded in 1960s by a psychologist, Albert Bandura. It has been used to explain substance abuse among adolescents literally from its inception in 1960. Main idea of social learning theory is that social learning is learning by observing other people with the goal of adapting one's behavior in social contexts. This theory suggests that basically good children

learn to become substance abusers due to such social forces, the influence of delinquent peers and the presence of powerful social reinforcers. This theory is relevant to this study because it is believed that mere observation of some adults, peers or models would lead to adopting same attitude and behavior as drug abuse. Students imitate a lot and drug abuse is an aspect of social life they are highly disposed to due to peer pressure, cultism and need to belong.

### **Phenomenological Theory**

Phenomenological theory is an approach to personality theory that places questions of individuals' current experiences of themselves and their world at the center of analyses of personality functioning and change. A phenomenological study identifies the meaning of the lived experience of individuals related to a specific phenomenon and then develops a composite description of the phenomenon (Creswell, 2007; Chiari (2017)). It looks at the everyday experiences of human beings while suspending the researchers' preconceived assumptions about the phenomenon.

Phenomenology paradigm assumes that reality is socially constructed through individual or collective definitions of a situation. Thus, the study explored the individual – the student, and his collective definitions of the situation of drugs and focused on the meanings s/he attaches to drug events and activities. In other words, the researcher explored the experiences and perceptions of the students through effective collection of both qualitative and quantitative data from which ideas were induced.

Phenomenological Theory is related to Personal construct theory. Personal construct theory (PCT) is the invention of an American psychologist, George A. Kelly (1905–1967). Presented in 1955 in a work in two volumes, *The Psychology of Personal Constructs*. PCT is a theory of personality mainly devoted to clinical diagnosis and psychotherapy. Personal construct theory is a theory of personality which starts from the assumption that people interpret their experience of the world and themselves Chiari (2017).

The Phenomenological Theory becomes relevant to this study when the phenomenon of drugs abuse is viewed from the living experiences of the drug abuser – the student in a higher institution. The interest becomes to seek to understand and describe the experience of the student who decide to adopt drug taking behavior; what are his motivations, what does he really gain from drug abuse, how does his understanding of himself or herself shape his attitude to drug abuse. In COOU, different students may be into drugs for different personal reasons. Understanding the personality and subjective aspects for the uptake of illegitimate drugs by students is key to checking drug abuse among this critical group of society referred to as leaders of tomorrow.

### **Literature Review**

Jack (1993), cited in Nanadi (2016), explains that the historical problem of drug abuse goes back to the early man, positing that the early man has used plant, animal and their product to give him pleasure or relief from pain and suffering. According to Jack (1993), in Namadi (2016), the primitive people believe that the world is full of evil spirit, and that disease and accidents are caused by them. They therefore used anything at their disposal to drive away the evil spirits. For diseases, especially, they tried such things as herbs, and other part of plants to drive away the evil spirits supposedly causing the ailments. Adesina, Adebayo and Ikenna (2020) quote Akin (1997) as corroborating the foregoing and also state that by observing the effects of this substance, they identified which ailments respond to what plant or to what substances. It was only in the 1930s that society began to appreciate the enormity of the problem caused by the abuse of alcohol and the magnitude of the ensuing social and economic maladies. For instance, it was reported in 1961 by Brain Committee in Britain that based on the evidence before them, the incidence of addiction of drug was very small (Bawa, 2001 and Jack, 1993) This is not to say that Britain had no drug problems among her youth and adults.

In Africa, illicit drug cultivation, processing, trafficking are on the rise. In global terms the problem is significantly threatening to add another impediment to the continent's development efforts. If the trend continues, Africa would be faced with a major drug crisis. A study carried out by the United Nations International Drug Control Programme UNDCP (2020) indicates that African countries are being used as draw-board for international trafficking by criminal syndicates. According to Africa Recovery, United Nation, it was reported that in 1996, Africa accounted for 321,292 kg or 12 cent of world-wide cannabis seizures, but only 169 kg of cocaine seizures. Statistics reporting drug activity in many African countries, however, are not always consistent or reliable, sometimes creating the false notion that drug problems are under control.

