

Drug Use and Abuse in the 21st Century: Challenges and Approaches for Adolescents of Secondary Schools in Northern States, Nigeria

By

Adamu Abdulkareem Biu

Institute of Education

Ahmadu Bello University, Zaria – Kaduna State

Thomas Murna

&

Maryam Adefunke Suleiman

Department of Human Kinetic and Health Education

Ahmadu Bello University, Zaria – Kaduna State

Abstract

Drug use and abuse in the 21st century has become a common problem among adolescents of secondary schools and has been of growing concern to the Nigerian society and indeed the world community. This tendency to resort to drugs has slowly, but undoubtedly, gained grounds. In recent times the word cocaine, tramadol, Indian hemp and Shisha has formed headlines in Newspapers and mass media. Teachers, Health educators and medical practitioners can educate parents and community about the health consequences of using substances such as alcohol, tobacco, cocaine, shisha, and misuse of any kind of drug or taking of drugs without professional or doctor's prescription. Therefore, the purpose of this study was to assess Drug use and abuse in the 21st century: Challenges and Approaches for Adolescents of Secondary Schools in Kaduna State, Nigeria. A non probability sampling techniques was used to draw a sample from the selected secondary schools in the twelve (12) educational of Kaduna state. Thus, a total number of four hundred and two (402) secondary school students were used for the study. The data collected were analyzed using descriptive statistics of frequencies, percentages, mean, and standard deviation to answer the research questions on Drug use and abuse among adolescents of secondary schools in Kaduna State while Chi-square analysis was used to test peer influence on drug use and abuse among adolescents of secondary schools and to also test significant influence of drug use and abuse among adolescents of secondary school by their age, gender and class level in Kaduna state. The finding of the study revealed that peer group significantly influence the drug use and abuse among adolescents of secondary schools in Kaduna State, Nigeria. On the basis of that, health educators should come up with educational programme and awareness campaign focused on drug use and abuse in secondary schools with the hope that education about drugs can change their behaviour in the 21st century. The school should enforce measures that will limit the use, possession and sale of illicit drugs in the school premises. It is also the primary role of the school to recruit qualified teachers to teach skills, to impart knowledge and to establish sound values in their students, as this will greatly assist in awakening our youths to form values and positive attitudes in relation to health and drug use in the 21st century.

Keywords: *Drug use and abuse, Challenges, Approaches, Adolescents of Secondary Schools*

Introduction

According to Brynt, Schuleberg, O'Malley, Bacham. & Johnson, (2007), Adolescents of secondary schools experience numerous physical and social changes, often making it difficult for them to know how to behave. During this period peer pressure have a large influence on

drug-abusing behaviour. Many teenagers use drugs for the first time to avoid being stigmatized by their friends or to impress others this brought about the increasing incidence of drug use among adolescents in secondary schools which has been of growing concern to the Nigerian society and indeed the world community, this tendency to resort to drugs has slowly, but undoubtedly, gained ground especially right from the end of the Nigerian civil war. In recent times the words Tramadol, Cocaine, Shisha, and Indian hemp have formed headlines in Newspapers and the mass media. According to Ayodele, Adeleke, & Gandonu (2018), Africa has an annual growth of over 3 percent; the youth is estimated to reach 258 million by the year 2025. The 15-24 age group constitutes about 20 percent of the total population of the continent. Drug abuse is linked to social problems among these aged group and the social problems linked to these aged group include: child neglect, poverty, social pressures and traumas, crime and STIs/HIV/AIDS. Therefore, drug use and abuse among adolescents of secondary schools in the 21st century has become a serious source of concern for health educators, parents, teachers, policy makers, researchers and the society at large. Thus, the concept of drug use and abuse may evoke different meanings to different people, usually, drugs are chemical substances, other than food, which when taken into the body systems of a living organism may alter or modify one or more function. This means that drugs are substances that affect psychological or behavioural functions or lead to varying degrees of dependence or addiction. While drug use is when one uses a drug. Sometimes, when one has a genuine reason for using them, most especially when prescribed by qualified medical personnel it can be referred to as drug use. And drug abuse simply means repeated misuse of drugs or a chronic desire for the effects of a particular drug created in an individual as this can lead to socially deviant behaviour, psychological or physiological dependence. Drugs can also become abused when taking drugs without professional or doctors' prescription that is self-medication. According to Ayodele et al (2018), drugs become abused when they are used in excessive, maladaptive, or addictive way for non-medicinal purposes.

