
CHALLENGES OF DRUG ABUSE ON STUDENTS' ACADEMIC PERFORMANCE IN FEDERAL POLYTECHNIC BALI, TARABA STATE, NIGERIA

Dahiru Abubakar Sambo and Akilu Umar Bakari

Department of General Studies,
School of Business and Management Technology,
Federal Polytechnic Bali, P.M.B. 05 Bali, Taraba State

E-mail: akiluumarbakari33@gmail.com

Phone No: 08033629360

Abstract

The study dwells on challenges of drug abuse on students' academic performance of student in Federal Polytechnic Bali. The motive for this is that some students complicated in drug abuse, which affects their academic performance as disclosed in this work. Data was collected through distribution of questionnaires in Federal Polytechnic Bali. The total population of the study is one hundred (100) which is found through simple random sampling technique. Questionnaire is used as the principal instrument for data collection. The use of questionnaire is based on the assumption that affords the respondents a great confidence in their anonymity in furnishing us with qualitative information on sensitive issues. Simple percentage is used for the analysis of data in the study. The findings indicate that drug abuse has significant effects on students' academic performance in this research. Therefore, some useful recommendations are made in respect to the study outcomes.

Keywords: Drug, Drug Abuse, causes of Drug Abuse, academic performance, Bali

INTRODUCTION

Polytechnic education, which is part of technical education Programme in tertiary education Level leads to the acquisition of practical and applied skills as well as fundamental scientific knowledge. To Ukpai (2008), this type of education was aimed initially at evolving an educational system based on work and training. Polytechnic educates future leaders and develop the middle-level technical capacities that underpin economic growth and development (Ekundayo and Ajayi, 2009) cited in (Ukpai, 2008). Further stress that, the main purpose and relevance of polytechnic education in Nigeria is the provision of much needed manpower to accelerate the socio-economic development of the nation, making it an instrument of social change and economic development. However, the polytechnic Bali is not exceptional to achieve the desire objective of technical education in Nigeria. Drug abuse is one of the current issues that the institution is struggling with at the moment. It is based on this background that this study intents to carryout research to fill the existing gap in the literature.

Statement of problem

In most Nigerian tertiary institution such as the polytechnic Bali, most of the students are aware of the risks involved in drug abuse. Nevertheless, majority of the students indulge in to the activities in which they believe is the best way for achieving academic excellence. In essence, students are anticipated to be aware of the effects of drug abuse and constrain themselves to their studies, the tradition still exists. Drug and substance abuse lead to various problems in most polytechnics particularly in the study area. Although some researchers have defensive measures recommended, the researchers have not effectively led to the desired results of curbing the menace of drug and substance abuse in Nigerian tertiary institution. This is because apart from the students facing a lot of trials as individuals, the family and society comprising the school have not come out entirely to initiate approaches of helping the young learners. There is constantly a conflict of interest on who has the greater hand in helping the students. It is against this background that this study evaluates the challenges of drug abuse on students' academic performance in the study area.

Research questions

- i. How to control drug abuse in Federal Polytechnic Bali?
- ii. How to evaluate the effects of drug abuse on students' academic performance in the polytechnic?

Objectives of the Study

The study is guided by the following objectives:

- i. To control drug abuse in Federal Polytechnic Bali.
- ii. To evaluate the effects of drug abuse on students academic performance in the polytechnic.

Research Hypotheses

In line with the above research questions, the following research hypotheses are formulated to guide the study.

- i. Drug Abuse cannot be controlled in Federal Polytechnic Bali.
- ii. Drug abuse cannot affect students' academic performance in the polytechnic

LITERATURE REVIEW

Conceptual clarification – Drug

The term drug is defined as any element that after absorbed into a living creature might alter one or extra of its physiological characters. The term is usually used in position to a substance taken for both satisfactory initiative and affected elements (Kwamanga, Odhiambo & Amukoye, 2003). Worldwide and even locally, drug and substance abuse is persistently ever-increasing problem and is recognized as a danger with severe effects on people's health, security, social-economic and cultural wellbeing. In Nigeria, students constantly exposed that there is substantial frequency of drug and substance use; with changing liking rates recruit for both comprehensive and particular drug abuse (Abdulkarim, 2005). Some of these commonly abused substances include tobacco, Miraa (khat), bhang, alcohol, cocaine, mandrax and heroine (NACADA, 2006).

