

Undergraduates' Use of Adolescent Substance in Nigerian Universities

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Abstract

The study looked on teen drug use among university freshmen in Nigerian universities. The descriptive survey method was employed for the study's design. 500 undergraduate male students and 430 undergraduate female students made up the sample of 930 individuals drawn at random from three Nigerian universities. The Substance Abuse Effects and Consequences Awareness Questionnaire (SAECAQ), a validated tool, was used to elicit pertinent information from the respondents. A t-test descriptive statistic was used to assess the data that had been gathered. The results demonstrate a statistically significant difference between male college students who used substances throughout youth and those who did not. The academic performance of adolescent female substance abusers and adolescent female non-substance abusers differed statistically significantly. Recommendations for lowering substance abuse among college freshmen were provided considering the findings.

Keywords: Drug, Drug Abuse, Undergraduates, Causes and Effects.

Introduction

The time of adolescence, which marks the passage from childhood to adulthood, is characterized by numerous physical, psychological, and social changes in every kid. The age range of adolescents, who make up a portion of the population, is 14 to 25 years. Most university students in Nigeria are typically between the ages of 14 and 25. (Olugbenga-Bello; Adebinnie; Abodurin, 2009). Teenage years are marked by experimentation, discovery, curiosity, and the search for one's identity. Risky activities, such as the use and abuse of psychoactive substances—drugs that primarily affect the brain and cause sleepiness, excitement, or mood changes in users—are a part of this search. Worse yet, these behaviours often lead to addiction. Creating a sense of identity is a difficult task for adolescents. Adolescents who are maturing can reflect on who they are and what makes them special because of their new cognitive abilities. Self-concept and self-esteem are the two components that make up identity (American Psychological Association, 2002). Self-esteem is the way one feels about one's self-concept, whereas self-concept is the set of views one has about oneself, including characteristics, roles, objectives, interests, values, and religious and political convictions. Adolescents are prepared to experiment with new behaviours because of all the developmental changes they go through. Risky behaviour because of this exploration is typical of the growth of adolescents (Sue, et al, 2009).

Adolescents who take risks can develop their personalities, practice new decision-making techniques, and acquire the admiration of their peers (Ponyon, 2009).

Unfortunately, some of the riskier activities that teenagers engage in end up posing a serious threat to their health and wellness. These dangerous habits among teenagers include sex trials or sex tests that could result in pregnancy, smoking, binge drinking, and drug usage.

According to Odejide (2000), a substance is misused when its use is not pharmacologically essential, especially when it is done in defiance of a law that forbids it or when a person is underage.

Use of a socially acceptable beverage is overdone. According to Sambo (2008), persistent substance use can harm an adolescent's physical and mental development seriously and occasionally irreparably.

psychological growth. A substance is considered a drug if it has the potential to alter biological function due to its chemical activities (Okoye, 2001). It is also thought to alter perceptions, cognition, emotion, behaviour, and other basic bodily processes. in Bagogun (2006) Drug misuse is a significant global public health issue (UNODC, 2005). One of the most alarming health-related trends in Nigeria and other areas of the world is adolescent drug use and misuse (NDLEA, 1997). Numerous teenagers who are in school deal with mental health issues, either transiently or permanently. Some develop mental illnesses, have trouble adjusting to the environment at school, and eventually quit. Substance abuse was defined by NAFDAC (2004) as excessive and ongoing self-administration of a drug without respect to medically or culturally acceptable patterns, as referenced by Haladu (2003). Another way to look at it is as drug usage that interferes with a person's ability to operate socially and healthily. To prevent fatal diseases, Odejide, 2000 cautioned that drug users who display symptoms of stress, anxiety, depression, changes in behaviour, weariness, and appetite loss or gain should receive treatment from medical professionals and counsellors.