In Nigeria, the history of drugs, as pointed out by Professor Tolani Asuni of the University of Lagos, can be traced to World War II when returning solders introduced cannabis (NDLEA, 2017). However, with the escalation of drug usage in developed countries in the 1970s, West African airports were employed as transit points and Nigerians were sought as couriers (NDLEA, 2017) Since the early 1980s, Nigeria has earned an international reputation as a hub for trafficking in hard drugs. As the trade in heroin and cocaine is very profitable, ever larger numbers of people are attracted to it. By the 1990s, the menace of drug trafficking had international as well as national ramifications. Nigerian syndicates alone are said to control an estimated 50 percent of the entire illegal heroin in the world according to the British Broadcasting Corporation. The Geopolitical Drug Watch

(2015) observes that Nigerian networks are found all over the world and they have grabbed a respectable share of the cocaine and heroin business.

Moreover, the medical portion of this huge industry is by no means the largest part. Each day, hundreds of millions of persons take drugs despite strong moral condemnation in some quarters against the use of such substances, which have been shown to represent health hazard and serve no nutritional function. Even where their consumption is accepted for adults, minors are generally forbidden to partake of their enjoyment (Baran, 2010). In fact, all the religions of the world condemn the misuse of drug or dependency by human being. For instances in Luke 21: 34-35;

*"... But take heed to yourselves, lest your hearts is weighted down with carousing, drunkenness and cares of this life, and that day came on you unexpectedly, for it will come as a snare on all those who dwell on the face of the whole earth".* The Quran also pointed to the harmful effects of alcohol to man is the statement of Allah (SWT) in: *'They question you about strong drink and games of chance. Say: in both is great sin, an (some) utility for men; but the sin of them is greater than their usefulness...'* (Q2:219 also see Q5: 90).

### **Incidence of Drug Use among Students**

Drug abuse among students, world-wide, has been reported by World Health Organization, WHO (2020). In Malaysia, for instance, the UNOCD (2021) reports that 6 – 10% of students use various stimulants, sedative and hallucinogens. Similarly, in Zambia cocaine leads the drug market, and 80 percent of it transported to Europe and 20 percent consumed locally including students, according to the country's drug enforcement commission spokesman. In Nigeria, as in some other part of the world, birds of the same feather always flock together. In other words, one may not enjoy the company of others unless he conforms to their name. This type of practice is particularly so among students. Unless one is a smoker, one may not be accepted to that group where all members smoke, and if person decides to join that company but with strong determination not to smoke, the member of the group will mount such a great pressure on him that he too will consider smoking. This is also applicable to other drugs such as marijuana, cocaine, Lysergic Acid diethylamide (LSD) among others.

The increasing prevalence of alcohol use/misuse among youth is a disturbing development. This is especially so in a country like Nigeria, a nation already laden with problem of population explosion, huge foreign debts and epidemics. Something needs to be done to prevent the problems from getting out of proportion. According to research carried out by Fabiyi and Oladimeji (2017) (2017) the trend is on increase in the number, with the age of starting getting

lower and lower. A greater percentage of males than females are still observed, despite the numerical increase in the population of female drinkers, the trend in the reason for drinking still remain the same. Most university students drink just for the fun of it. When the issue of drugs in Africa is analyzed closely, South Africa and Nigeria appear to be in a class of their own. Their drugs problem is critical and sophisticated. Criminal organizations have already taken hold in South Africa and Nigeria, trafficking, money laundering and corruption are taxing law enforcement agencies and the criminal justice system. From this perception, drug games are sophisticated and well-entrenched as Nigerian drug lords have been operating with relative impunity while provoking external pressure against the Nigerian government.

Nigeria has become a case study for the dangerous impact of drug in Africa. It shows how a developing country must expend resources creating special anti-narcotic agencies and drug courts for the investigation and prosecution of traffickers and to retard the expansion of domestic drug abuse. The experience of Nigerians and South Africans shows that the global drug problem is now indeed an African one. At present, Africa has insufficient resources to fight drug trafficking which, if permitted to go unchecked, can divert energy and resources from social and economic reconstruction. However, many governments are taking an active stance despite limited finance.