Drug abuse

Drug abuse among Nigerian adolescence has remained a menace to the global sustainable development of the nation. Substance abuse is a serious issue; a global and international issue mostly in developing countries like Nigeria. Drug abuse is likewise a major public health, societal and individual problem and is understood as an annoying issue for economic crises; hence, for Nigeria's poverty status. Although youth are supposed to be the key agent of transformation and development, some of them have been damaged by drug abuse (rendering them unproductive). Drug abuse has become a global fear in Nigeria because of its effect on youth and the nation as a whole. Drug abuse has a harmful impact on the knowledge of undergraduates in different universities across the globe. The complete health of the user is affected undesirably and conducts connected with drug abuse incline the abuser to crime and transmissible diseases including HIV/AIDS (Center for Disease Control, 2000). The use of hard drugs by young students in Nigerian tertiary institution has become an embarrassing incidence to parents, schools, government establishments, and the societies at large. The persistent abuse of drugs between this group of student can cause psycho-social problems in society. One might hope that this terrible practice and its allied problems would not lead to the upbringing of deranged generation of youths. This panic is not speculative because of what transpires to be the recurrent and rampant drug predicaments in many Nigerian educational institutions. Puberty is a period of changeover from childhood to adulthood and this dangerous developmental epoch is marked by numerous physical, psychological and societal changes. Adolescents are a segment of population with time range between 14-25years. Most students in tertiary institutions in Nigeria stand usually within the adolescent age range of 14-25 years (Olugbenga-Bello; Adebinspe; Abodurin, 2009). Adolescence is a stage of experimentation, exploration, curiosity and uniqueness search. Part of such journey encompasses some risk-taking, including the abuse and misused of psychoactive substances, which are the drugs that apply their main effects on the brain causing sedation, encouragement or adjustment in mood of an individual. Adolescents are confronted by the enormous task of inaugurating a sense of personality. The new intellectual skills of growing adolescents give them the capability to reflect on who they are and what makes them unique. Identity is made up of two components, self-concept and self-esteem (American Psychological Association, 2002). Self-concept is a set of beliefs nearly oneself, including characteristics, roles, aims, benefits, values, religious and partisan beliefs, whereas self-esteem is how one feels about one's self-concept. All of the developmental changes that youths experience make them to experiment with new conducts. This experimentation marks in risk-taking, which is a normal part of adolescent development (Sue, et al, 2009). Engaging in risk-taking behavior helps adolescents to shape their identities, try out their new decision-

making skills and gain peer acceptance and respect. Unfortunately, some of the risk that adolescents take may pose a real threat to their health and well-being. These include pregnancy, cigarette smoking, excessive alcohol consumption and drug abuse. Odejide (2000) posited that drug is said to be abused when its use is not pharmacologically necessary especially when used in the face of legal prohibition or when a socially acceptable beverage is used excessively. Sambo, (2008) viewed that chronic use of substances can cause serious and sometimes irreversible damage to adolescent's physical and psychological development.

Educational stakeholders like parents, teachers and the society at large are worried over the prevalence of drug abuse and its effects and consequences on the undergraduates of the polytechnic Bali Taraba State. Drugs are produced for a variety of different reasons including those associated with ensuring a state of wellbeing, curing illness, and sustaining mental and physical stability. Modern medical substances commonly known as 'medicine' (many derived from plants), do not constitute any danger. If properly administered, drugs can assist human beings in many positive ways. The term 'drug' refers to "any substance, when taken into a living organism, limits ill-health", however if drugs are abused, they can become very "destructive to the individual and to society at large". A drug is a chemical modifier of the living tissues that could bring about physiological, sociological and behavioral changes. Drugs, are substances which, when taken, can limit cognition, perception, mood, behavior and overall body function. It can also produce a change in biological functions through its chemical actions (Balogun, 2006). A drug is used for reasons such as curing or alleviating pain and diagnosing ill-health and is seen as a common process in many communities. Studies by Kypri, Cronin and Wright (2005), and Melchior, Chastang, Goldberg and Fombonne (2008) succumbed that across the countries of the world, drug abuse tends to be proliferating among youngsters between the ages of 18 and 25 (the current age of polytechnics undergraduates). Stated that the chronic use of drugs can cause serious damage, sometimes permanent physical and social damage (either temporarily or for a long period of time). Internal damage could result as well. To this effect, some of these undergraduates, who are still in their growing stage, become ridiculous, socially misfit in school situations and eventually drop out of school. The misapplication of medicine, self-medication and the usage of illegal substances is called Drug Abuse. Some of these substances in the form of medication give aspiration to the user and specific brain stresses becomes the end user (which is known as pleasurable pathways). The user at first may appreciate it and will want to practice the sensation again (Seraphim, 2005). A person who agrees himself/herself to be measured by a psychoactive substance is called a 'drug abuser' (Merck, 2009). A drug addicted brings forth a situation called neurological functions and his/her annoyances, sensitivity, cognizance, and energy stages change and the drugs can take over his/her normal functioning and well-being (King, 2008). The uncaring use of each substance, mostly the ones that have effects on one's consciousness like alcohol, cocaine, codeine, and methamphetamines results in upset and malfunction (Merck, 2009).

