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## EFFECTS OF DRUG ABUSE AMONG YOUTHS IN EBIRA LAND (KOGI CENTRAL), KOGI STATE

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### **Abstract**

*Drug abuse is a global health and social problem with distinct conditions and problem that vary locally. Drug abuse is responsible for loss of wages, destructions of properties in schools, soaring health care costs and broken families, this singular immoral act by the youths increase the risk of problems related to their well-being and health, resulting in an increased risk or injury and death from interpersonal violence, road accident, risky sexual behaviour, immature pregnancy and academic problems. The youth across the state with particular reference to Kogi central need presentation and information in respect of the dangerous effects of drug abuse and the likely impact it has on their overall development. The study intends to discover the impact of drug abuse on the youths in Kogi central senatorial district of Kogi state. The methodology/ Research design shall be a qualitative survey design in order to elicit the required responses from the respondents on the subject matter under investigation. This will equally involve the review of related books, face to face interview and interactions with some volunteers which will eventually lead the researcher to identifying the effect of drug abuse in youth in Kogi central. The population of the study shall be drawn from the youth bodies, medical personnel, owners of patient medicine store, and selected students from secondary schools across the Kogi central which shall be randomly selected from the available categories.*

**Keywords:** Drug Abuse, causes of drug abuse, effects of drug abuse, preventive measures of curbing drug abuse.

## Introduction

Drugs are substance which when introduced into the body, alters the normal biological and psychological functions of the body. Drugs are commonly used by everybody whether young or old. They are not only useful for human being; but also useful for animals for good health. Human beings give drugs to their animals when they discover that they are not healthy. Drug is an effective substance in the life of any living thing to cure sickness and to make life healthy. It is true drugs are used for beneficent therapeutic purpose, effective substance for good health but they are being abused by people especially the youths, they use it illegally and unlawfully, thus it becomes harmful to the body.

Drug abuse among the global youth population has become a serious problem affecting every one that indulge in it. Addiction leads many people, young people among them into downward spiral of hopeless that is in some cases end fatal. Drug abuse is responsible for lost of wage, destruction of properties and to a large extent broken home, it is a problem which affect us all as parents, children, teachers, government officials, tax payers, and workers

Kuria (1996) sees drug abuse as the use of drug for purpose, other than medical reasons thus affecting the individual in a negative way socially, cognitively or physically. Social effect may be reflected in an individual enhanced tendency to engage in conflicts with friends, teachers and school authorities.

The African seminar on problems of drug dependence held in Lagos, Nigeria declared that drug abuse and dependence produces substance are widely prevalent in African countries and have continue to increase. These problems affect the individual, the family and society in general.

Substance abuse, which was originally conceived as the problem of the selected few is today becoming a problem of sizeable proportion of the world population. The problem is so grave that has extended beyond the usual characteristics profile of abusers being male, adult and urban- based to now include female, young sisters and those who leave in rural areas, its economic effects is so devastating that it is estimated that the annual retail cost of psychotropic substance by prescription is over two billion naira while the alcoholic industries which produce over five billion gallons of alcohol beverages, annually generate more than four billion naira from a sales to a consumer population of about thirty to thirty five million people (Folawiyo, 2008).

Drug abuse and other associated problems constitute the major threat to the survival and effective functioning of human societies, lives are lost daily through addiction and activities of addicts. Treatment facilities nationwide are now gradually being over burden with drug related cases and problems (Odejide, A.O, Ohaeri, J.U, Ogunleye, D.A, Ajuwon, A and Ige A. 1990), the need to prevent drug abuse among the Nigeria youths which are the growing generation of Nigeria, thus become imperative.

Today, more Nigerian youths are becoming drug dependents while Nigeria gradually transits from the status of a drug consuming nation to that of a drug- producing one and young ones who are mainly from 'well-to- do homes' increasingly are identifying with the 'big boys' that practices the use of substance like heroin and cocaine. Other substances like Indian hemp, which is frequently produced in Nigeria.

The Nigeria government embarked on an aggressive campaign to fight drug and substance abuse, this led to creation of (NDLEA) National Drug Law Enforcement Agency to

enforce, control and correct abuse of drug. The drug abuse problems in Nigeria are not different from other countries though there may be variation in the magnitude of the problems. Similarly, students and youths found in the act of drugs abuse are often times academically and socially less developed as they are not respected and recognized to make reasonable contributions to any development, this is because drug abuse does not only downgrade the academic performance of students, but also affects the moral, physical and general building of the secondary school students (Kandel & Chen, 1995). Morally, students are otherwise disobedient to their teachers, parents and their senior students both at school and at home as a result of drug influence. Hence the need for all hands to be on deck to fight drug abuse to its fullest.

Consequently, drug or substance abuse causes disorder characterized by the use of behaviour- altering substance in significant impairment or distress. These consequences results to failure to fulfill social or occupational obligations or recurrent use in situation in which it is physically dangerous to do so, or which end in legal problems or behaviour modification (Kandel & Chen, 2005, Acologbe, 2009).

### **Statement of the Problems**

Drug abuse is a general problem in Nigeria today especially in areas where there is no adequate supervision i.e. monitoring of students and effective usage of punishment for demand behaviour. Recently, NDLEA officials reported cases of junior secondary school students in possession of India hemp. The increase in rapid growth of population in recent years has led to the increasing demand for education which paves way for establishing more secondary schools in Nigeria. Due to the rapid development, drug has becomes common among students in schools and home environment and is even affecting their performances in class. Despite the worldwide concern and education about the dangers of drug abuse, most of the students have limited knowledge of how dangerous the habit is.

Many students have dropped out of school and others opted to engaging in criminal activities thus endangering the lives of the people living in Ebira Land, Kogi Central Senatorial District of kogi state. The young generation no longer has role models since most of the young adults are unemployed and under the influence of this drugs. Despite Government's concern and heightened campaign against the rise among secondary school students, there exists a parallel accelerated rate of students who are illicit drug users. Although, students are expected to be aware of the effects of drug abuse and commit themselves to their studies, the habit still exists despite their prior expected awareness of its consequence.