The troubling statistics on drug use, its prevalence, and its impacts and repercussions among students should cause concern and spur all helping professions to develop plans for teaching young people how to live healthy, substance-free lives. Today, there are many negative effects of substance misuse in Nigeria, including social issues, psychological issues, and acute and chronic health issues. The disruption of interpersonal relationships, particularly those between students and even within families, the marginalization of other students by substance abusers, their criminal behaviour, academic failures, employment issues, and failure to reach typical adolescent milestones are all issues. When they don't even have a future in mind, these teenagers are supposed to be the leaders of the nation in the future. Studies conducted by Oimage and Oshiloya (2006), Nwagwu (1999), Fayombo (2000), and Obianwu (2005) among secondary school students in Benin City revealed that students and young people in the neighbourhood with easy virtue are involved in cannabis abuse and stimulants such amphetamines and cannabis. Therefore, it appears that youths

are substantially involved in substance usage as well, according to consensus. Drug misuse has grown to be such a significant issue for all well-intentioned Nigerians, especially the Federal Government, that an agency has been established to fight the societal disease with the goal of limiting the growth of drug abuse to the bare minimum or eliminating it.

According to the Nigerian National Drug Law Enforcement Agency (NDLEA), drug usage is a serious issue in schools (NDLEA, 1997). For instance, in Edo state, Nigeria, 20% of students have used a psychoactive substance at least once in their life (Alemika, 1998). Since kids observe and emulate their peers, a lot of these behaviours are strongly correlated with peer culture.

They admire and they like. In adolescence, the desire to appear beautiful to others becomes very essential, and this aspect is key in the emergence of eating disorders, alcohol, cigarette, and drug use, tanning, unsafe sex, and injury susceptibility, among other behaviours. These young people who participate in such risky behaviour frequently have difficult relationships with their parents and lack self-control, which suggests that they do it to cope with a demanding lifestyle. Adolescents who take drugs often perform worse in school, and this association seems to be explained by familial issues, deviance, and low self-esteem. Adolescent drinking is influenced by parents' and friends' attitudes about alcohol and by their role as role models (Taylor, 2003). However, there has also been a significant correlation between drug misuse and parental neglect because of separation, divorce, death, or conflict (Odejide, 1997).

Most young people in Nigeria ignorantly rely on drugs of one kind or another for their everyday activities, including social, educational, political, moral, etc. Tobacco, Indian hemp, cocaine, morphine, heroin, alcohol, ephedrine, Madras, caffeine, glue, barbiturates, amphetamines, and other drugs fall within this category. In their studies on the perception of drug abuse among Nigerian undergraduates, Oshikoya and Alli (2006) identified dependence and addiction as one of the main effects of drug abuse. These conditions are characterized by compulsive drug craving and seeking behaviour and are use that persists despite adverse effects. These alterations are harmful and unsuitable for the social or environmental context, which puts the person at danger of injury. Drug experimentation is frequent among adolescents (11–25 years old). They take drugs for novel purposes at this age. They utilize drugs for a variety of reasons, including as curiosity, pleasure, stress relief, or to feel more mature. Early use of alcohol and tobacco raises the likelihood of later drug use.

Description of the Problem

The alarming evidence of the prevalence of substance abuse in Nigeria today, as well as the effects and consequences of substance abuse as they are currently being experienced among adolescent undergraduate students in universities, is not only a serious challenge but also a threat to not only the excellent academic performance expected of each student, but also a threat to the future development of Nigeria as a whole. This is quite concerning

and should raise worry among all parties involved. It should also serve as a challenge to all helping professions to develop techniques for preparing young undergraduates for lives free from substance misuse. The effects of substance misuse are now clearly visible in many Nigerian universities, including short-term and long-term issues with undergraduate students' physical and mental health, as well as social and psychological issues. Other effects include the disruption of interpersonal relationships between students and even within their families, the exclusion of other students by drug users, criminal behaviour, abnormal school behaviour, failure to complete high school and school dropout rates, career difficulties, and failure to meet typical adolescent milestones, among others. According to the Nigerian Drug and Law Enforcement Agency's NDLEA (1997) report on adolescent drug use and misuse, adolescent drug addiction has emerged as one of the most alarming health-related trends in both Nigeria and other areas of the world. Numerous teenagers who are in school deal with mental health issues, either transiently or permanently. Some lose their minds, are unable to cope with their surroundings at school, and eventually leave.