Causes of Drug Abuse:

There are a lot of factors that cause drug abuse among the Nigerian youths.

Peer Group: This is one of the common causes of drug addiction and abuse. It is a form of societal influence on the affected youth. "Peer group is a group of people of the same age or social status" (Hornby, 2000:860). A lot of evil like drug abuse, armed robbery, rape, among our youths in Nigeria and beyond are caused by peer groups. Someone can be influenced to become a drug addict by his friends who are drug addicts. Some people are drug addicts today because they associate with drug addicts and they do not want to be called "Jew guys" by their friends. Some people are compelled by their friends to become drug addict. One

would like to be identified with his friends or peer group and when one is addicted to a particular drug he or she will have the craving for that drug thereby losing the sense of direction in his or her life.

Family: The parental background of a child can expose a child to all sorts of evil including drug abuse. This could be due to family problems like broken homes, polygamous family, poverty, cultural influence on children, having a father who is a drug addict etc. if a child has a father who is a drug addict, it is likely that the child will become a drug addict, “like father like son”. As the child watches his father there is every tendency that the child will become a drug addict or smoker and from cigarette smoker he will graduate to other hard drugs. P. O. Eze, (Personal Communication 26th April, 2009). “I was a drug addict before because my father was a drug addict and several times I used to see him snorting drugs into his nostrils, drinking the tablet form and injecting the drug into his body. In an interview with the researcher a girl of 20 years, she said, “I am a drug addict because I cannot behold and bear the enmity between my parents, any time they start their quarrel, I take drug to forget about them”. M. I. Ikenwa, (Personal Communication 28th April, 2009). Some parents who engage too much in the struggle for survival tend to neglect their responsibilities on their children.

Emotional Stress: Some youths are emotionally stressed but instead of looking for a proper medical attention they will embark on self-medications, like taking drugs that are not prescribed by a doctor which leads to drug abuse. In this way, they use hard drugs that are illegal and unwholesome for their body to stop the stress. Some youths desire coffee or other hard drugs in order to subdue sleep without knowing that nature cannot be cheated. When one is an addict to a particular drug, the craving for that drug will be high. The habitual use of this substance may lead to drug abuse (Hornby, 2000:860).

Frustration: This is another fast and commonest factor that leads to drug abuse. Many youths are frustrated in our society today. Many of our youths ‘desire or dreams are unfulfilled. Some are in the higher institutions without graduating because of references and other hidden things that are setting them back. Frustration can set in based on a number of factors such as graduating from higher institution without getting any employment, being disappointed by their loved ones, death of a dear one or bread winner, dismissal from job, conspiracy and accusation etc. All these contribute to drug addiction and abuse (Personal Communication 28th April, 2009).

THEORETICAL FRAMEWORK

Structural-Functionalist Theory

StructuralFunctionalism is a theoretical perspective that focuses on the functions performed in society by social structures such as institutions, hierarchies, and norms. Within this theory, function refers to the extent to which a given activity promotes or interferes with the maintenance of a system. Functionalism emerged in the early 20th century and is associated with authors such as Emile Durkheim, Talcott Parsons, Herbert Spencer, and Robert Merton, who dominated American social theory in the 1950s and 1960s (Herrnstein & Prelec, 1992; Janis and Mann, 1968, 1977; Chomsky, 1979; Mead, 1934; Sullivan, 1953; Malle, 2004; Malle and Knobe, 1997; Malle and Knobe, 1997). This is one of the most dominant theory that deals with social vices such as drug abuse in human society like study area in this work. Therefore, it is found worthy to be used as a frame work in this research.