However, adolescents of secondary schools take substances such as alcohol, Indian hemp, cocaine, shisha, tramol or tramadol so as to experience a state of mental and emotional effects and sometimes for experimental purposes. Other reasons include: psychological reasons, that is lack of identity. Similarly, when adolescents lack the basic needs of life, such as food, clothing, good shelter, security, love, feeling of acceptance, self image, and self identity as requirements for psychological and emotional fulfilment of life he/she may lose self-esteem and may lack competence in social, intellectual and physical skills. Also, whenever adolescents' needs are not met, they engage themselves in many risk-taking behaviours that makes them to use drugs. In addition, isolation of the adolescents among his/her peer group in school may pressurize him/her to involve himself/herself into drug taking. Another reason is lack of adequate parental control and guidance such as family disintegration, extended family system, broken homes, decrease in secondary social controls, especially the weakening of schools-community relations, laws, customs, traditions, socio-cultural changes, rural/urban migration and unemployment.

Challenges and Approaches of Drug use and abuse among Adolescents of Secondary Schools in 21st Century

According to Afolabi, Abisola, Akinyemi, and Ola Olorun (2012), Majority of drug abuse start in adolescence, especially for "gateway" drugs, alcohol, and cigarette. Alcohol, drugs and

cigarettes are described “as gateway” drugs because they are usually the first substances used before other drugs are tried out. Drug abuse by students can lead to a sharp decline in their academic performance, increase reports of truancy, deviant behaviours, and ultimately, expulsion from schools. It can also lead to addiction increased desire for drugs without which normal life processes is disturbed, increased appetite and libido. As such it becomes imperative to check the practice of psychoactive drug use in the society. Mamman, Othman & Lian, (2014), argued that the use and abuse of drug continues to be the major risk behaviour among youth and adolescents, with physical and mental health complications in our society today. According to Andre, Claudia, & Demise, (2014), it is a major societal concern, and school are considered a privileged space for the development of prevention and health promotion. Oliha. (2014), observed that the alarming evidence in the prevalence of drug abuse among secondary school students include, secondary school is a time of opportunity, risk and challenging. During this periods students are faced with challenging phase of life within which they attain physical, sexual, and emotional maturity. Secondary students are left alone to face the risk of unhealthy behaviour characterized by immoral act including drug abuse which could lead them to stealing and cultism.

Oliha (2014), added that drug abuse as a major problems in schools has become the most disturbing health related phenomena in Nigeria and other part of the world. Despite the endless efforts by parents, schools, and the federal government in trying to get adolescents off substance use drug advertising is effectively working hard and spending big to promote their use According to Strasburger, Wilson, & Jordan, (2009), television programs and movies contain appreciable amounts of advertisement on substance use. Although many illegal drugs are frequently abused in our society today, two legal drugs—alcohol and tobacco—pose perhaps the greatest danger to adolescents. Both represent significant gateway drugs and are among the earliest drugs used by adolescents. A preadolescent or adolescent who smokes tobacco or drinks alcohol is 65 times more likely to use marijuana, for example, than someone who abstains (Kalshi, 2015). The younger the age at which an adolescent experiments a substance, the greater the risk of serious health problems. The United Nation Office on Drugs and Crime (UNODC) (2010) reported that 5% of the world’s population used one form of illicit drug or the other. According to Oliha (2014), 20% of the school population in Edo State, Nigeria have taken a psychoactive drug once in their lives. The alarming evidence in the prevalence of drug abuse, the effects, and the consequences of substance abuse among students has called for concern and challenge to all helping professions to mount strategies of equipping youths with skills of living devoid of substance abuse. It was estimated that alcohol use results to 2.7 million deaths per year, while cocaine and heroin are responsible for 0.2 million deaths per year. Globally, tobacco use is the cause of premature death especially among adolescents.

Peer group influence is one of the major factors that initiate and is responsible for substance use and abuse among adolescents. Friends of smokers and drinkers tend to copy their counterparts for one reason or the other. According to Oluremi (2012), Nigerian secondary school adolescent under the influence of Indian hemp shed all inhibitions and produce behaviour that is inconsistent with school discipline. She also observed that the increasing incidence of drugs abuse among secondary school students is a contributory factor in the ugly confrontation between school administration and students. The best way for teens to avoid succumbing to peer pressure is to be prepared in advance with ideas of what they want to say (National Institute on Drug Abuse, 2014).