The frequent arrests made by the Nigerian police, NDLEA employees, and media stories only serve to highlight how serious the drug misuse issue is getting in Nigeria. The National Drug Law Enforcement Agency (NDLEA) was established to help combat this canker worm social disease with the aim of reducing the spread of substance abuse among adolescents to the barest minimum or eradicating it in its entirety in not only Nigerian universities but the Nigerian society at large. Drug abuse has become such a problem of great concern to all well-meaning Nigerians and particularly the federal government. Unfortunately, despite the efforts of many concerned bodies to stop this menace, many businesses and individuals still present these drugs and alcoholic substances as though they are harmless and even helpful to teenagers. This clearly illustrates how the problem of substance abuse and addiction is getting worse and more complicated every day. Big Companies manufacture these harmful toxic chemicals for our youth and label them with imaginative slogans like "for greatness," "for power taste," "for Superheroes," "Superman," etc., which frequently seduce impressionable youth into substance misuse and addiction issues. Most young college students are unaware of the short- and long-term repercussions that drug addiction has on them, their families, and society at large. Furthermore, as more Nigerian undergraduate adolescents develop drug dependence and the country gradually transitions from one that consumes drugs to one that produces them, the issue becomes even worse than one can anticipate. Other substances like Indian hemp, Marijuana, and Cocaine which is frequently produced in Nigeria and other substances like methamphetamine and tablet with codeine capable of intoxicating are mostly found in most Nigerian Universities and schools being sold to adolescents. Adolescent undergraduates, who are typically from wealthy homes, are increasingly identifying with the already bad adolescent undergraduates that practice substance abuse like heroin and cocaine in the Universities.

The main goal of this study is to determine the extent to which adolescents in our tertiary institutions are aware of the long-term effects and consequences of substance abuse and addiction issues, as well as the need for effective school-based counselling interventions to reduce drug use among adolescents' undergraduates throughout the Nigerian society.

Review of the Literature in the Field

Most undergraduate students at universities and other educational institutions are typically between the ages of 15 and 25. The shift from childhood to adolescent is being made throughout this time. Every stage of human growth has a transitional phase that is characterized by several social, psychological, and physical changes. The age range of adolescents, who make up a portion of the population, is 15 to 25. These age groups make up most undergraduate students at Nigerian universities.

Adolescent observations, American Psychological Association (APA), 2002 The school environment is relevant to this work. Adolescents spend their school years experimenting, exploring, being curious, and searching for their identities, according to APA (2002). The use and misuse of psychoactive substances, which are medications that have their main impact on the brain and cause sedation, stimulation, or changes in mood, is one risky behaviour option that is part of this quest. The challenge of forging an identity is enormous for students at this stage of development. Adolescents who are maturing can reflect on who they are and what makes them special because of their new cognitive abilities. The two elements of identity are self-concept and self-esteem. Self-esteem is how one feels about one's self-concept, whereas self-concept is a set of views about oneself, including qualities, roles, objectives, interests, values, and religious and political convictions. Adolescents' numerous developmental changes equip them to try out novel actions (American psychological Association, 2002). Unfortunately, some of the riskier activities that teenagers engage in without considering the consequences can put their health and wellbeing in danger. These dangers include teen pregnancies, cigarette smoking, binge drinking, and drug usage.

Regarding drug misuse, Odejide (2000) said that usage of a substance is deemed to be abuse when it is not pharmacologically essential, particularly when it is done in defiance of the law or when a socially acceptable beverage is used in excess. Furthermore, Sambo (2008), who wrote about the risks of adolescent drug misuse, believed that persistent substance use could harm adolescent growth physically and psychologically, perhaps irreparably.