### **Drug Conceptualized.**

Drugs are chemical substances that may be natural or synthetic in nature. The purpose of drug is to correct an abnormality in the functioning of an organ in the human body. The human body is made up of many organs which function for life to exist. Such function may be perfect or imperfect. Drugs are used to correct the abnormal functions of the various organs of the body system so that they function properly. Drugs are equally used to correct the non-functioning of organs of the body to a perfect and correct form. Drugs are either smoked, eaten, injected directly into the blood stream or sniffed to mention just a few ways. Whatever the mechanism through which they enter the body, they produce changes in consciousness, moods and several aspect of psychological functioning (WHO, 2021)

According to the National Agency for Food, Drug Administration and Control (NAFDAC, 2019) drugs are of three types: legal, illegal and socially acceptable drugs. The foremost are drugs obtainable from the clinic or patent medicine stores, prescribed by a doctor for a patient. They are also called counter drugs. Legal drugs are chemical substances that must be prescribed by the legal medical practitioner to be bought. The administration of such drug must be monitored. Not all patent medicine dealers are permitted to deal on them; only

registered dealers are authorized. Socially acceptable drugs which are the third category are also illegal but socially acceptable, they are dangerous in the sense that they contain illegal substances that have control influences. Such influences must be controlled if they must be taken.

### **Drug Abuse and Its Effect**

Drug abuse is the indiscriminate use of drugs by self-administration for non-medical purposes such that the physical, mental, emotional or social state of the user is adversely affected. When you take a chemical substance which has a control influence out of your own volition it is a misuse which is an abuse. Drug abuse is the use of any drug by any person without a doctor's prescription. Although, the phrase 'drug abuse' is widely employed, this is ambiguous. This is because an examination of some of the concepts behind this term reveals pattern of abuse which may be differentiated according to their consequences. The WHO (2021) recommends the following explanations:

- (a) Unsanctioned use: use of a drug that is not approved by a society, or a group within a society.
- (b) Hazardous use: use of a drug that will probably lead to harmful consequences for the user either to dysfunction or to harm.
- (c) Dysfunctional use: use of a drug that is leading to impaired psychological or social functioning e.g. loses of job or marital problem.
- (d) Harmful use: use of a drug that is known to have caused tissue damage or mental illness in the particular person.

The Royal College of Psychiatrists (1987), cited in Benjamin and Chidi (2014) definition of drug uses also drawn on outcomes criteria. "Drug misuse is any taking of a drug which harms or threatens to harm the physical or mental health or social well-being of an individual or other individuals, or of society at large or which is illegal. By and large, misuse of drugs presents multifarious problems which affect the individual, his immediate family and the society at large. Loss of jobs, loss of sense of responsibility, delinquent acts, dropping out of school, promiscuity, to mention a few, are some of the social impact of drug dependence. Acquired Immune Deficiency Syndrome (AIDS) is also one of the latest complications of drug dependence.

The health and social consequences of drug dependence create major economic loss to the nation. At the individual, the effect of drug abuse is sleeplessness which has a psychological and physical effect. There is truancy in school, the user is un-kempt, he/she has criminal tendencies (stealing to get money for the drugs), may be exposed to HIV/AIDs when needles are shared. The drug abuser can also have lungs and heart disease which may lead to death,

uncoordinated behaviors mood change (happy, calm this minute, aggressive next minute), loss of concentration, drastic weight loss, prolonged use of cannabis leads hallucination, madness, low productivity. People who take drugs are prone to get tired easily, they are slow at work, because their entire system, the lungs, the central nervous system, the bones, the veins have been made weak by chemical substance. This often leads to an eventual laying off by the company and they begin to roam the street.

Once the drug abusers are out of job, they will be out of money, and they will certainly look for money to get the drug. They will steal parents and other people money to buy the drugs and compound their problems. Drug abuse also leads to promiscuity. The influence of drug makes one want to do what a normal person would not do i.e. abnormal sex. They jump from one person to another not knowing the quality of a person they are “enjoying” so they easily contact venereal diseases and go to affect their spouses. Such unprotected sex spread HIV/AIDS with the end result as increase in death rate.