Methodology:

This study adopted a qualitative design and preparation for data collection. Decisions on how the sample is framed and developed this through the entry to a research site which gain, data collection, methods and a protocol for recording information and analysis of data (Denzin & Lincoln, 2000; Taylor & Bogdan, 1998).

Qualitative research design

A qualitative research design is used as a result of its many labelled tradition (Lofland & Lofland, 1984). The most commonly used labels appear to be field research or fieldwork, naturalism, ethnography, interpretive research and constructivist research (De Vos, 1998). Moreover, qualitative research design is adopted because of the following reasons: The aim of this study is not to explain human behavior in terms of universally valid laws or generalization, but to understand and interpret the meanings and intentions that underline everyday human actions (Mouton, 1986, cited in De Vos, 1998).

Area of the study

The area of the study is federal polytechnic Bali which is located in central zone of Taraba State, Nigeria. Its headquarters are in town of Bali. It has an area of 9,146km and population of 208,935 at the 206 census. Bali is a developing town, with a distance of one hour fourth five minute drive from the capital city of Jalingo, Taraba State.

Population of the Study

The population of the study are students from the polytechnic under study as defined by the objectives of this work and reflect in the research questions. Population could be represented by people, institutions and animal. The total population of the study is four hundred and eighty (480). However due to time constrain and financial implication, this study uses simple probability random technique which enabled the researcher to have hundred (100) participants.

Technique used for the study population

The study used simple probability sampling owing to the facts that every participant in the population has equal chance of being included in sampling. More to that, the researcher is able to construct a sample frame fast and used a random number generated. Therefore it has the greatest freedom from bias but represent the most costly sample in terms of time, energy and size (Zikmund 2002; Brown, 19 47).

Research Instrument

Questionnaire was used as the principal instrument for data collection. The use of questionnaire was based on the assumption that, it affords the respondents a great confidence in their anonymity in furnishing us with qualitative information on sensitive issues. However, the questionnaire was administered through trusted contest version to the sample respondent from the population.

The questionnaire was divided into two sections. The first was on the personal characteristic such as sex, age, and marital status. The second section was on drug abuse and poor academic performance of students of the selected polytechnics in north east.

Method of data collection

A total number of one hundred (100) questionnaire was administered. All the data were gathered, coded and analyzed by using simple percentage as statistical tool. The presentation of analyses, interpretation and discussion of findings of the result is organized based on questionnaire method.

DATA PRESENTATION AND ANALYSES

In this research study, a total number of seventy-two (72) questionnaires that consisted of the sample size were prepared and administered to the respondents in the case study. In the course of the distribution and retrieval of the 72 questionnaires (that represents 100% of the total responses) from the sample respondents, a total number of 18 questionnaires that consisted of 25% of the total responses were returned wrongly filled, while 25 questionnaires that consisted 34.7 % of the total responses were not returned to the researcher, however it was the remaining 29 Copies of questionnaires representing 40.3% of the respondents responses that were successfully filed and retrieved by the researcher. Therefore, this 29 successfully filled and retrieved questionnaires will be the adequate questionnaires that will be used in this study for the purpose of analysis, generalizations as well as conclusions. Hence the questionnaire distribution and retrieval analysis can be shown in the below table as follows:

Table 1: Response Rates Statistics Table

Details	Number	percentage%
Copies Retrieved and Filed	29	40.3
Copies wrongly Filed	18	25
Copies Not Returned.	25	34.7
TOTAL Copies Sent Out	72	100

Source: Researcher survey may 2023

Test of Hypothesis

In section one of this study, three null hypotheses were formulated to guide the study. These Hypotheses were tested so as to form the basis of either rejecting or not rejecting the null hypotheses from which inferences can be drawn.

The test of the hypotheses in this section shall be done using chi-square technique as stated in section three of this study. However, it is important to note that the test of the hypothesis was done based on the research questions data generated from the field survey on this study.

Test of Hypothesis One.

H₀₁: Drug Abuse cannot be controlled in Federal Polytechnic Bali.

Table 2: Chi-Square Observed Table Values for Hypothesis One

Questions	Strongly Agree	Agree	Undecided	Disagree	Total
A1	83	64	14	49	210
A2	71	55	43	41	210
A3	61	111	17	21	210
A4	71	90	20	29	210
TOTAL	286	320	94	140	840

Source: Researcher Computation May, 2023.