Additionally, Okoye (2011) defined a drug as a material that, by its chemical effects, could alter biological functions. It is also thought to alter perceptions, cognition, emotion, behaviour, and other basic bodily processes (Balogun, 2006). Thus, this may be seen as chemical modifications of living cells that could result in behavioural and psychological alterations (Nnachi, 2007).

According to the Nigerian Drug and Law Enforcement Agency's NDLEA (1997) report on adolescent drug use and misuse, adolescent drug addiction has emerged as one of the most alarming health-related trends in both Nigeria and other areas of the world. Numerous teenagers who are in school deal with mental health issues, either transiently or permanently. Some develop mental illnesses, have trouble adjusting to the environment at school, and eventually quit.

Substance abuse, according to the National Agency for Food and Drug Administration Control (NAFDAC), is the excessive and ongoing self-administration of a drug without respect for the medically or culturally acceptable patterns. The use of drugs to the point where it affects a person's ability to function socially and healthily could also be considered. Odejide (2000) issued a warning that drug users who display symptoms of stress, anxiety, sadness, changes in behaviour, weariness, and appetite loss or gain should seek medical attention and counselling to protect them from fatal illnesses. In addition, researchers Obianwu (2005) and Josephine (2014) showed that young people in Benin City are heavily involved in substance misuse. They discovered that students and young people in the neighbourhood with easy virtue use cannabis. Drug misuse has grown to be such a significant issue for all well-meaning Nigerians, especially the federal government, that an organization has been founded to fight the societal disease with the goal of limiting the growth of drug abuse to the absolute minimum or eliminating it.

About 20% of the student population in Edo state, Nigeria, has used a psychoactive substance at least once in their lives, according to a 1998 study by Alemika on the prevalence of drug misuse consumption among school pupils there. Since kids copy the peers they like and admire, peer culture has a significant impact on many of these behaviours. In adolescence, the desire to appear appealing to others becomes highly essential, and this aspect has a big role in the emergence of eating disorders, alcoholism, drug abuse, tanning, unsafe sex practices, and injury susceptibility, among other activities. Teenagers who participate in such risky behaviours frequently have difficult relationships with their parents and have poor self-control, which suggests that they do so to cope with their demanding lives. Deviance and low self-esteem seem to explain why adolescents who use drugs perform worse academically and cause significant household issues.

Most young people in Nigeria ignorantly rely on drugs of one kind or another for their everyday activities, including social, educational, political, moral, etc. Tobacco, Indian hemp, Madras caffeine, glue, amphetamines, etc. are examples of such drugs.

In their studies on the perception of drug abuse among Nigerian undergraduates, Oshikoya and Ali (2006) identified dependence and addiction as one of the main effects of drug abuse. These conditions are characterized by compulsive drug-seeking behaviour and drug use that persists despite adverse effects. These alterations put the person at risk of injury because they are maladaptive and unsuitable for the social or environmental context. It is usual for adolescents (11–25 years) to experiment with drugs. They use drugs for new things at this age. They utilize drugs for a variety of reasons, including as curiosity, pleasure, stress

relief, or to feel more mature. Early consumption of alcohol, Indian hemp, glue, and tobacco raises the possibility of later drug use. The main goal of this study is to determine the extent to which adolescents in our tertiary institutions are aware of the negative effects and long-term effects of substance abuse on them, as well as the need for effective school-based counselling interventions to bring down drug use among our adolescents' undergraduates across all of Nigerian society, not just in our Nigerian universities.

Objective of the Study

Examining substance usage issues among teenage undergraduates in Nigerian universities is the primary goal of this study. The study was guided by three goals.

- To ascertain the extent of adolescent undergraduates at Nigerian universities' awareness of the short- and long-term impacts of substance misuse.
- To assess the prevalence of substance usage among teenage undergraduates in Nigerian universities, divided by gender.
- To ascertain how substance usage affects adolescent undergraduate students' academic performance in Nigerian universities.