This study therefore is instigated on the increasing use and abuse of drug among youths in Nigeria, Drug abuse and its effects on the youths are relevant to the present trend of event, which was noticed to be increasingly growing as observed. Drug abuse has been found to bring different kinds of hazards to both the individual and the country as a result of an increased intake. It is in consideration of the above that the researcher is concerned with the survey of Effects of Drug Abuse among Youth in Kogi central of Kogi State.

### **Objective of the Study**

Based on the above stated problems, the study came up with the following objective. The specific objectives of the research work are stated as follows:

1. To examine and identify the major effects of drug abuse among youths in Kogi central.
2. To discover the extent drug abuse has influenced the youth in Kogi state
3. To find only the control measures put in place to check drug abuse among youths.
4. To investigate the physical or health consequence of drug abuse on the society today.

5. To examine the effectiveness of the government in fight against drug abuse among youths.

### **Research Questions**

In order to achieve the above objectives, the study would provide answers to the following research questions.

1. What are the major effects of drug abuse on the youths
2. To what extent has drug abuse influenced the youths in Kogi central
3. What are the type of drugs abused on the youth in Kogi central
4. What are the preventive measure of curbing drug abuse among the youths of Ebira Land

### **Significance of the Study**

In view of the fact that many youths run into drug abuse, the study will be of immense benefits to the youths, the state Government and the Federal Government of Nigeria in addressing the issue related to problem of drug abuse on the family, youths and general society.

The initial warning is not even enough for the affected youths to desist from such habits. The study therefore will be of great benefit to the Government, the school administrator, policy makers and parents on the rate at which youths indulge in drug abuse and how the menace can be curbed. Furthermore, the study will be a guide to the parents in counseling their wards on drug abuse and its effects on their wellbeing.

The study is expected to serve as an insight to the educational institution in enlightening the youths on the side effects of drug abuse. The outcome of the study shall again contribute to the existing stock of knowledge and also as documentation to other researchers.

### **Scope of the Study**

The study is designed to cover the youths of Ebira Land (Kogi central of Kogi state) the research work would focus its efforts towards obtaining information from the youths, the students, patient medicine stores owners and medical personnel across the Kogi central senatorial district.

### **Literature Review**

#### **Concept of Drug and Drug Abuse**

Drug abuse substance which when introduced into the body will alter the normal biological and psychological functioning of the body especially the Central Nervous System (Escandon and Balvez, 2006). The term drug in general sense include all the substance that will alter the brain function and create dependence. Different drugs and substance abused produce adverse negative effect within the body.

Drug abuse is a serious public health problem affecting usually adolescent and young adults. Drug and alcohol abuse on the youths in Nigeria with particular reference to Kogi central are alarming and a contributor to many social, health and economic problems afflicting the population. Substance dependency statistic shows the drug consumption (cannabis, cocaine and marijuana) in Nigeria is twice the social average and second to none in Africa (UN World Drug report, 2014). The average age of drug dependency in Nigeria with particular reference to Kogi central is 12 years. Substance abuse is a global challenge with detrimental effects on the health, wealth and security of Nation (UNODC, 2010).

In Nigeria, drug abuse has been associated with crime, interpersonal violence, risky sexual behaviour (with accompanied increased risk of HIV acquisition). Drug abuse affect

both male and female and it is the major sources of crime in youth and health related problems in many community, it harms urban babies and destroys as indicated by the diagnostic and statistical manual of mental disorder fifth edition, DSM-S. In 2014, about 250 million people between the age of 15 and 64 years were established to have used an illicit drug (world drug report, 2012). Kuria (1996) sees drug abuse as the use of drug for purpose other than medical reasons, thus affecting the individual in a negative way socially, cognitively or physically.

In the work of Lewisohn (2007), Drug abuse is defined as any product other than food or water that affects the way people feel, think, see and behave, it is substance that due to its chemical nature affects physical, mental and emotional functioning, this can enter the body through chewing, inhaling, smoking, drinking, rubbing on the skin or injection.

WHO, World Health Organization (2003) defines drug abuse as the self-administration of any drug in a manner that diverts from approved medical or social pattern within a given culture Drug abused, that impact on psyche of the individual are normally referred to as psychoactive substance. The definition includes both legal and illegal drugs and substance.

Prescription and over the counter drugs are also abused. They are abused when a person continues to use them without any given medical conditions and proper prescription. Some of these prescribe drugs could be mood elevators, pain killers or antidepressants. Since these types of drugs have addictive effects, users tend to abuse them after recovery, prescription drug include pain killer and codeine, phenobarbitone, valium, piriton and sleep control drugs. Some students who want to read throughout the night use the sleep control drugs. The sleep control drugs are supposed to be used by person suffering from drowsiness or have a problem staying alert, medical professionals are also known to abuse prescription drugs because of their availability in their place of work (Witter, Venturelli and Glen, 2012). This makes the problem of drug abuse in the society complex and requires a lot of attention. Drugs abuse among students from western country is alarming (Portner, 2008). United States is the foremost marketer in the world, this being a country that set standard for other countries, showed remarked increase in the abuse of marijuana. It has also influenced the student from other countries to copy their behaviour. Films and magazine show thrilling pictures of the people on drugs abuse, this kind of information can be deceiving to the viewers, making them vulnerable to drugs abuse. The issue of concern is that these are the most favorite show for students in secondary schools. A lot of music and wording thereof are all in favour of these drugs and substance abused.

A report by NACADA 2007 observed that drugs and substance abused both licit and illicit are forming a sub- culture in Nigeria among the students. This is a big challenge to the Nigeria society and immediate attention is necessary. Drugs abused attack the brain, which is the center of all vital human functions, when a drug is abused, it causes brain injury, alterations within the Central Nervous Systems are produced, at times irreversible one, when psychoactive substance destroy several thousand neurons, the consequences are fatal. Some students have died through overdose of drugs.

### **Classification of Drugs Abuse among Youths and Secondary Schools Students**

- 1. Traditional alcoholic Beverage and Drugs.** As compiled by the WHO GENACTS project in early 2000, some of the traditional alcoholic beverages abuse are:
  - i. Eche-ayi (Burukutu) this is popular alcoholic beverage of a vinegar like flavour prepared from sorghum grains and fermented guinea corn and consumed in Northern Guinean Savannah region of Nigeria, it is typically consumed in the Ibadan and its

environs. Burukutu is widely consumed, in Kogi central it is called Echeayi, the youths are increasingly getting addicted to it, it is more affordable and are made available on request. The producers of Burukutu are mostly women.