As a result of the foregoing consequences, there is urgent need for a policy of demand reduction in spreading this disease because in many countries drug abusers who share syringes, needles and other equipment form a major route of transmission for the Human Immune Deficiency Virus (HIV). Indeed, in some countries the majority of cases of HIV/AIDS infection occurred because of the use of contaminated injection equipment. Infected drug users can transmit HIV sexually as well as by sharing injection equipment, and infected females can transmit the virus to their unborn child. Drug abusers form the route of access for HIV into the general populations. Because there is no effective treatment for AIDS and no vaccine against it, it poses a very serious public health problem. Thus for the first time in many countries, it is in the public interest to fight drug abuse using all available means (UNODC, 2021).

Previously, drug abuse and drug dependence were perceived only as personal problems, with the individual concerned being seen at best an unfortunate victim. Now, because of the threat to public health, there is far greater determination to attack drug dependence. The increased political will to act against it was reflected by the convening in Vienna in 1987 of the Ministerial Conference on Drug Abuse and Illicit Trafficking (UNODC, 2021). As well as the traditional concern with controlling and suppressing illicit trafficking, the conferences had a much broader mandate to intensify and extend the scope of international co-operation into new areas such as demand reduction and the treatment and rehabilitation of drug users. Countries that are not able to meet up with set goals are always given enough chance to correct their anomalies failure of which will attract the fall of the hammer.

### **Empirical Review**

Mbuthia, Wanzala, Ngugi, and Nyamogoba (2020) in their study identified alcohol and drugs abuse as a hindrances to education development, and by extension national development in Kenya. Mbuthia *et al* (2020) reveal that alcohol and drug abuse have been associated with crimes and indiscipline - poor class attendance, poor performance, school dropout and destructive strikes that lead to damage of properties or even death. Aimed at exploring the perception and the magnitude of substance abuse among the undergraduate university students in two public universities of the coastal cities of Kenya, this study adopted a qualitative approach, and conducted Focus Group Discussions with students from the Pwani University and Technical University of Mombasa. Results from this study revealed that alcohol and substance abuse among undergraduate university was a reality and that such untoward behavior had led to various negative consequences. The study recommended that government should reinforce the set law against alcohol and drugs.

In a similar study, Mustafa-Shaibu and Igbino-Ojo Iyayamwan (2022) with the aim of finding out the prevalence of drug abuse amongst student in University of Benin, identifying the factors that influence the consumption of drug abuse amongst the students and the effects of drug abuse on student academic performance.. The study adopted a survey approach and drew a sample of 200 undergraduate students from three faculties in the University. Findings of the study revealed majority of student's abuse drug due to peer influence, academic related problems and one of the major reasons for drug abuse among the students was to be appreciated by friends and alcohol was said to be the most frequently abused drug followed by marijuana and cigarette. Addition to that, the rate of school or class attendance for students who get involved in consumption of drugs was observed to be poor hence lead to low in academic performance.

Akanbi, Anyio, Theophilus, Muritala and Ajiboye (2015), in a related paper with the title, "*Impact of substance abuse on academic performance among adolescent students of Colleges of Education in Kwara State, Nigeria,*" aimed at finding out the prevalence of drug abuse and its impacts on the students. The paper adopted a survey research approach, and drew a sample of 150 respondents from the three colleges of education in Kwara State. The paper used questionnaire as the instrument of data collection and found out that there is a significant difference in the academic performance of students who abuse drugs and the students who do not abuse drug. The paper recommended effective campaigns against drug abuse and the establishment of counseling centre for addicted persons.

### Methodology

The research design adopted in this study is the survey method. The population of the study covers all the 16,348 undergraduates' student of the Chukwuemeka Odumegwu Ojukwu University, Igbariam Campus (Figure from the Office of Dean of Students Affairs, 2023). A sample size of 400 respondents was determined for the study using the Taro Yamani's formula. The stratified sampling technique where the students are divided into subgroups based on shared characteristics, was adopted while the data collection instrument was the questionnaire. The copies of questionnaire were distributed purposively on a face-to-face basis had both open-ended and multiple choice questions (close-ended). Data collected during the process were analyzed using simple percentages while informal interview was used to buttress some areas where information from the questionnaire was insufficient.