Research Issues

The study's three main research topics were as follows:

- What degree of knowledge do young students in Nigerian universities have about the short- and long-term impacts of substance abuse?
- What percentage of teenage undergraduates at Nigerian universities take drugs, broken down by gender?
- What impact does adolescent undergraduate substance misuse have on their academic performance in Nigerian universities?

Hypothesis

The study's one null hypothesis was used.

In Nigerian universities, there is no discernible difference in the academic performance of teenage undergraduate drug users and adolescent undergraduate non-users.

Methodology

The study is being done as a descriptive survey. Nine hundred thirty teenage undergraduate responses from three Nigerian universities were chosen at random. 500 male undergraduates and 430 female undergraduates were chosen at random. Their median age was 18 years, and their ages ranged from 16 to 25. The three chosen universities, University of Abuja, Nasarawa State University, and Kaduna State University were chosen through a deliberate random selection procedure. The Substance Abuse Effects and Consequences Awareness Questionnaire is the tool used to gather data (SAECAQ) The Veritas University Abuja Faculty of Education received the instrument and updated and modified it to assure its authenticity. The reliability of the questionnaire was assessed using the Pearson product

moment correlation coefficient, along with the face and content validity of the survey. The acquired value of 0.75 was sufficient to determine its dependability. The acquired data were analysed using frequency counts, percentages, and means to address the research issues, and the null hypothesis was tested using the t-test at the 0.05 level of significance. A mean of 2.50 or more was required, and anything less than that was disqualified. The null hypothesis was kept if the computed t-calculated value was less than the t-tabulated value, as opposed to being rejected if it was equal to or larger than the t-tabulated value. The null hypothesis was also rejected if the computed p-value was equal to or less than the stated p-value, and it was kept if the calculated p-value was higher than the given p-value.

Results

The three research questions earlier raised in the study were answered descriptively.

Research Question 1: What degree of knowledge do young students in Nigerian Universities have about the short and long-term impacts of substance abuse?

Table 1: Mean analysis showing degree of knowledge of substance abuse among students

S/N	Degree of Knowledge of Substance Abuse among Students	Level of Agreement				\bar{X}	Decision
		SA	A	D	SD		
1	Most young students in Nigerian Universities have poor knowledge of the short and long-term impacts of substance abuse	284	321	87	38	3.28	Agreed
2	Most young students in Nigerian Universities do not know that substance abuse could harm adolescent growth physically	312	236	65	117	3.02	Agreed
3	Most young students in Nigerian Universities do not know that substance abuse could harm adolescent growth psychologically	298	302	112	18	3.21	Agreed
4	Most young students in Nigerian Universities do not know that misuse of psychoactive substances could have adverse impact on the brain	198	299	132	101	2.81	Agreed
5	Most young students in Nigerian Universities do not know that the use of any substance is deemed to be abuse when it is not	123	136	279	192	2.26	Disagreed

	pharmacologically approved or essential						
6	Most young students in Nigerian Universities do not know that drug abuse by its chemical effects could alter some biological functions in the body	203	276	125	126	2.76	Agreed
7	Majority of young students in Nigerian Universities are not aware that drug abuse destroys the cells of the brain and body	176	302	129	123	2.73	Agreed
8	Majority of young students in Nigerian Universities are not aware that drug abuse increases possibilities of mental illness	190	331	98	111	2.82	Agreed
9	Majority of young students in Nigerian Universities do not know that one of the long-term effects of drug abuse is that it can financially drain family income and resources	188	297	113	132	2.74	Agreed
10	One of the social impacts of substance abuse involves quarrels with friends, parents, and siblings	209	236	116	169	2.66	Agreed
	Sectional Mean					2.83	Agreed

