

Effects of Behaviour Modification Therapy on the Attitudes of Drug Addicts among Secondary School Students in Sokoto Metropolis

Ahmad Umar Tambuwal and Bala Ahmad

Department of Curriculum and Instruction, Shehu Shagari College of Education Sokoto.

Corresponding author: ahmadtbw20@gmail.com

Abstract

This study investigated the effects of behaviour modification therapy on the attitudes of drug addicts among secondary school students in Sokoto metropolis. The specific objective was to determine the effectiveness of behaviour modification therapy on the attitudes of drug addicts. To achieve these objectives, two research questions and two research hypotheses were stated. True experimental of pre-test and post-test design was adopted. The sample of this study consists of 20 students in some selected secondary school in Sokoto metropolis. Drug abuse screening test was used in the study. The content and construct validity of the instrument was established through the expert's judgment and Cronbach's Alpha method was applied to estimate the reliability of the instrument. The major finding in the study indicated that behaviour modification therapy is effective in modify the attitude of the drug addicts of secondary school students.

Keywords: drug addicts, attitudes, effects, therapy, behaviour.

Introduction

Drug addiction is a major public health and social problem all over the World and has gradually become a cause for concern in the African region, particularly Nigeria. Drug addition, also called substances used disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Drug addiction can start with experimentation of recreational drugs/substances in social situations. Sometimes, begin with exposure of prescribed medications, or receiving medications from a friend, or relative who has been prescribed the medication. The risk of addition and how fast one becomes addicted varies with the drugs and the individuals. Some drugs, such as opioid, painkillers, have a higher risk and cause addition more quickly than other cause (NAFDAC, 2004).

Researches of Ekpenyong (2012) in drug addiction evidently prove that addiction is considered a brain disease because drugs change the functions of the brain as well as is structure and how it works. These brain changes can be long lasting and can lead to the manifestation of harmful behaviours by people who abuse drugs and substance. An addict to drugs, cannot resist the urge to use them, no matter how much harm the drugs may cause. Drug addicts may feel anxious, depressed and angry when one cannot get his/her prescription satisfied.

Drug addict is a person who is addicted to chemical substances especially narcotic and illegal drugs. A person who cannot stop making a particular drug or chemical can be referring to as substance or drug dependent. The drug-dependent person experiences mood swings related to drug use. A drug dependent demonstrates gradual change in personality and all thoughts revolve around drugs. Judgment and insight are also impaired (NDLEA, 2005).

Age plays a significant role in determining the susceptibility of an individual to addiction, as well as the kind of drugs the individual is likely to abuse. Drug addiction typically begins at a young age, with higher rates of addiction seen in adolescents and young adults. The tendency for substances abuse in young adults is associated with trying to cope with the increasing challenges and responsibilities during adulthood. These challenges include leaving home for work or education and establishing new social relationships. Recent studies indicate an increase in the rate of substance abuse in the elderly stage and alcohol is the most common form of abuse in the group. In fact, drug addiction is a complex disease that, according to National Institute of Drug Administration (NIDA) the drugs change the brain in ways that make quitting difficult. Therefore, it affects all age groups across the entire age circle.

Consumption of illicit drugs and the use of psychoactive substances such as alcohol; inhalant solvents and other harmful pharmaceutical drugs have increased at an alarming rate over the years in the country (Nigeria Drug Law Enforcement Agency (NDLEA, 2004). United Nations Office of Drug Control (UNODC, 2018) report on drug use and health in Nigeria has estimated that, one in every seven person aged 15-64 years had used a drug (other than tobacco and alcohol) in the past year. The prevalence of drug abuse is estimated at 14.4 percent corresponding to 14.3 million people aged 15-64 years who had used a psychoactive substance in the past year for non-medical purposes. More so among every four – drug abusers in Nigeria one is a woman. This shows more men (10.8 million men) than women (3.4 million women).