Alhyas, Al Ozaibi, Elarabi, El-Kashef, Wanigaratne, Almarzouqi, and Al Ghaferi, (2015), explain that there are a number of risk and protective factors that could influence substance use among adolescents. These factors are classified into: (1) parent–adolescent relationship, (2) peer pressure, (3) drug accessibility, (4) religiosity and (5) Education (6). Age, (7). Local community.

Drug use can have a wide range of short- and long-term, direct and indirect effects on adolescents of secondary schools. These effects often depend on the specific drug or drugs used, how they are taken, how much is taken, the person's health, and other factors. Short-term effects can range from changes in appetite, wakefulness, heart rate, blood pressure, and/or mood to heart attack, stroke, psychosis, overdose, and even death (NIDA, 2017). These health effects may occur after just one use. Longer-term effects can include heart or lung disease, cancer, mental illness, and others. Long-term drug use can also lead to addiction. Drug addiction is a brain disorder. Not everyone who uses drugs will become addicted, but for some, drug use can change how certain brain circuit's work. These brain changes interfere with how people experience normal pleasures in life such as food and sex, their ability to control their stress level, their decision-making, their ability to learn and remember, among others. These changes make it much more difficult for someone to stop taking the drug even when it's having negative effects on their life and they want to quit (NIDA, 2017).

Approaches can be defined as ways intended to prevent, reduce, or delay the occurrence of drug taking among adolescents of secondary school. Many adolescents of secondary schools depend on drugs or substances like alcohol, tobacco, cocaine, heroine, caffeine, amphetamine derivatives, and energy drinks for their daily dealings. This dependency and addiction pose a serious disorder characterized by insecurity, social violence, and crime such as rape, armed robbery, fraud, mental disorder and teenage pregnancy among secondary school students. There are number of approaches in the 21st century that can be undertaken to persuade secondary school students who are abusing drugs to help them overcome the addiction:

i. Peer pressure

Obiechina & Isiguzo (2016), The influence of peer pressure and inadequate self confidence is strong during formative years of youth, that is, a friend can be greatly influenced to be a drug addict if allowed to interact with the group. Peer influence is synergic, with the highest rates in marijuana, cocaine, and inhalants. These affect their behaviour and impair their health leading to frustration, poor academic performance, zest for future career, lawlessness, and rape among group. At this stage the adolescent loses interest in his health, family and community. In this case the best approach to take is that secondary school students can be a powerful agent to change when they are encouraged to undertake ant-drug action through writing letters to favourite sporting teams and stars asking them not to use drugs, or endorse tobacco or alcohol products, amongst others.

ii. Age

Age is a convenient way to define adolescence. But it is only one characteristic that delineates this period of development. Age is often more appropriate for assessing and comparing biological changes (puberty), which are fairly universal, than the social transitions, which vary more with the socio-cultural environment. At this period (11-18years), curiosity, and experimentation and the desire to be accepted into peer group exist. Obiechina & Isiguzo

(2016), argued that curiosity and experimentation coupled with the desire to be accepted into peer group place adolescents into high-risk behaviour. They added that, many young adolescents aged 12 to 14 used drugs, drove while intoxicated, and are sexually active. This behaviour increased throughout the teenage years. At this period the role of parents and the school is crucial in looking after the activities of adolescents of secondary schools. The school can assist parents by providing them with information on health and drugs issues. When the schools work in partnership with parents all acts of immorality act among students can be reduced to minimal.

iii. Education for drug abuse in schools

According to United Nation (2004), Education for drug abuse prevention may be defined as the educational programmes, policies, procedures, and other experiences that contribute to the achievement of broader health goals of preventing drug use and abuse. Education for drug abuse prevention should be seen to include both formal and informal health curricula, the creation of safe and healthy school environment, the provision of appropriate health services and support as well as the involvement of the family and the community in the planning and delivery of programme. Education programme can focus also in improving the knowledge and skills about drug use and abuse and making someone addicted to drugs, improving secondary school students' skills such as decision making as this will help them resist peer pressure. According to Obiechina, Isiguzu (2016), School can play a crucial role through drug free club, drama, role play, involving home and community partnership.