- ii. Eche-omo (palm wine) is produced from sugary palm saps. The most frequently tapped palms are raffia palm and the oil palm. It has an alcoholic content of around 5%. This is to southern Nigeria, while burukutuis to Northerners unbottled palm wine has lower alcohol content (around 3% than bottled palm wine). In general, palm wine which has an alcohol content of 3-4% is also widely consumed in the Ebira Land Kogi central of Kogi State.
- iii. Indian Hemp (popularly called Igbo or Avi in Ebira language, it is found in southwestern Nigeria, grown in local farms, dried and then smoked in papers popularly called 'parcel'. Very cheap and readily available to buyers.

## 2. Modern Drugs Abuse

Seven categories modern drugs are classified according to their physiological effects however, most psychoactive drugs fall into one of the general categories in the table one below:

These are stimulants, Narcotics, Cannabis, depressants, analgesics, sedative, performance enhancing drugs, hallucinogens and inhalants

### A. Stimulants

Ordinarily, stimulant is used to increase the activities of the Central Nervous System (CNS) with increase heart rate, blood pressure and the rate of brain function. The users feel uplifted and less fatigue, example of stimulants includes: caffeine, cocaine, nicotine and amphetamine.

### Types of stimulants

- i. Caffeine: is a tasteless drug found in coffee, tea, cocoa, many soft drinks and several group or over the counter drugs (National Centre on addiction and substance abuse, (2004). Moderate intake of it is relatively harmless to the individual's health, however, chronic users show evidence of withdrawal and physical dependence.
- ii. Cocaine: it is a very strong stimulant. Cocaine produces a feeling of excitement, increases confidence and willingness to work. Cocaine use is on the increase among youths/students as it is perceived as a confirmation of one's big boy status (Pike, 2011).
- iii. Amphetamines: this one is used to increase activities, mood elevation, create series of wellbeing and also suppress appetite. It improves physical and mental performance (Gupta and Gupta, 2007). However, large doses may result in anxiety, feeling nervous and physical tension.
- iv. Nicotine: this is a poisonous alkaloid derived from tobacco plant. It is responsible for the dependence of regular smokers on cigarettes (Elizabeth and Martin, 2007). Nicotine has a stimulating effect on the autonomic nervous system. It is mostly abused by secondary school students (Thomas, Carl, and Jacqueline, 1986).

## 3. Narcotics

This is used medically to relieve pains and induce sleep, it is among the potent dependence producing drugs Narcotics are derived from plant such as opium, morphine, codeine and heroine. They are extremely addictive and can be inhaled (Snorted), injected or smoked (Gate way foundation, 2013).

### **Types of Narcotics**

1. **Heroin:** It is a white crystalline powder derived from morphine but with short term duration of action. According to substance abuse and mental health service, (2005) heroine was highly popular among adults in United State between 1990 -1998 it is quick acting. It alters the brain chemistry which interferes with an individual ability to make decision.
2. **Opium:** It is a milky substance derived from the unripe seed pods of the poppy, it has analgesic effect and may cause drowsiness (Gupta and Gubta, 2005) the abusers of opium are mostly adolescents and health care professionals
3. **Tramadol:** Ordinarily, this is supposed to be a pain killer that is often prescribed to moderate severe pain experienced by arthritis patients, however, it is a narcotic drug meaning that users may be at risk of addiction if they use it for a long period, it works by blocking pain synapse traveling between the nerves and the brain, thereby the users become “high” (GFADTC, 2013).
4. **Codeine:** Codeine is an analgesic derived from opium poppy and morphine but less potent as a pain killer and sedative, and is less toxic, because of the presence of codeine in cough syrup; it has become a favorite for many drug abusers. They could easily be obtained over the counter at big and small medicine stores (Encomium, 2013). Codeine is generally abused by students of secondary and higher institutions who mixed the syrup with soft drink or use it to soak garri.
5. **Morphine:** morphine is a potent analgesic drug used mainly to relieve severe and persistent pain. However, individual develop both tolerance and dependence. Morphine is commonly abused by medical health care professionals and adolescents (SAMHSA, 2005). The injected drugs can be lead to collapsed virus and infection of the blood vessels.
6. **Cannabis:** This is a drug prepared from Indian hemp plant (cannabis sativa) also known as pot, marijuana, hashish and bhang, It has little therapeutic value and its nonmedical use is illegal, Cannabis, popularly known as marijuana is one of the drugs commonly abused in Nigeria especially the adolescents, Marijuana was introduced to Nigeria by soldiers returning from Second World War (Odejide, 2009).
7. **Depressants:** These are agents that reduce the normal activity of any body system or function. They are also known as sedative slowing down the central nervous system (CNS) function. It produces tolerance in abusers as well as strong psychological and physical dependence. Drugs include alcohol, barbiturate, tranquilizer and rohypnol.
  - (i) **Alcohols:** These are strong central nervous system (CNS) depressant. The primary depressant effects of alcohol occur in the brain and spinal cord. Many people think of alcohol as a stimulant because of the way most users feel after consuming a serving or two of their favourite drink. At that moment, any temporal sensation of excitement, boldness or relief are attributable to alcohols ability to release personal inhibitions and provide temporal relief from tension (Kinney, 2006).
  - (ii) **Barbiturates:** These are drugs that depress activity of the central nervous system. Regular use of the drug will produce tolerance. A high dose takes a long period to wear off from the user. Barbiturates are more common among female to relieve anxiety (Johnson, O’malley and Bachman, 2002).

(iii) **Tranquilizers:** These are minor depressants that are meant to reduce anxiety, tensions and relax people having problems, managing stress. Such drugs are diazepam (valium) and chlordiazepoxide (Librium). People can be addicted easily to it and may have severe withdrawal symptoms which can be life threatening (Adegoke, 2003).

(iv) **Rohypnol:** The drug is manufactured in South America, Mexico, Europe and Asia and illegally imported into Nigeria. It is commonly abused by Nigerian youths because of its fast action and longtime effect. It is stronger than other tranquilizers and causes a drunk, sleepy feeling that can last up to eight hours. Rohypnol is known as date rape drug which adolescents add in a drink for their girls (Encomium, 2013).