In Psychology, an attitude refers to the beliefs, feelings and action tendencies of an individual or group of individuals towards objects, ideas, and people. It can also be seen as a learned tendency to evaluate things in a certain way. This can include evaluation of people, issues, objects, or events. Such evaluations are often positive or negative, but they can also be uncertain at times. Attitudes can be learned in a variety of ways. In the same vein, individuals develop favorable attitudes, towards an object in their environment that are associated with satisfaction of their needs and, unfavorable behavior towards an object that punishes them. Therefore, people sometimes form different types of attitudes towards drugs addiction which can be either favorable or unfavorable to their needs and desires.

Statement of the Problem

The menace of substance abuse by students includes: students dropping out of school, addicts, increase in mortality rate, reduced manpower development and setback on

Nigerian economy as some of the students will waste their talents and cannot contribute their quota to the development of selves and the society at large.

The rate of drug abuse and addiction in the society in recent times is worrisome. For instance, in Sokoto State, the current trend of substance abuse and addiction among adolescents and adults is so prevalence and has become a concern to governmental and non-governmental organizations in the state. The researcher's visits to some schools and hospitals to collect baseline data found that the involvement of adolescents and adults in drug abuse and addiction was increasing at an alarming rate.

Drug addiction is an issue of concern because of the enormous human suffering it causes in terms of diseases, mortality and economic loss, which in the end, could threaten the very fabric of almost all spheres of human existence. However, there have been various efforts by governmental and non-governmental organizations, such as religious bodies, Social workers, NDLEA, NAFDAC officials and school authorities as well as Parents Teacher Association (PTA), Healthcare givers and Medical specialists through series of lectures/enlightenment campaigns on the negative consequences of substances used and abuse.

Purpose of the Study

The purpose of the study was to investigate the effects of behavior modification therapy on the attitudes of drug addicts among secondary school students in Sokoto metropolis.

1. Determine the pretest and posttest attitudes mean scores of the drug addict among secondary school students exposed to behavior modification therapy.
2. Ascertain the attitudes mean scores of drug addict among secondary school students Exposed to treatment and those who were not.

Research Questions

The following research questions were answered in the study:

1. What are the pretests and posttest attitudes mean scores of the drug addiction among secondary school students exposed to behavior modification therapy?
2. What are the attitudes mean scores of the drug addict among secondary school students?

Hypotheses

The following formulated hypotheses were tested at 0.05 level of significance:

1. There is no significant difference between pretest and posttest attitudes mean scores of drug addicts among secondary school students exposed to behavior modification therapy
2. There is no significant differences between the attitudes mean scores of drug addicts among secondary school student exposed to treatment and those who were not.

Significance of the Study

The findings will be beneficial and significant to many private and public schools and individuals, such as drug addicts, parents/guardians, healthcare givers and medical professionals in psychiatric clinic. Ministry of Health officials, NDLEA and NAFDAC officials. Stakeholders in a school system life, teachers. Psychologists, Counsellors, school administrators and researchers will be part of the beneficiaries of the findings of the study.

Scope of the Study

The study focused on the effect of behavior modification therapy on attitudes of drug addicts towards substance abuse.

The study was delimited to only drug addicts who score 10-15 points in the DAST-20 screening test. Drug addicts who score below 10 and those who score 16 points and above were not considered as the subjects of this study. The study only focused on drug addicts behavioural components of attitudes towards substance abuse, because behavioural component can be directly observed. The other two components of attitudes that are not the focus of this study are affective and cognitive components of attitudes. Other aspects of the students' physical lives such as feeding, medication, physical health, family life, and their mental ability was not covered in this study.

Theoretical /Conceptual Framework

The theoretical framework that will support this study is "Behavior Modification Theory (BMT). The origin and Development of Behavior modification therapy can be attributed to John B. Watson in 1913, but the most famous influential promoters of the approach were: herman Ebbinghaus, E. L., Thomdike, B. F. Skinner, Ivan Pavlov, John Dewey, Albert Bandura, Donald and Miller, Wolpe and Lazarus in 1950s assert that the fundamental view of behaviour modification counseling is that all human behaviour is learned and can also be unlearned through the manipulation of the environment. From this theory, therapy was developed on how to help people overcome their challenges.