### Data Presentation, Analysis and Interpretation

**Table 1: Existence of Drug Abuse among Students of COOU**

Options	Frequency	Percentage
Yes	238	63%
No	79	21%
Can't Say	61	16%
<b>Total</b>	<b>378</b>	<b>100%</b>

**Table 2: Views on Commonly Abused Drug by the Students**

Drugs	Yes (%)	No (%)	Can't Tell (%)	Total
Alcohol	88 (29%)	0 (%)	0 (%)	88 (23%)
Codeine	7 (2%)	12 (24%)	13 (38%)	32 (8%)
Inhalants	11 (4%)	0 (%)	1 (3%)	12 (.03%)
Stimulants	34 (12%)	12 (24%)	5 (14%)	51 (13%)
Hallucinogens	0 (%)	0 (%)	4 (12%)	4 (1.05%)
Sedatives	34 (12%)	7 (14%)	7 (21%)	48 (13%)
Cannabis/Marijuana	76 (26%)	0 (%)	0 (%)	76 (20%)
Cocaine	2 (0.6%)	11 (22%)	0 (0%)	13 (3%)
Crystal meth	42 (14%)	8 (16%)	4 (12%)	54 (14%)
<b>Total</b>	<b>294 (100%)</b>	<b>50 (100%)</b>	<b>34 (100%)</b>	<b>378 (100%)</b>

*Source: Field Survey, 2023*

**Table 3: Causes of Drug Abuse among the Students of COOU**

<b>Drugs</b>	<b>Yes (%)</b>	<b>No (%)</b>	<b>Can't Tell (%)</b>	<b>Total</b>
Peer group influence	57 (19%)	4 (8%)	3 (2%)	64 (17%)
Lack of parental guidance	161 (52%)	24 (46%)	8 (2%)	193 (51%)
Drug availability	12 (4%)	7 (13%)	0	19 (5%)
Need to High	30 (10%)	0%	0	30 (8%)
Possession of money	11 (4%)	8 (15%)	0	19 (5%)
Stress relief	21 (7%)	2 (4%)	0	23 (6%)
Self-medication	7 (2%)	0%	4 (1%)	11 (3%)
Physical sensation	0	2 (4%)	2 (1%)	4 (1%)
<b>Curiosity</b>	8 (2%)	5 (10%)	2 (1%)	15 (4%)
<b>Total</b>	<b>307 (100%)</b>	<b>52 (100%)</b>	<b>19 (100%)</b>	<b>378 (100%)</b>

The revelation of the data here needs emphasis; lack of parental guidance has the highest frequency at (51%) followed by peer group influence. Attention must be paid to this empirical insight.

**Table 4: Effects of Drug Abuse on the Respondents**

<b>Effects</b>	<b>Yes (%)</b>	<b>No (%)</b>	<b>Can't tell</b>	<b>Total</b>
Poor academic performance	194	17	0	211
Criminality	42	6	5	53
Mental Disorder	14	5	2	21
Violence	40	5	4	49
Family Problem/Disharmony	33	4	7	44
<b>Total</b>	<b>323</b>	<b>37</b>	<b>18</b>	<b>378</b>

Source: Field Survey, 2023

**Table 7: Suggested solution for Drug Abuse by the Respondents**

<b>Solutions</b>	<b>Yes</b>	<b>No</b>	<b>Can't tell</b>	<b>Total</b>
Effective parenting	232	3	12	247
Sensitization and public enlightenment	48	11	4	63
Counselling/Rehabilitation	22	4	8	34
Capital Punishment	3	5	0	8
Jailing of Offenders	18	3	5	26
<b>Total</b>	<b>323</b>	<b>26</b>	<b>29</b>	<b>378</b>

Source: Field Survey, 2023

Again, topping the variables of suggestion for solutions to drug abuse among respondents is the mark for ‘effective parenting’ at over 65% response ticks.