**8. Hallucinogens:** This is one the oldest drugs used by mankind that is capable of producing hallucination. They are called psychedelics, dissociative or delirants (mind) vision (Nichols, 2004). Psychedelic brings about evident cerebral excitation in the form of illusion, hallucination and vision. Dissociative produces analgesia, amnesia and catalepsy at anesthetic doses thus disassociation from his environment. Delirants as the name implies induce a state of delirium in the user, characterized by extreme confusion and inability to control one's action (Dyck, 2005). They are used within medicine, religion and traditions around the world for ceremonies, healing and rituals of syncretistic movement.

#### **Examples of Hallucinogen**

(i) **Lysergic acid diethylamide (LCD):** It is a potent hallucinogen which is produced in crystalline form and then mixed or diluted as a liquid to be ingested. The effect is felt within 20-30 minutes after consumption. The user may experience extreme changes in mood shifts, time and space distortions including impulsive behavior (National Survey on Drug use and Health, 2010). The user may experience visual hallucination with distorted perception of size and shape of objects, movements, colour, sound, touch and body image.

**9. Inhalants:** These are breathable chemical vapors or gases that produce psychoactive effects when abused or misused (National Inhalant Prevention Coalition (NIPC), 2012). They include volatile organic solvents, fuel, gases, nitrites and anesthetic gases (chloroform, nitrous oxide and ether), commercial solvents like gasoline, kerosene, glue, and typewriter correction fluid among others. The abusers inhale the toxic chemical products which result to low blood pressure, dizziness, loss of hearing, damage to the lung and heart.

(i) **Solvent:** This could be industrial or household solvent products such as paint, thinners, dry cleaning fluid spray lubricant, gasoline, kerosene, nail polish or remover, furniture polish and wax (NIPC 2012).

(ii) **Gasses and propellants:** These are house hold or commercial products which includes butane lighters, propane, hair and deodorant sprays, refrigerants sprays, ether, chloroform and halothane.

#### **10. Aphrodisiacs**

These are substance that arouse sexual desire or increase a person's capacity for sexual activities (Greenberg, Bruess and Haffner, 2003). It is also known as libido boosters and popularly called 'manpower' in the streets, 'qurantaashi' in the northern part of the country, and 'alako' in south west Nigeria. The agents enhance the sexual drive performance and lead to greater sexual satisfaction.



## **Factors that Causes Drug Abuse among Nigeria Students**

There are various factors that cause drug abuse or addiction among learners. Some of these factors include; peer pressure, parental or family influence and the effect of the media.

### **1. Peer Pressure Influence**

To be a member of a peer group is the primary goal of most teenagers during adolescence. The feeling of belonging and social acceptance is very strong at this stage of development. This is why peer influence plays a huge in steering the experiences and interest of teenagers. When teens are searching for their identity and the concept that they want to define themselves by social influences and peer interaction play a huge part in this process. These two factors can help form the teen into what he/she wants to be, or whom he/she fears of being.

According to Lamsaouri (2005), the cause of substance over use among peers is that everyone else is using it and there is no problem to use it. This is the answer of all adolescents that are caught overusing drugs. All peers in the same group are obliged to do the same thing and conform to the rules of the group. Therefore, adolescents start using drugs even if they are convinced that they are harmful to their health. Besides, over using drugs, for peers means that adolescents are strong and they can break down general rules that they learnt from their parents or their teachers. In general, adolescents, use drugs to fulfill their need of belonging since it's source of self-esteem. In fact, Hayine (2002) found out that adolescents get their self-esteem from the group they belong to and they cannot imagine themselves outside that gathering. Without a group, youths have a low self-esteem and they are powerless. They see friends or peers as a vital component in their life without which they cannot live. There are many problems with substance overuse among adolescent, but the biggest one is addiction. Members of the same group overuse drugs and new members have to do the same. However, when it comes to addiction, no one is responsible for anybody else. When a peer becomes addicted to smoking, drinking, or illicit substances, it is his/her own responsibility to solve the problem and never tell that he or she was influenced by someone else (Cang and Hawk, 1996). If he or she tells someone else that there is peer that he/she is hanging out with, the trouble start with the peer who leads, in most cases, to violence and even death. Social influence and pressure can lead to behavior like substance abuse, risk taking, and promiscuous sexual activity. Behavior's such as these can prove to be detrimental to the health of the teenager. On the contrary, there is positive peer pressure also, that is conducive to the development of the teen. For example, teen can influence other teens to get involved in community service activities, helping others, or joining a school sports or academic team.

### **2. Parental or Family Influence**

Any person can develop problems of substance abuse or dependence. Having a close relative, such as a parent or sibling, who has a problem with drugs or alcohol, can increase your risk. Being closely involved with someone, such as a family member, spouse, or friend who display alcoholic or addictive behavior can also lead to emotional conflicts and subsequent problems in managing relationship and getting along with others. An adolescent from a family of lower socioeconomic status is more likely to leave high school before finishing (Ekstrom et al., 1986) and less likely to attend college (Lambert 2008). Family structure affects absences and behavior problems in school (Dornbusch et al., 1985). Student who experience family disruption or live in single-parent families are more apt to be placed in a special education class (Lambert, 1988). Adolescent in single-parent and stepfamily households have lower grades than those in two-parent households (Dornbusch et al., 2007). Single-parent families on average are more likely to be low-income families (McLanahan,

2005; Milne, Myers, Rosenthal, and Ginsburg, 2006). The stress of family breakup may place students at risk (McLanahan, 1985). The absence of a father has been linked to less parental supervision, another possible link to drug abuse and lower achievement. If the father is not present, the mother is more likely to be employed and less available to supervise (National Commission on Children, 2011).

### **3. Effect of the Media**

Society is constantly bombarded with mass media messages by way of television, radio, newspaper and online. News outlets have limited space to dedicate to issues, but illicit drugs are clearly newsworthy. In spite of the media being identified almost ten years ago as a “news battleground” for the alcohol and other drug sector (Proctor and Babor 2011), knowledge remains scant on the nature of news media reporting. How much space is devoted to drugs, how issues are framed, who speaks and who does not. Even less is known about the impacts of news media on attitudes towards drugs, particularly on those who are most likely to use illicit drugs – youth. Other fields have demonstrated that media reporting related to violence, body image and tobacco smoking can have a potentially powerfully and even dangerous influence upon attitudes and behaviour. We also know that, common assumption aside, youth remain active consumers of traditional news media such as newspaper and television news.