iv. Parents and community involvement

Parents involvement is important because families are a primary source of socialization and because parental opinion can reinforce information for drugs abuse, their opinion are important as it contribute to values about drug abuse and community support for drugs prevention. Parents can also assist in helping to integrate consistent and relevant health information into the home and the community as this will discourage adolescents of secondary school from buying and patronizing cigarettes, alcohol, and private shops where drugs are sold as these are responsible for adolescents exposure to drug use and abuse. They should understand that they are important in influencing and modelling responsible behaviour concerning drug use and abuse, instituting family rules, becoming more aware of youth culture, recognizing the early signs of drugs use and by maintaining communication with the family and with other parents and the schools. They can also be influential in promoting drug policies at school and community levels and by advocating for changes to laws. Parents have a role in managing drug incidents in schools. The school can also assist parents by providing them with information on health and drugs issues as a group. School working in partnerships with parents remove some of the anxiety parents experience from the expectation that education for drugs prevention is their sole responsibility (United Nations on Drugs and Crime (2004). The school together with families and the wider community, share responsibility for the education and welfare of students, and parents' guardians have a right to know when their children are misusing substances. The importance of mutual support between school and home is emphasized and parental support is seen as crucial to dealing with drug related issues.

v. Health and Social Marketing Intervention

Obiechina, & Isiugo (2016), Observed that Social Marketing is widely used to influence health risky behaviour. They use a wide range of health communication strategies based on mass media, they also use role models such as popular music and movies celebrities and mediated through health care providers, interpersonal, and other modes of communication. Other marketing methods includes message placement, promotion, dissemination of information, through mass media and community level outreach to discourage alcohol and drug addiction. Mass media has important role to play in changing norms regarding negative consequences of drug use and abuse. Mass media can include the use of news papers, billboards, radio and television as well as collaboration with entertainment industries, music, and videos.

Statement of the problem

Adolescence of secondary schools are periods of transition from a culturally constructed period that generally begins as individuals reach sexual maturity and ends when individual has established an identity as an adult within his or her social context. Adolescents are part of the population with age range between 10- 20years. Usually at their secondary level of education. At this stage secondary school students are exposed to so many immoral acts such as violence, sex smoking cigarette, taking alcohol, among others. This period is a time were adolescents' experiment, explore and curious as such they involve themselves in into risk- taking including the use and abuse of psychoactive drugs such alcohol, tobacco, Indian hemp and liquid ecstasy such as tramadol, resulting in mental illness, and changing their mood. This has contributed to violence in school, teen sexuality, eating disorder and stealing, cultism and gang formation. The onset of depression, mood disorder, such as depression and schizophrenia are also observed. The purpose of this study therefore is to investigate the influence of drug use and abuse among adolescents of Secondary School in Kaduna State, Nigeria.

Purpose Of the Study

- i. To investigate the influence of drug use and abuse among adolescents of Secondary School in Kaduna state, Nigeria
- ii. To assess the influence of drug Use and abuse among adolescents of Secondary Schools by their age group in Kaduna state, Nigeria
- iii. To determine the influence of drug use and abuse among adolescents of Secondary by their Gender. in Kaduna state, Nigeria
- iv. To assess influence of drug use and abuse among adolescents of Secondary Schools by their class level. In Kaduna state, Nigeria

Research Questions

- i. What is the influence of peer group on the drug use and abuse among adolescents of secondary school in Kaduna State, Nigeria?
- ii. What is the influence of age group on drug use and abuse among adolescents of secondary schools in Kaduna state?
- iii. What is the influence of gender on drug use and abuse by adolescents of secondary schools in Kaduna state?
- iv. What is the influence of class level on drug use and abuse among adolescents of secondary schools in Kaduna

Hypotheses

Peer group influence on drugs use and abuse among adolescents of secondary school in Kaduna State, Nigeria is not significant.