Scale Mean 2.50, n=730

Table 1 showed mean analysis of degree of knowledge of substance abuse among students. From the Table, it could be observed that the mean values of 3.28, 3.02, 3.21, 2.81, 2.76, 2.73, 2.82, 2.74 and 2.66 agreed with items 1, 2, 3, 4, 6, 7, 8, 9 and 10 respectively while the mean value of 2.26 was in disagreement with item 5. The sectional mean of 2.83 was greater than the scale mean of 2.50 which indicated that most of the respondents agreed that most young students in Nigerian Universities have poor knowledge of the short and long-term impacts of substance abuse, most young students in Nigerian Universities do not know that substance abuse could harm adolescent growth physically, most young students in Nigerian Universities do not know that substance abuse could harm adolescent growth psychologically, most young students in Nigerian Universities do not know that misuse of psychoactive substances could have adverse impact on the brain, most young students in Nigerian Universities do not know that drug abuse by its chemical effects could alter some biological functions in the body, majority of young students in Nigerian Universities are not aware that drug abuse destroys the cells of the brain and body, majority of young students

in Nigerian Universities are not aware that drug abuse increases possibilities of mental illness, majority of young students in Nigerian Universities do not know that one of the long-term effects of drug abuse is that it can financially drain family income and resources and one of the social impacts of substance abuse involves quarrels with friends, parents, and siblings while the remaining respondents disagreed with most young students in Nigerian Universities do not know that the use of any substance is deemed to be abuse when it is not pharmacologically approved or essential.

Research Question 2: What is the prevalence of substance abuse among teenage undergraduates in Nigerian universities?

Table 2: Mean analysis showing prevalence of substance abuse among teenage undergraduates in Nigerian universities

S/N	Prevalence of Substance Abuse among Students	Level of Agreement				\bar{X}	Decision
		SA	A	D	SD		
11	Substance abuse is more among the male than the female teenage undergraduates at Nigerian universities	231	215	87	197	2.66	Agreed
12	Substance abuse is more among the final year male than the final year female teenage undergraduates at Nigerian universities	195	290	100	145	2.73	Agreed
13	Substance abuse is more among the three hundred level male than the three hundred level female teenage undergraduates at Nigerian universities	213	265	87	165	2.72	Agreed
14	Substance abuse is more among the two hundred level male than the two hundred level female teenage undergraduates at Nigerian universities	271	189	96	174	2.76	Agreed
15	Substance abuse is more among the one hundred level male than the one hundred level female teenage undergraduates at Nigerian universities	283	210	81	156	2.85	Agreed
	Sectional Mean					2.74	Agreed

Scale Mean 2.50, n=730

Table 2 showed mean analysis of prevalence of substance abuse among teenage undergraduates in Nigerian universities. From the Table, it could be observed that the mean values of 2.66, 2.73, 2.72, 2.76 and 2.85 agreed with items 11, 12, 13, 14 and 15 respectively. The sectional mean of 2.74 was greater than the scale mean of 2.50 which indicated that all the respondents agreed that substance abuse is more among the male than the female teenage undergraduates at Nigerian universities, substance abuse is more among the final year male than the final year female teenage undergraduates at Nigerian universities, substance abuse is more among the three hundred level male than the three hundred level female teenage undergraduates at Nigerian universities, substance abuse is more among the two hundred level male than the two hundred level female teenage undergraduates at Nigerian universities and substance abuse is more among the one hundred level male than the one hundred level female teenage undergraduates at Nigerian universities.

Research Question 3: What impact does adolescent undergraduate substance misuse have on their academic performance in Nigerian universities?

Table 3: Mean analysis showing impact of adolescent undergraduate substance misuse on their academic performance in Nigerian universities

S/N	Impact of Substance Misuse on Students' Performance	Level of Agreement				\bar{X}	Decision
		SA	A	D	SD		
16	Substance Misuse destroys the body cells of the misuser	212	265	121	132	2.76	Agreed
17	Substance misuser unknowingly damages himself/herself and the society as a whole	184	302	108	136	2.73	Agreed
18	The deteriorating health of the user of substance is another adverse impact of substance misuse	219	270	104	137	2.78	Agreed
19	Substance misuse causes mental ill-health on the misuser	189	279	123	139	2.71	Agreed
20	Substance abusers are prone to irritability	67	145	289	229	2.07	Disagreed
21	Substance abusers become moodier than expected	210	324	111	85	2.90	Agreed
22	Substance abusers become more absent minded in any given learning process	215	289	104	122	2.82	Agreed
23	Substance misusers easily drop out in school	231	278	99	122	2.85	Agreed