### **4. Community**

Local communities which produce, and distribute illicit drugs are bound to have drug and alcohol abusers among them most especially adolescents. However, such community faces problems of insecurity such as social violence among the youths, crime such as armed robbery, rape, ‘419’ syndrome fraud, mental disorder, teen pregnancy and social miscreants among others (United Nation, 2009). A community with drugs and alcohol abusers are likely to be in low socio economic status, since the youths, who formed the majority of drug traffickers and abusers would not be able to do any constructive work. These lead to low production, poor quality education, and poor social services.

### **5. Family**

The parental background of a child such as a genetic predisposition to alcoholism, parental use or acceptance of drugs, poor or inconsistent parenting practices can affect adolescent. Family problems such as broken homes, poverty, parental neglect, cultural influence, lack of parental affection and not meeting up responsibility could pose major determinant of drug abuse. These problems impair family life and may threaten survival that would contribute to substance abuse from parents to the children (WHO, 2004). As these youth drink and use illicit drugs, they get involved in criminal and violent lifestyles; become social miscreants, armed robbery among others.

### **6. Social Structural Influence**

This particular factor is associated with relentless harshness of life. In this case, life itself is one big hell of land ball to kick. Academic frustration, rivalry, poverty, family problem, inherent physical deformities, widening gap between the rich and the poor make life one long stretch of mental future. Hence, to summon up courage to face such situations and the task ahead, secondary school student find solutions in smoking, drinking, drug taking of all sorts on the firm conviction that these drugs provide euphoria release, great spur and a monetary escape from reality because of this, taking drugs becomes a habit to face life.

## **7. The Craze for Easy Wealth**

Another reason often cited for students indulgence in drug abuse is that drug abuse/trafficking is a quick and easy way to make money. Trafficking of drugs has become a multi millionaire business.

### **Effects of Drug Abuse to Students**

Drug use by youths/students has hampered education and management in Nigerian secondary schools. In Nigeria, recent statistics suggest that one in every three secondary school student consumes alcohol. Another 8.3% smoke cigarettes while almost one in every ten (9.1%) chew Miraa. About 3% use hard drugs like heroin, cocaine, mandrax and tranquilizers (The Daily Times, 2014). Drugs have varied physiological effects. Some adverse consequences include insomnia, prolonged loss of appetite, increased body temperature, greater risk of hepatitis and HIV/AIDS infection (Perkinson, 2002), death, various forms of cancers, ulcers and brain damage. A study by Winger, Wood and Hofman (2014) identified accelerated heartbeat, speeding rate and other body functions as potential effects. Cannabis affects the hormonal and reproductive system and the regular use of cannabis can reduce male testosterone and sperm cells. Drug abuse contributes to the formation of uric acid which accelerates conditions like arthritis, gout, osteoporosis, and heart attacks, particularly those with pre-existing coronary hypertensive problems. Drug abuse also affects the brain, resulting in a major decline in its functions. Drugs can affect a student's concentration and thus interest in school and extracurricular activities. This leads to increased absenteeism and drop outs. Most psychoactive drugs affect the decision making process of students, their creative thinking and the development of necessary life and social skills. Drugs also interfere with an individual's awareness of their unique potential and thus their interest in their career development (Louw, 2011). Drug habits also affect an individual's self-concept. Self-concept refers to the way an individual perceives himself or herself in a variety of areas for example academically, physically, and socially (Luw, 2011). Low self-esteem can lead to a detrimental redefinition of self-concept and this in turn can lead the youths/student to indulge in escapist behaviour such as drug and substance abuse. A study by Merki (2013) found that when the youths are feeling bad about themselves or are feeling unworthy, unloved or rejected, they turn to drugs. Youths are affected more by these emotions and their inability to cope given their adolescent stage of development. During this stage, identity formation is important and self-concept plays a major role (Erikson, 2014). Addiction can develop when youths' insecurities combine with the influence of peers, parent and the media. Drugs then become the social and emotional focus at the expense of other interests and activities. This gradually leads to social, emotional and physical problems and new feelings of guilt, despair and helplessness.

### **Preventive Measures of Curbing Drug Abuse among Youth in Kogi Central, Kogi State**

According to Obiechina and Isiguzo, (2016), curbing or prevention of drug abuse among youths can be achieved through drug intervention strategy which is a process undertaken to persuade youth who is abusing drugs to seek help in overcoming the addiction. A successful intervention strategy is not a confrontation but an opportunity for an addicted youth/student to accept help in taking the first step toward recovery. In curbing drug, intervention strategy should involve school, peer education, family, non-government organization (NGO), health and social marketing.

#### **1. School drug intervention strategy**

Schools can play a crucial role during intervention programme through drug free club, drama role play, involving home and community partnership. Botvin, (2009) noted that educational programs either by focusing on promotion of knowledge of the students/youths

about addictive drugs and their adverse effects, or on improvement skills such as decision making and resisting peer pressure. These educational programs would play an important role in decreasing the prevalence of drug abuse among adolescent.

## **2. Peer education intervention strategy**

Peer education is a carefully planned and implemented strategy to train representative adolescent, providing them with information on issues relating to adolescent and hopefully, this will allow them to share information with their immediate peer group and other (Ekenedo and Obiechina, 2010). Peer educator can discourage advertising of cigarettes, alcohol, and proprietary drugs that are responsible for adolescent exposure to drug use. The educator should give comprehensive health education on drug addiction and proffer solution to rehabilitation. It encourages the adolescent to focus more directly and effectively on learning behaviour to promote their health needs.

## **3. Family intervention strategy**

Family influences such as a genetic predisposition to alcoholism, acceptance of drugs, family conflicts, and distant family relationship influence adolescent use of illicit drug. Therefore, parents should be part of the intervention strategy programme, through building awareness and educating families about the ill effects to drug abuse. Preventive measures should be designed to include training parent in appropriate ways of dealing with children and providing a friendly and safe environment in family. Children should be discouraged from buying or patronizing cigarettes, alcohol, and proprietary drug that are responsible for adolescent exposure to drug use.