### **Findings and Discussions**

Drug abuse is debilitating and dangerous in all aspects of the life of a student anywhere, in Ghana, in Cambodia, in Mexico or in Nigeria. Undergraduate students are young person at the dawn of life of responsibility; with shining prospects for self, family, community and humanity. Undergraduate students at Chukwuemeka Odumegwu Ojukwu, University, Igbariam Campus fit this profile. Results from this study present the existence of drug/substance abuse among the target undergraduate students. This finding is in agreement with the study by Mbuthia *et al* (2020) which found the prevalence and use of illegitimate drugs among students in Kenyan universities. Over 60% of students of COOU acknowledge awareness of drug use among its students. Reasons for this reality in the University environment may be seen at Table 5. The greater number of the student respondents attribute comfort in drugs to lack of parental guidance (51%) and peer group influence (17%). What becomes the effects of drug abuse? Poor academic performance, criminality, mental disorder, violence, family problem/disharmony displayed at different degrees of severity.

Thus, findings from this study clearly point to lack of effective parenting as a major cause of drug abuse among the undergraduate university students. Even though Njeri and Ngesu (2014) report that the quest for physical and sensational satisfaction was the significant cause for drug abuse among the University students, the study data here present parental abandonment of first line of parental responsibilities for children and young adults as critical. This is in tandem with the results of the study by Akanbi *et al* (2015) where a similar finding among students of colleges of education in Southwestern Nigeria was reported. Furthermore, sociologists, psychologists and groomers of the child would identify with this result on the basis of the axiomatic principle that the society is a reflection of the family. Where the family fails to spot and stop drug abuse at the root level, society will only be struggling with symptoms and consequences.

### **Conclusion**

Drug abuse is prevalent among students of the Chukwuemeka Odumegwu Ojukwu University. This is not a death sentence. Effective actions are available to check the menace at the root level; emphasis on early family responsibility. Every identifiable drug comes or came from a home (assuming a normal circumstance). Therefore, media programmes and contents, NDLEA and other agencies campaigns, Federal, State and local efforts at eliminating and mitigating the

disaster of drug abuse must start at the start – family re-orientation for an ordered and value-adding youthful life.

### **Recommendations**

Against the backdrop of the foregoing conclusion, it is recommended as follows:

1. NDLEA and other agencies in the war against drug abuse should give significant focus on families and parents for the apparent reason that that is where the drug war begins for the students.
2. Re-orientation drives, public enlightenment and social engineering programmes should be effectively and efficiently engaged for a targeted fight against drug abuse at micro and macro levels in the nation's social organizational systems where students are found.
3. Minors and majors are found in universities. Therefore legal sanctions and other actions against drug offenders should be explained in seminars and conferences for the avoidance of doubt as *ignorantia legis neminem excusat*.
4. Leaders at all levels of society must lead well by example; teachers and lecturers, presidents, legislators, governors, celebrities and the wealthy. All must avoid drugs. Modelling is a social reality and students are not exempted from follow the leader syndrome.

### **References**

- Adesina, B. O. Adebayo, M. A., Ikenna, F. A. (2020). Factors Associated with Psychoactive substance use among in school Adolescents in Zaria Local Government Area, Kaduna State, Nigeria. A cross-sectional Study. *International Journal of Health Science* 7(1):14-22
- Akanbi, M.I., Anyio, G.A., Theophilus, B., Muritala, M. and Ajiboye, S. (2015) Impact of Substance Abuse on Academic Performance among Adolescent Students of Colleges of Education in Kwara State, Nigeria. *Journal of Education and Practice*. www.iiste.org ISSN 2222-1735 (Paper) ISSN 2222-288X (Online) 6 (28).
- Anyanwu, O. U., Ibekwe R. C, and Ojomaka, N.C. (2020). Pattern of Substance Abuse among Adolescent Secondary School Students in Abakiliki Cogent Medicine 3(1) doi.10.1080/2331205x.2016
- Bandura, A. (1971). *Social Learning Theory*. General Learning Corporation. Archived from the original (PDF) on 24 October 2013. Retrieved 25 May, 2023.
- Bandura, A. (1963). *Social learning and personally development*. New York: Holt, Rinehart, and Winston.
- Baran, S. J. (2010). *Introduction to mass communication, media literacy and culture* (6th ed.). New York: McGraw-Hill.