The theory emphasizes that man behaviour can be changed or modified. This means that clients can move from bad to good. Behaviours are modified from negative to positive. The theory applied different methods to change people's behaviour through positive reinforcement with reward and negative reinforcement with punishment for wrongdoing, modeling, desensitization and aversion (Corey 2001).

Methodology

True experimental pre-test post – test design was adopted. The design involves comparing the effects of a given treatment with another treatment or no treatment and allows a researcher to draw causal inferences and observe the effects of an independent variable. Awotunde (2004).

Population

The population of this study consisted of all drug addict in senior secondary school in Sokoto metropolis during the period of conducting the researcher.

Sampling Techniques

Purposive sampling and simple random techniques were adopted for the study Emaikwu (2006) posits that purposeful sampling is a sampling technique in which specific. Elements, which satisfy some predetermined criteria, are selected at the discretion of a researcher in relation to the research objectives.

The sample of 20 students was chosen for the study and was divided into two equal parts through simple lottery methods to avoid bias. Twenty pieces of papers that are equal to the number of the samples were cut and folded letter 'A' was written on each of the 10 pieces of papers. The remaining 10 pieces of papers carried letter 'B' and all the 20 pieces of papers were presented randomly to the clients to pick.

Instruments for Data Collection

Two different instruments were used for data collection for the study. These are:

- a. Drug Abuse Screening Test (DAST-20)
- b. Drug Attitude Scale (DAS)

Method of Data Analysis

Data obtained for this study were analyzed using both descriptive and inferential statistics.

Analysis of Data for Research Question

Mean scores and standard deviation were used to analyses the eight research questions raised.

Research Question One

What are the pretests and posttest attitudes mean scores of the drug addict among secondary school students exposed to behavior modification therapy?

Table 1:

Results of Analysis between Pre-test and Post-test attitudes Mean Scores of the students exposed to behavior modification therapy.

Experimental Group	N	X	SD	X-diff.
Post-test	10	89.40	5.10	27.5

Table 1 reveals the results of analyses between pre-test and post-test attitudes mean scores of the students exposed to behavior modification therapy (experimental group). The result indicated that the pretest attitudes mean score was 51.10 and a standard deviation of 6.59 and the posttest attitudes mean score was 89.40 pretest attitude mean score. It shows that

mean scores increased after exposure of drug addicts of students to behaviour therapy intervention, indicating that there is an improvement in the attitudes of drug addicts after eight-week behavior medication therapy treatment sessions.

Research Question Two

What are the attitudes mean scores of the drug addicts among secondary school students exposed to treatment and those who were not (Experimental and Control Groups)?

Table 2:

Posttest attitudes mean Scores of the students expose to treatment and those who were not (Experimental and Control Groups).

Group	N	X	SD	X-diff.
Experimental	10	121.90	4.75	54.6
Control	10	67.30	3.86	

Table 2 reveals the attitudes mean scores of the drug addiction among students exposed to treatment and those who were not (Experimental and Control Groups). The result for experimental group yielded a mean score and standard deviation of 121.90 ± 4.75 and control group and had a mean score and standard deviation of 67.30 ± 3.86 after giving treatment of behavior therapy to the experimental group. It shows that the attitudes mean scores of drug addicts exposed to treatment is higher than the attitudes mean scores of those not exposed with mean differences of 54.6. This implies that behavior therapy influenced in modifying the attitudes of drug addict among secondary schools students in Sokoto metropolis.

Testing of Hypotheses

Hypothesis One

There is no significant difference between pretest and posttest attitudes mean scores of drug addict among secondary schools students to behavior therapy.

Table 3

T-test of Dependent Sample Result on the Pretest and Posttest attitudes Mean Scores of Drug Addict Among Secondary School Students Exposed to behavior Therapy.