## **4. Non-Governmental Organization (NGO) drug intervention strategy**

The primary mission of NGO is to promote, prevent and reduce harm related to chemical dependency on alcohol and drugs through advocacy, networking, collaboration and by treating people for their dependency problems, in order to limit the negative impact of substance abuse known to be major cause of premature death, interpersonal violence, disability and poverty, throughout the world (Kodjo, 2012). Their function include the following, creating and nurturing ties between organization concerned with harm related to chemical dependency, influencing policy makers by advocating effective and evidence based policies and treatment of chemical dependency and monitoring policy initiatives and marketing strategies of the alcohol and pharmaceutical industries.

## **5. Health and Social Marketing Intervention Strategy**

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 model such as popular music and movies celebrities and mediated through a healthcare provider, interpersonal, and other modes of communication. Other marketing methods such as message placement, promotion, dissemination of information through mass media, and community level outreach to discourage drug and alcohol addiction.

## **Methodology**

This chapter discusses the methodology of the research. The research design, population of the study, sample and sampling techniques, Research instrument, validity of the instrument, Administration of the instrument and procedure for data analysis.

## **Research Design**

The researcher made use of descriptive survey research method in order to enable the researcher elicit information from the respondents through the use of questionnaire.

### **Population of the Study**

The population are always the entire individual who possesses a certain characteristics, this study therefore consists of all youths in secondary school, patients medicine store owners and medical personnel across the Kogi central senatorial district (Ebira land), consisting five (5) Local Government Areas of Kogi State.

### **Sample and sampling Techniques**

Sample random sampling technique will be used to detect the following sample:

- 10 medical personnel from each 5 LGA to get 50 respondents
- 20 students from 20 secondary schools across the 5 LGA to get 400 respondents.
- 10 patient medicine store owners from each of the 5 LGA to get 50 respondents

By this, the total of 500 respondents will be selected for the purpose of this study.

### **Research Instrument**

The instrument used for the collection of data in this study was a structured questionnaire. The questions are constructed to elicit relevant information pertaining to the research questions to enable the respondents to either agree or disagree.

The questionnaire was based on two sections. Section A seeks for the demographic data of the respondents while section B was based on the research questions formulated for the study.

### **Validity of the Instrument**

The instrument was improved to ensure face and content validity by the supervisor for correction of relevance of contents, clarity statement and effectiveness of the instrument. The corrections made were strictly adhered to.

### **Procedure for Data Collection**

The researcher visits the sampled school for the study and other expected respondents and administers the questionnaire personally. At the end, the completed copies of questionnaire were collected to be used for the analysis.

### **Procedure of Data Analysis**

Data collected will be analyzed and presented in a tabular form for easy understanding. Also, simple percentages will be used for further analysis.

### **Data presentation and Analysis**

This chapter is concerned with data analysis of research question under demographic data, major findings and discussion of findings.

### **Presentation of Data and Analysis**

Example 1: Distribution of Respondents by Sex

<b>Sex</b>	<b>Frequency</b>	<b>Percentage %</b>
Male	60	60%
Female	40	40%
<b>Total</b>	<b>100</b>	<b>100%</b>

Table 4.1 above shows that 60% of the respondents (300) were males while 40% (200) were female.

Age	Frequency	Percentage %
11-15	350	70%
16-20	50	10%
21-25	40	8%
25 & above	60	12%
<b>Total</b>	<b>500</b>	<b>100%</b>

Table 4.2 above shows that 70% of the respondents were between 11-15 years of age, 10% were between 16-20 years of age, 8% were between 21-25 years of age while 12% were between the age of 25 years and above.

### Research Question 1: What are the major effects of drug abuse on youths?

**Table 4.3: Major effects of drug abuse on the youths of Kogi central in Kogi State.**

S/No.	Items	SA		A		D		SD		Totals
		F	%	F	%	F	%	F	%	
1.	Drug abuse are the major contributor of immoral behavior of the youths	250	50%	200	40%	30	6%	20	4%	<b>500</b>
2.	Drug abuse immensely contribute to school drop out	180	36%	220	44%	60	12%	40	8%	<b>500</b>
3.	Drug abuse by the youths majorly contributes to violence, rampages and riots in school.	225	45%	175	35%	50	10%	50	10%	<b>500</b>
4.	Drug abuse contributes in no small way to poor academic performance of youths in school.	270	54%	210	42%	10	2%	10	2%	<b>500</b>
5.	Drug abuse is majorly responsible for absenteeism of youths from school	180	36%	240	48%	40	8%	40	8%	<b>500</b>

From table 3, item 1, 250 (50%) of the respondents strongly agreed that drug abuse are the major contributor of immoral behavior of the youth, 200(40%) of the respondents agreed, 30 (6%) disagreed and 20(4%) strongly disagreed. Hence, in this study, it is certain that majority of the respondents accepted that drug abuse are the major contributor to immoral behaviours of the youths.

From item 2, 180 (36%) of the respondents strongly agreed that drug abuse immensely contributed to school dropout, 220 (44%) of the respondents agreed, 60(12%) disagreed while 40(8%) strongly disagreed, therefore, the majority of respondents in this regard agreed that drug abuse immensely contributed to school dropout.

From item 3 on table 3 above, 225(45%) of the total respondents strongly agreed that drug abuse is major contributor to violence, rampages and riot in schools, 175(35%) of the

respondents agreed while 50 (10%) of the respondents disagreed and 50 (10%) strongly disagreed that drug abuse by the youth is major contributor to violence, rampages and riot in school.

Responses in respect of item 4 on the same table shows that 270 (54%) of the respondents strongly agreed that drug abuse contribute in no small way to poor academic performance of youths in school, 210 (42%) of the respondents agreed same, while 10 (2%) disagreed and 10 (2%) strongly disagreed, by this, the majority of the respondents agreed that drug abuse contribute in no small way to poor academic performance of youths in school.

Feedback on item 5 shows that 180 (36%) strongly agreed that drug abuse is majorly responsible for absenteeism of youths in school, 240 (48%) of the respondents agreed, 40 (8%) disagree and 40 (8%) strongly disagreed. This clearly shows that drug abuse really is responsible for absenteeism of youths in school.