Age group has no significant influence on drugs use and abuse among adolescents of secondary schools in Kaduna state

Gender has no significant influence on drugs use and abuse by adolescents of secondary schools in Kaduna state

Class level has no significant influence on drug use and abuse among adolescents of secondary schools in Kaduna

Methodology

Ex-post facto research design was adopted for the study. The population of this study consisted of all boys and all girls of secondary school students which was 469,530 (Kaduna State Government Ministry of Education, 2017). The sample size for this study is 400. A non probability sampling technique was used for the selection of secondary school students. While simple random sampling technique was used in the selection of local government. Each zone forms a stratum. From each stratum, two local government were selected at random. In this selection, all the existing government names were written on a piece of paper. The required local government were picked by blind folding the persons to pick from container until the expected number of local governments in the educational zones were picked in order to have a total number of six (6) educational zones. From each of the selected educational zones, all-boy and all-girls secondary school students served as the respondents in this study. Within each of the six (6) selected educational zones two secondary school students were purposively drawn from each of the 12 secondary schools. This was done by means of writing yes or no in a piece of paper that were squeezed and randomly picked by the students. Any students that picked yes became part of the study in his/her school. The teachers helped the researcher in the selection process. A total of sixty seven (67) questionnaire were distributed to each selected secondary schools in each educational zones. This brings to a total number of 402 questionnaire in the educational zone. Hence a total number of 402 questionnaire were distributed to secondary school students in the 12 existing educational zones of Kaduna State and 398 (98%), were retrieved.

Results

Research hypotheses 1

Peer group influence on drugs use and abuse among adolescents of secondary school in Kaduna State, Nigeria is not significant.

Table 5: Chi-square analysis on peer group influence on drug use and abuse among adolescents of secondary schools in Kaduna state

Use and abuse of substances	SA	A	D	SD	Total
I use tobacco	118	66	82	132	398
I use alcohol	106	58	77	157	398
I use tramadol	111	63	80	144	398
I use Indian herm	98	66	77	157	398
I use solution/gum	108	79	81	130	398
I use sukudie	87	67	91	153	398
I use snuff	82	78	95	143	398
I chew tobacco leaves	72	104	79	143	398
I use codeine and other syrup	66	99	85	148	398
I use dry gin	58	113	77	150	398
Total	906	793	824	1457	3980

Chi-Square = 94.589, DF=27, p-value = 0.010

The result in the table shows that peer group has significant influence on drug use among adolescents of secondary schools. The observed chi-square value for the test in the table is 94.589 obtained at 27 degrees of freedom with a p-value of 0.000 ($P < 0.05$). With these observations, there is sufficient evidence to reject the null hypothesis. The null hypothesis that there is no significant influence of peer group on drug use and abuse among adolescents of secondary school in Kaduna state. is therefore rejected. The result shows that peer group significantly influence the use and abused of different drugs.

Research hypotheses

Age group has no significant influence of drugs use and abuse among adolescents of secondary schools in Kaduna state

Table 6: Chi-square analysis on the influence of drug use and abuse by age group among adolescents of secondary school

Age	SA	A	D	SD	Total	Chi-square	DF	P-value
11-15yrs	402	338	218	342	1300	162.611	3	0.000
	295.93	259.02	269.15	475.90				
>15yrs	504	455	606	1115	2680			
	610.07	533.8	554.85	981.10				
Total	906	793	824	1457	3980			

Table 6, shows the observed frequencies and the expected count below for the respective age grouping of the students along the four-point scale. From the observed chi-square of 162.611 obtained at 3 degrees of freedom for the test and the p-value of 0.000 ($P < 0.05$), students age group have significant influence on drug use and abuse in the secondary schools in Kaduna state. These observations provide sufficient evidence to reject the null hypothesis. The null hypothesis that there is no significant influence of different ages of adolescents on drug use and abuse is therefore rejected.

Research hypotheses 3

Gender has no significant influence of drugs use and abuse by adolescents of secondary schools in Kaduna state

Table 7: Chi-square analysis on the influence of drug use and abuse by gender among adolescents of secondary school students in Kaduna State

Gender	SA	A	D	SD	Total	Chi-square	DF	p-value
Female	304	235	282	669	1490	74.804	3	0.000
	339.18	296.88	308.48	545.46				
Male	602	558	542	788	2490			
	566.82	496.12	515.52	911.54				
Total	906	793	824	1457	3980			

The result in table 7, above shows that gender has significant influence on drug use and abuse among adolescents of secondary schools Kaduna state. This indication is deduced from the observed chi-square value of 74.804 obtained at 3 degrees of Freedom. The level of significance observed in the test is 0.000 ($P < 0.05$). With these observations, there is enough evidence for rejecting the null hypothesis. The null hypothesis that, gender has no significant influence drug use and abuse among adolescents of secondary schools is therefore rejected.

Research hypotheses 4

Class level has no significant influence on drug use and abuse among adolescents of secondary schools in Kaduna

Table 8: Chi-square on the influence of drug use and abuse by class level among adolescents of secondary schools.