24	Substance misuse causes heart attack more in the misusers	243	279	102	106	2.90	Agreed
25	Substance misusers suffer low effective memory in academic activities among learners	298	234	89	109	2.99	Agreed
26	Substance misusers perform very low academically compared to non-substance misusers	251	198	102	179	2.71	Agreed
27	Substance misusers become more demanding on parents with regards to money	169	321	132	108	2.75	Agreed
28	Substance misusers drain family business and resources	216	290	98	126	2.82	Agreed
Sectional Mean						2.75	Agreed

Scale Mean 2.50, n=730

Table 3 showed mean analysis of impact of adolescent undergraduate substance misuse on their academic performance in Nigerian universities. From the Table, it could be observed that the mean values of 2.76, 2.73, 2.78, 2.71, 2.90, 2.82, 2.85, 2.90, 2.99, 2.71, 2.75 and 2.82 respectively agreed with items 16, 17, 18, 19, 21, 22, 23, 24, 25, 26, 27 and 28 respectively while the mean value of 2.07 disagreed with item 20. The sectional mean of 2.75 was greater than the scale mean of 2.50 which indicated that some of the respondents agreed that substance misuse destroys the body cells of the misuser, substance misuser unknowingly damages himself/herself and the society as a whole, the deteriorating health of the user of substance is another adverse impact of substance misuse, substance misuse causes mental ill-health on the misuser, substance abusers become moodier than expected, substance abusers become more absent minded in any given learning process, substance misusers easily drop out in school, substance misuse causes heart attack more in the misusers, substance misusers suffer low effective memory in academic activities among learners, substance misusers perform very low academically compared to non-substance misusers, substance misusers become more demanding on parents with regards to money and substance misusers drain family business and resources while the remaining respondents disagreed with substance abusers are prone to irritability.

Hypothesis

The null hypothesis was tested at 0.05 level of significance using t-test.

H₀₁: In Nigerian universities, there is no significant difference between academic performance of adolescent undergraduate drug users and non-users.

Table 4: t-test analysis showing difference between academic performance of adolescent undergraduate drug users and non-users

Group	N	Mean	Std. deviation	Df	t-cal	t-tab	Sig (P-cal)	Remarks
Users	345	41.26	4.933	728	27.597	1.647	0.000	Reject H_{01}
Non-users	385	9.89	2.426					

Significant at $df=728$; $P<0.05$, $t_{\text{calculated}} > t_{\text{tabulated}}$

Table 4 showed t-test analysis of difference between academic performance of adolescent undergraduate drug users and non-users. The $t_{\text{calculated}}$ value of 27.597 was found to be greater than the $t_{\text{tabulated}}$ value of 1.647 given 728 degrees of freedom at 0.05 level of significance. The $t_{\text{calculated}}$ value was significant since it was greater than $t_{\text{tabulated}}$ value, therefore, the null hypothesis was rejected. Also, $P_{\text{calculated}}$ of 0.000 was less than the P_{set} of 0.05. It implied that there was a significant difference between academic performance of adolescent undergraduate drug users and non-users. Non-users performed better than drug users.

Discussion and Findings

The findings in research question one indicated that most of the respondents agreed that most young students in Nigerian Universities have poor knowledge of the short and long-term impacts of substance abuse, most young students in Nigerian Universities do not know that substance abuse could harm adolescent growth physically, most young students in Nigerian Universities do not know that substance abuse could harm adolescent growth psychologically, most young students in Nigerian Universities do not know that misuse of psychoactive substances could have adverse impact on the brain, most young students in Nigerian Universities do not know that drug abuse by its chemical effects could alter some biological functions in the body, majority of young students in Nigerian Universities are not aware that drug abuse destroys the cells of the brain and body, majority of young students in Nigerian Universities are not aware that drug abuse increases possibilities of mental illness, majority of young students in Nigerian Universities do not know that one of the long-term effects of drug abuse is that it can financially drain family income and resources and one of the social impacts of substance abuse involves quarrels with friends, parents, and siblings while the remaining respondents disagreed with most young students in Nigerian Universities do not know that the use of any substance is deemed to be abuse when it is not pharmacologically approved or essential. This agrees with American psychological Association, 2002 findings on the destructive results of substance abuse on the brain cells of the adolescents of which many of them are ignorant of it.