### Research Question 2: To what extent has drug influenced the youths of Kogi Central

**Table 4.4: Drug abuse has influence the youths of Kogi Central**

S/No.	Items	SA		A		D		SD		Totals
		F	%	F	%	F	%	F	%	
6.	Drug abuse has led to low productivity in Kogi Central	150	30%	180	36%	70	14%	100	20%	<b>500</b>
7.	Drug abuse has contributed majorly to youths unemployment in Kogi Central	220	44%	120	24%	90	18%	70	14%	<b>500</b>
8.	Drug abuse has influenced the youths on moral decadence in Kogi Central	320	64%	140	28%	30	6%	10	2%	<b>500</b>
9.	Drug abuse has majorly contributed to increase in our youths becoming political thugs in Kogi Central	280	56%	170	34%	30	6%	20	4%	<b>500</b>
10.	Abuse of drug has led to other social disorder such as fighting, sexual harassment and stealing	220	44%	190	38%	50	10%	40	8%	<b>500</b>

From table 4, item 6, 150(30%) of the respondents strongly agreed that drug abuse has led to low productivity in Kogi central, 180 (36%) agreed same while 70 (14%) disagreed and 100 (20%) strongly disagreed that drug abuse has led to how productivity in Kogi Central.

The same table 4 item 7 shows that 220 (44%) of the total respondent strongly agreed that drug abuse has contributed majorly to youth unemployment in Kogi Central, 120 (24%) agreed same while 90 (18%) disagreed and 70 (14%) strongly disagreed that drug abuse has contributed majorly to youth unemployment in Kogi Central.

Table 4: Item 8 shows that 320 (64%) strongly agreed that drug abuse has influenced the youths on moral decadence in Kogi state, 140 (28%) agreed same while 30(6%) of the respondents disagreed and 10(2%) strongly disagreed that drug abuse has influenced the youths on moral decadence in Kogi Central.

From table 4, item 9, 280 (56%) of the respondents strongly agreed that drug abuse has majorly contributed to increase in our youths becoming political thugs in Kogi Central, 170 (34%) of the respondents agreed while 30 (6%) disagreed and 20 (4%) strongly disagreed, by this therefore majority of the respondents agreed that drug abuse has majorly contributed to increase in our youths becoming political thugs.

Items 10 of the table 4 shows that 220 (44%) of the respondents strongly agreed that abuse of drugs has led to other social disorder such as fighting, sexual harassment and stealing, 190 (38%) agreed same while 50 (10%) disagreed and 40 (8%) strongly disagreed that abuse of drugs has led to other social disorder.

**Research question 3: What are the types of drugs abused by the youths in Kogi Central?**

**Table 4.5: Types of drugs abused by the youths**

S/No.	Items	SA		A		D		SD		Totals
		F	%	F	%	F	%	F	%	
11.	Depressants: Alcohol, Beer	300	60%	125	25%	50	10%	25	5%	<b>500</b>
12.	Tobacco including cigarettes	250	50%	175	35%	75	15%	0	0%	<b>500</b>
13.	Narcotic drug: codeine, tramadol	225	45%	175	35%	50	10%	50	10%	<b>500</b>
14.	Cannabis sativa marijuana, Indian hemp.	175	35%	150	30%	50	10%	75	15%	<b>500</b>
15.	Stimulants: Cocaine, miraa, Tutohin, tyregum	175	35%	175	35%	100	20%	50	10%	<b>500</b>

From table 4.5, item 11, 300 (60%) of the total respondents strongly agreed that youths take depressants like alcohol and beer, 125 (25%) agreed same, 50 (10%) disagreed while 25 (5%) strongly disagreed.

On the same table, item 12 shows that 250 (50%) of the responded strongly agreed that youths take tabacco like cigarettes, 175 (35%) agreed some, 75 (15%) disagreed while none of the respondents strongly disagreed, hence, the research have shown that majority of the respondents agreed that youths take tabacco like cigarettes.

From item 13 above, 225 (45%) of the respondents strongly agreed that youths take Narcotic drug like codeine and tramadol, 175 (35%) of the respondents agreed, 50 (10%) disagreed while 50(10%) of the respondents strongly disagreed with the assertion. From the above research therefore, majority of the respondents had revealed that youths in Kogi Central also take Narcotic drug like codeine and tramadol.

Item 14 of same table shows that 175(35%) of the total respondents strongly agreed that the youths of Kogi Central of Kogi State also take cannabis sativa like marijuana and Indian Hemp, 150 (30%) of the respondents agreed, 50 (10%) disagreed while 75 (15%) strongly disagreed with the assertion. From the above responses therefore, majority of the respondents agreed that the youths of Kogi Central also take cannabis sativa like marijnana, Indian hemp.

The same table 4.5, item 15, 175 (35%) of the total respondents strongly agreed that the youths of Kogi central (Ebira land) of Kogi State also take stimulants like (cocaine,



Mirra, tutolin, tyre gum etc), 175 (35%) agreed same while 100 (20%) disagreed and 50(10%) strongly disagreed by this findings therefore, majority of the respondents agreed that the youths of Kogi Central also take stimulants.

**Research Question 4: What are the preventive measures of curbing drug abuse among youths of Ebira land, Kogi Central of Kogi State?**

**Table 4.6: Preventive Measures of curbing drug abuse among youths of Ebira land (Kogi Central) Kogi State**

S/No.	Items	SA		A		D		SD		Totals
		F	%	F	%	F	%	F	%	
16.	Parents and school authorities should advise the youths to refrain from indulging in drug abuse	225	45%	150	30%	75	15%	50	10%	<b>500</b>
17.	The curriculum for drug education should be developed and made to be taught at all level educational system	225	45%	200	40%	75	15%	0	0%	<b>500</b>
18.	The mass media should play a key role in highlighting the evil effects of drug abuse	350	70%	150	30%	0	0%	0	0%	<b>500</b>
19.	National Drug Law Enforcement Agency should organize its workshop & seminars on drug free education in schools	250	50%	200	40%	50	10%	0	0%	<b>500</b>
20.	Drug addict should be provided with necessary counseling services and social rehabilitation to enable them quit the ugly habit	275	55%	175	35%	40	8%	10	2%	<b>500</b>

From table 4.6, item 16 above 225(45%) of the total respondents strongly agreed that parent and school authorities should advise the youths to refrain from indulging in drug abuse, 150 (30%) agreed, 75(15%) disagreed while 50(10%) strongly disagreed, the responses from this items therefore clearly shows that the majority of the respondent agreed that both parents and school authorities should advise the youths to refrain from drug abuse, 150(30%) agreed same, 75(15%) disagreed while 50(10%) strongly disagreed. This indicates that the majority of the respondents agreed with the assertion.