Group	Test	N	X	SD	Df	T	p-value	Decision
Experimental	Pre-test	10	84.80	12.60	9	-9.001	.000	Significant
	Post-test		121.90	4.75				

Table 3 shows the t-test results on the pretest and posttest attitudes mean scores of drug addict among secondary school students exposed to reality therapy. The result yielded (9) = -9.00, $P < 0.05$. Since the P value of 0.00 is less than the 0.05 level of significance, the null hypothesis was rejected. The result showed that attitudes mean scores and standard deviation of drug addicts in the experimental group was 84.80 ± 12.60 and 121.90 ± 4.75 at pretest and posttest respectively. The posttest mean scores are greater than the pretest, it can be inferred that there was a significant improvement on the attitudes of drug addict among secondary schools students in the experimental group after the treatment.

Hypothesis Two

There is no significant differences between the attitudes mean scores of drug addict among secondary school students exposed to treatment and those who were not.

Table 4

T-test of Independent Sample Result on the Students Mean Scores of Drug Addict Among Secondary School Students Exposed to and those who are not Exposed to Reality Therapy.

Group	N	X	SD	Df	T	p-value	Decision
Experimental	10	121.90	4.75	18	28.22	.000	Significant
Control	10	67/30	3/86				

Table 4 show the t-test result on the attitudes mean scores of drug addict among secondary school students exposed and those who are not exposed to behavior therapy. The attitudes mean scores and standard deviation of drug addicts in the experimental and the control groups obtained was 121.90 ± 4.75 and 67.30 ± 3.86 at pretest respectively. The result also yielded $t(18) = 28.22$, $P < 0.05$. Since the P values of 0.00 is less than the 0.05 level of significance, the null hypothesis was rejected. It was concluded that there is a significant difference between the attitudes mean scores of drug addict among secondary school students exposed and those who are not exposed to behavior therapy. This implied that behavior therapy has effects on the attitudes of drug addicts among secondary school students after receiving eight – week behavior therapy intervention.

Discussion

The study was designed to determine the effects of behaviour therapy on attitudes of drug addicts among secondary schools students in Sokoto metropolis.

The result of hypothesis one on table 3 indicated $t(9) = 9.00$, $P < 0.05$. Since the P values of 0.00 is less than the 0.05 level of significance, the null hypothesis was rejected and the alternative hypothesis is hereby accepted. Moreover, attitudes mean scores and standard deviation of drug addicts in the experimental group was 84.80 ± 12.60 and 121.90 ± 4.75 at pretest and posttest respectively. However, the result of research question one on Table 1

shows that the pretest attitudes mean scores and a standard deviation was 51.90 ± 5.10 . the posttest mean scores are far greater than the pretest mean scores of the drug addict among secondary school who were exposed to behaviour therapy treatment. It can be inferred that attitudes mean scores increased after exposure of drug addict to behaviour therapy intervention.

In fact, the interpretation of the results in hypotheses one and research questions one revealed behaviour therapy had significant effect on attitudes of drug addict among secondary school students in Sokoto metropolis after eight weeks of behaviour therapy counseling sessions.

Moreover, the result of hypothesis two was summarized in Table 3 which indicated $t(18) = 28.22$, $P < 0.05$. since the P value of 0.00 is less than the 0.05 level of significance, the null hypothesis was rejected. The alternative hypothesis that says there is a significant difference between the attitudes mean scores of drug addicts among secondary school students exposed and those who are not exposed to behaviour therapy is accepted.

Conclusion

Based on the findings of this study, it was concluded that behaviour modification therapy is effective in modifying drug addicts behaviour of secondary school students in Sokoto metropolis.

Recommendations

The following recommendations were made:

1. Solution of substance abuse and addiction lies primarily outside the realm of medical practices; it lies in the field of education.
2. Provision of guidance and counselling services should be intensified in school and rehabilitation centers.

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