The findings of research question two revealed that all the respondents agreed that substance abuse is more among the male than the female teenage undergraduates at Nigerian universities, substance abuse is more among the final year male than the final year female teenage undergraduates at Nigerian universities, substance abuse is more among the three hundred level male than the three hundred level female teenage undergraduates at Nigerian universities, substance abuse is more among the two hundred level male than the two hundred level female teenage undergraduates at Nigerian universities and substance abuse is more among the one hundred level male than the one hundred level female teenage undergraduates at Nigerian universities. This agrees with the findings of Studies on students and prevalence of drug abuse conducted by Omage and Oshiloya (2006), Nwagwu (1999), Fayombo (2000), and Obianwu (2005) among secondary school students in Benin City that revealed that students and young people in the neighbourhood with easy virtue are involved in cannabis abuse and stimulants such amphetamines and cannabis. Therefore, it appears that youths are substantially involved in substance usage as well, according to consensus.

Research question three showed that most of the respondents agreed that substance misuse destroys the body cells of the misuser, substance misuser unknowingly damages himself/herself and the society as a whole, the deteriorating health of the user of substance is another adverse impact of substance misuse. This also agrees with American psychological Association, 2002 findings on the destructive results of substance abuse on the brain cells of the adolescents of which many of them are ignorant of it.

Conclusion

This research work has shown the negative devastating effects of drug abuse on the undergraduate's health thereby signalling the short-term and long-term effects this could have on the undergraduates and the entire Nigerian education and development.

The study has also proffer ways to curb this menace of substance misuse among undergraduates of Nigerian Universities. As a result of the above, the following recommendations are made:

Recommendations

1. The root causes of drug abuse among university undergraduates should be tackled through a combination of good educational and awareness programmes to enlighten students on the short-term and long-term effects of substance misuse.
2. Community Action groups: There should be active participation of communities by forming community action groups to fight substance abuse among university undergraduates in all communities. Also, Individuals, families, communities, and the entire society should ensure that moral values are inculcated in the youths, by joining the government's fight against the menace.
3. Institutions like the National Drugs Law Enforcement Agency (NDLEA) and the National Agency for Food and Drug Administration and Control (NAFDAC) should be

empowered to squarely deal with “Drug Barons” as well their traffickers, peddlers, and conduits.

4. The mass media should facilitate government’s campaign against drug abuse, and avoid such thrilling advertisements and jingles like those of tobacco and alcohol (Liquor) etc. Meanwhile sensitization programmes should be channelled through this medium.

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The screenshot displays the QuillBot Premium Plagiarism Checker web application. The interface includes a sidebar with various tools like Paraphraser, Grammar Checker, and Plagiarism Checker. The main area shows a scan result for a document titled "UNDERGRUATES USE OF ADOLESCENT SUBSTANCE IN NIGERIAN UNIVERSITIES". The scan properties indicate 227 pages available, 3 results found, and 65 similar words. A circular progress indicator shows a 1.9% match, which is categorized as "MATCH". The results list includes a source: "Microsoft Word - JEP-Vol.6 No.28 2..." with a URL and a date of Nov 8, 2015. The bottom of the image shows a Windows taskbar with the date 14/07/2022 and time 11:40 AM.

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DONE SCANNED 6 MINUTES AGO	3 RESULTS FOUND	65 SIMILAR WORDS	1.9% MATCH

Category	Percentage
Identical	1.9%
Minor Changes	0.1%
Omitted Words	0%