Item 17 of the same table 4.6 shows that 225(45%) of the respondents strongly agreed that the curriculum for drug education should be developed and made to be taught at all level of educational system, 200(40%) agreed same, 75(15%) disagreed while none of the respondents strongly agreed. By this therefore, the majority of the respondents agreed that curriculum for drug education should be developed and taught in schools.

From item 18 above 350 (70%) of the respondents strongly agreed that the mass media should play key role in highlighting the evil effects of drug abuse, 150(30%) agreed same while none of the respondents disagreed or strongly disagreed this assertion, therefore,

all the respondents agreed that mass media should step up and play a key role in highlighting the evil effects of drug abuse.

Still on the same table, item 19 clearly shows that 250 (50%) of the respondents strongly agreed that National Drug Law and Enforcement Agency (NDLEA) should organize its workshop and seminars on drug free education in schools, 200 (40%) agreed, 50(10%) disagreed while none of the respondents strongly disagreed.

Item 20 of table 4.6 above shows that 275 (55%) of the respondents strongly agreed that drug addicts should be provided with necessary counseling services and social rehabilitation to enable them quit the ugly habit, 175 (35%) agreed same, 40(8%) disagreed while 10(2%) strongly disagreed, by this responses. Therefore, the majority of the respondents agreed that drug addicts should be provided with necessary counseling services and social rehabilitation to enable them quit the ugly habit.

### **Discussion of Findings**

The research work was specifically designed to investigate into the effects of drug abuse among youths in Kogi State, a case study of youths in Ebira land, Kogi Central. From the data collected and analyzed in research question one on major effects of drug abuse on the youths, the findings shows that:

Drug abuse are major contributor of immoral behaviours of the youths, majority of the total respondents clearly submitted that drug abuse immensely contribute to school dropout and violence, rampages and riot in school, the findings further revealed that drug abuse equally contribute to poor academic performance of youth in schools and responsible for absenteeism.

The outcome of the analyzed data in respect of research question two on to what extent has drug abuse influenced the youths of Kogi central, it was discovered from the analyzed data that drug abuse has led to low productivity in Kogi Central, contributed majorly to youth unemployment and influenced the youths on moral decadence in Kogi Central, majority of the respondents equally agreed that drug abuse has led to increase in the youths of Kogi Central becoming political thugs thereby causing social disorder such as fighting and stealing.

The outcome of the analyzed data in respect of research question three (3) on types of drugs abused by the youths of Kogi central shows that the youths also take depressants: alcohol, beer, tobacco including cigarettes, narcotic drug such as codeine and tramadol, cannabis sativa such as marijuana and Indian hemp and stimulant such as cocaine, mirra, tutolin and tyre gum, majority of the respondents agreed on the above findings.

Analysis of research question four (4) on the preventive measure of curbing drug abuse among youths of Ebiraland, Kogi Central, revealed that mass media should play a key role in highlighting the evil effects of drug abuse, the curriculum for drug education should be developed and made to be taught at all levels of educational system, parent and school authorities should advise the youths to refrain from indulging in drug abuse, National Drug Law Enforcement Agency (NDLEA) should organize it workshop and seminar on drug free education in schools and that drug addicts should be provided with necessary counseling services and social rehabilitation to enable them quit the ugly habit. This finding is in line with Obiechina and Isiquzo (2016), which states that curbing or prevention of drug abuse among youths can be achieved through drug intervention strategy which is a structured, solution oriented process undertaken to persuade youth who is abusing drugs to seek help in

overcoming the addiction. More so in curbing drug abuse, interventions strategy should involve schools, peer education, family, non-governmental organization (NGO), health and social marketing and other relevant organization.

### **Conclusion**

In view of the outcome of the study, it was concluded that drug and alcohol abuse is becoming a public health problem among youths/students in Nigeria. Health educators, families, school, civil society, religious organizations and community should be concerned and worried that more youths and students in our secondary schools are fast joining the drug train, drinking and smoking away their future for the pleasure of getting high, which poses a threat to the health and safety of the adolescents. Preventing this unwholesome situation can be achieved through intervention strategy, advocacy and alcohol addiction to the adolescent health and life.

### **Recommendations**

The problem of drug abuse among Nigeria Youths as the study has revealed is one thing that does nobody or any good. That being the case, the questions that arises; what then can be done to this thorny issue of drug use and abuse among our youths. Perhaps, the following suggestions might be of help to policy makers, administrators in this very fight against use and abuse of drug among youths. An idle mind, they say is the devil's workshop, youth have to be kept busy realizing their potentials in rewarding and interesting manner. Otherwise their potentials or energies which is at a peak in this formalize years may be vented through mischievous channels like drug taking which harm both society and the individual.

1. Greater availability of good educational activities, material and leadership opportunities for youths happily busy. This would help a lot towards solving the drug abuse problem. Government should set up rehabilitation centres to aid victims of drug abuse.
2. Further to this, there is also the need for agency in combating the social disintegration by way of public awareness and education. Community organization and health and social agencies must identify high-risk groups and educate the public about the dangers of drug use, emphasizing vital importance of drug free life.
3. A social environment should be created which would discourage drug abuse, with the school and universities educating youth student on the dangers of drug abuse and value of life. The schools should formulate polices to prevent drug abuse and should also hold seminars for parents and families to alert them early to the symptoms of drug abuse in their children.
4. Pamphlets and badges should be distributed to schools, colleges and universities. Also entertainment and sport celebrities should also deglamorize drug to add to this, parent also should strive to be showing example to their and they should also be wary of the company their kids keep.
5. Furthermore, legislation should be enacted to penalize haulage companies especially transporters who do not implement and enforce procedure to prevent misuse of their facilities by drug traffickers. The penalty for drug peddling should be made commensurate with the peddlers' profits because profit made by drug pushers far exceed the risk, and that is why many people are going into the business.

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