- Benjamin, A. and Chidi, N. (2014). Drug Abuse, Addiction and Dependence, Pharmacology and Therapeutics, Intech open <https://www.intechopen.com/books/pharmacy>
- Chiari, G. (2017). Personal Construct Theory. In: Zeigler-Hill, V., Shackelford, T. (eds) Encyclopedia of Personality and Individual Differences. Springer, Cham. [https://doi.org/10.1007/978-3-319-28099-8\\_988-1](https://doi.org/10.1007/978-3-319-28099-8_988-1)
- Creswell. (2007). *Understanding mixed methods research*. In Qualitative Inquiry and Research Design: Choosing Among Five Approaches. <https://doi.org/10.1016/j.aenj.2008.02.005>
- Erah, F. and Omatseye, A. (2017). Drug and Alcohol Abuse among Secondary School Students in rural community in South South Nigeria, Annual Medicine and Surgical Practice, 2(2): 85-91
- Fabiya, A, K. and Oladimeji, B.Y. (2017) Alcohol Consumption Among Nigerian Brewery Workers. Retrieved April 2023 from; <https://www.crisafrica.org/>
- Geopolitical Drug Watch (2015) OGD. 1995. *West Africa: In-depth Assessment Study on Drugs Production and Local Trafficking, in Particular Related to Cannabis Cultivation*. Paris: OGD (Report to the European Commission, D-Afr/94/01) p.
- Mbuthia, G., Wanzala, P., Ngugi, C.W. and Nyamogoba, H.D.N. (2020) A Qualitative Study on Alcohol and Drug Abuse among Undergraduate (University Students) in The Coastal Region of Kenya. *African Journal of Health Sciences*. <https://www.ajol.info/index.php/ajhs/article/view/197772>
- Mustafa-Shaibu, Maryam\* and Igbinoba-Ojo Iyayamwan, Omorovbiye (2022) Prevalence of Drug Abuse among Student in the University of Benin, Nigeria. *University of Nigeria Journal of Political Economy*. Volume 12, number 2, 276-307
- NAFDAC (National Agency for Food & Drug Administration & Control) (2019) Drug Use Survey Nigeria. Retrieved April 2023 from [https://www.nafdac.gov.ng/wp-content/uploads/Publications/Narcotics/Drug\\_Use\\_Survey\\_Nigeria\\_2019\\_BOOK.pdf](https://www.nafdac.gov.ng/wp-content/uploads/Publications/Narcotics/Drug_Use_Survey_Nigeria_2019_BOOK.pdf)
- Namadi, M. M. (2016). Drug Abuse among Adolescents in Kano metropolis Nigeria. *International Journal of Applied Social Sciences*, 2 (1): 195-206, doi.10.11648/j.ajns.20170602.16
- National Drug Law Enforcement Agency NDLEA (2017). Annual Drug Report. People Gazette <https://www.gazettengr.com>
- National Drug Law Enforcement Agency NDLEA (2017). Nigerian Youth and the scourge of Drug Abuse. <https://www.ndleamg.com>

- Njeri, N.A. and Ngesu, L. (2014) Causes and Effects of Drug and Substance Abuse among Secondary School Students in Dagoretti Division, Nairobi West. *Global Journal of Interdisciplinary Social Sciences*, 3, 1-4.
- Olamuyiwa, Y. A. (2021). National Survey has confirmed the Massive Scale of Nigeria's Drug Problem. *Quartz Africa* 2(1): 17-24
- United Nations Office on Drugs and Crimes UNODC (2020). Drug Prevention, Treatment and Control. <https://www.unodc.org/nigeria/en/drugs>.
- UNODC (2021). DrugHelpNet in Nigeria. Vienna: United Nation office of Drugs and Crimes
- World Health Organization, WHO (2021). Expert Committees on Drug Dependence. <https://www.who.net>
- APA Dictionary of Psychology Phenomenological theory. Retrieved June 2023 from: Personal Construct Theory | SpringerLink Personal Construct Theory | SpringerLink <https://dictionary.apa.org/phenomenological-theory> [https://link.springer.com/referenceworkentry/10.1007/978-3-319-28099-8\\_988-1](https://link.springer.com/referenceworkentry/10.1007/978-3-319-28099-8_988-1).