Class level	SA	A	D	SD	Total	Chi-square	DF	p-value
JSS I	122	58	40	0	220	787.975	15	0.000
	50.08	43.83	45.55	80.54				
JSS II	176	92	76	236	580			
	132.03	115.56	120.08	212.33				
JSS III	242	206	60	52	560			
	127.48	111.58	115.94	205.01				
SS I	144	166	358	552	1220			
	277.72	243.08	252.58	446.62				
SS II	164	192	222	522	1100			
	250.40	219.17	227.74	402.69				
SS III	58	79	68	95	300			
	68.29	59.77	62.11	109.82				
Total	906	793	824	1457	3980			

The of table 8, result revealed that students' class level has significant influence on drug use and abuse in the secondary schools. This is indicated in the table with an observed chi-square value of 787.975 obtained at 15 degrees of Freedom. The level of significance observed in the test is 0.000 ($P < 0.05$). With these observations, there is sufficient evidence to reject the null hypothesis. The null hypothesis that class level has no significant influence on drug use and abuse among adolescents of secondary schools in Kaduna State is therefore rejected.

Discussion

Drug use and abuse constitute a menace to the health of adolescents of secondary school and has eaten deep into the fabric of our society and, therefore causing growing concern. Drug use and abuse in the 21st century, challenges and approaches were discussed in this study. Peer

group influence were also investigated. The finding of the study revealed that peer group significantly influence the use and abuse of different drugs among adolescents of secondary schools in Kaduna state. This is in line with United Nations (2010), who reported that peer group influence is one of the major factors that initiate and is responsible for substance use and abuse among adolescents. Friends of smokers and drinkers tend to copy their counter parts for one reason or the other. The finding here also agrees with Bryant et'al (2007), who observed that adolescents are highly influential in convincing one another to try alcohol, tobacco, or other drugs for the first time. The finding is here is consistent with Obiechina & Isuzo (2016), who argued that the influence of peer and inadequate self confidence is strong during formative years of youths, that is, a friend can be greatly influence to be drug addict if allowed to interact with group. The finding of the study also revealed that age has significant influence on drug use and abuse among adolescents of secondary schools. It was found that students of lower ages of below 16years were likely to be more influenced to substances used and abused than those of higher ages. Age was therefore a major factor in substances use and abuse by the students. This finding is in accordance with Obiechina & Isiguzo (2016),who argued that curiosity and experimentation coupled with the desire to be accepted into peer group place adolescents into risk behaviuor

The influence of gender on substances used and abused by the students in the secondary schools was tested in sub-hypothesis. The result of the test revealed that gender has a significant influence on substances used and abused by the students. The null hypothesis was therefore rejected. The finding of the study is inline with Oliha (2014), who observed that at this periods students are faced with challenging phase of life with which they attain physical, sexual, and emotional maturity.

The influence of class level on substances used and abused by adolescentsof the secondary schools was tested. The result revealed that class level of students has a significant influence on their substances used and abused in the state secondary schools. The null hypothesis was therefore rejected. The finding also agrees with Ayodele, Adeleke,& Gandonu (2018), who observed that Empirical evidences support the claims that drugs are used and abused by youth from all socio-economic and racial/ethnic backgrounds, and class level

Conclusion

From the analysis of the data and test of the hypotheses of this study, the following conclusion were drawn:

The drug use and abuse were influenced by peer group among adolescents of secondary schools. This is because young people are curious to experiment the unknown facts about drugs thus making them into drug addicts. In addition, peer pressure plays a major role in influencing adolescents of secondary schools into drug use and abuse. This young people depend less on their parents. They spend most of their time with friends in the school.

Recommendations

Based on the findings from the finding of this study the following recommendation were made:

- 1.The schools, as institutions for people in their formative year, are strategic setting for advancing health promoting skills, policies, practices, and community links. Some of the characteristics of schools that relate successful change include quality leadership, teachers

morale, teacher mastery, resource and the school environment. The schools also has a primary role to teach skills, to impart knowledge and to establish a sound values base in relation to health and drug use and abuse.

2. Parents can have a significant influence by modelling responsible behaviours concerning drug use, instituting family rules, becoming more aware of youth culture. Recognizing the early sign of drug use and by maintaining communication within the family and with other parents and school.

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