NOTE: To get expected value: $\frac{(\text{Column total}) \text{ Row total}}{\text{Grand total}}$

$$SA = 286 \times 210 / 840 = 71.5$$

$$A = 320 \times 210 / 840 = 80$$

$$UD = 94 \times 210 / 840 = 23.5$$

$$D = 140 \times 210 / 840 = 35$$

TABLE 3: Chi-Square Contingency Table for Hypothesis One

	FO	FE	FO – FE	(FO – FE ²)	(FO – FE ² /FE)
Q1	83	71.5	0.25	0.0625	0.0071
	64	80	-0.5	0.25	0.0625
	14	23.5	0.25	0.0625	0.0108
	49	35	0.25	0.0625	0.0108
Q2	71	8.75	4.25	18.0625	2.0642
	55	8.75	- 1.75	3.0625	0.35
	43	5.75	0.25	0.0625	0.0108
	41	5.75	2.75	7.5625	0.0108
Q3	61	8.75	-2.75	7.5625	0.8642
	111	8.75	2.25	5.0625	0.5785
	17	5.75	-0.75	0.5625	0.0978
	21	5.75	1.25	1.5625	0.2717
Q4	71	8.75	-1.75	3.0625	0.35
	90	8.75	0.25	0.0625	0.0071
	20	5.75	0.25	0.0625	0.0108
	29	5.75	1.25	1.1625	0.2717
TOTAL				Calculated value	4.9785

Source: Researcher Computation May, 2023

Chi – square critical table value at 4 under 9 using the X² Table= **1.064**

Decision Rule:

Since the Chi square-calculated value (4.9785) is greater than the chi square-critical table value (1.064) at an infinite degree of freedom and 0.05 percent level of significance, therefore we reject the null hypothesis **H0** Drug Abuse cannot be controlled in Federal Polytechnic Bali. And accept the alternative hypothesis **H1** to conclude that Drug Abuse can be controlled in Federal Polytechnic Bali.

Test of Hypothesis Two

H0₂: Drug abuse cannot affect students' academic performance in the polytechnic

Table 4: Chi – Square Observed Value Table for Hypothesis Two

Question	Strongly Agree	Agree	Undecided	Decided	Total
B1	72	60	45	33	210
B2	81	50	40	39	210
B3	71	46	50	45	210
B4	62	46	50	52	210
Grand Total	286	202	185	167	840

Source: Researcher Computation May, 2023

NOTE: To get expected value: $\frac{(\text{Column total}) \text{ Row total}}{\text{Grand total}}$

$$SA = 286 \times 210 / 840 = 71.5$$

$$A = 202 \times 210 / 840 = 50.5$$

$$UD = 185 \times 210 / 840 = 46.25$$

$$D = 167 \times 210 / 840 = 41.75$$

TABLE 6: Chi –Square Contingency Table for Hypothesis Two

Q	FO	FE	FO-FE	(FO-FE) ²	$\frac{(FO-FE)^2}{FE}$
5	72	71.5	0.75	0.5625	0.0548
	60	50.5	-2.75	7.5625	0.9758
	45	46.25	0.75	0.5625	0.1071
	33	41.75	1.25	1.5625	0.2717
6	81	10.25	-2.25	5.0625	0.4939
	50	7.75	4.25	18.0625	2.3306
	40	5.25	-0.75	1.5625	0.2976
	39	5.75	-3.25	0.5625	0.00978
7	71	10.25	3.25	10.5625	1.0304
	46	7.75	3.75	10.5625	1.3529
	50	5.25	3.75	14.0625	2.6785
	52	5.75	-0.75	0.5625	0.0978
8	62	10.25	4.75	22.5625	2.2012
	46	7.75	-4.75	22.5625	2.91129
	50	5.25	-0.25	0.0625	0.01190
	52	5.75	0.25	0.0625	0.0108
			Calculated Value		14.93

Source: Researcher Computation May, 2023

Calculated Value= 14.93

Critical table value at 14 under 9 using the X² Table value= **7.790**

Decision Rule.

Since the Chi square-calculated value (**14.93**) is greater than the chi square-critical table value (**7.790**) at an infinite degree of freedom and 0.05 percent level of significance, therefore we reject the Null hypothesis **H0** which state that “Drug abuse cannot affect students’ academic performance in the polytechnic” and accept the Alternative hypothesis **H1** to conclude that Drug abuse cannot affect students’ academic performance in the polytechnic.

Discussion of Findings

From the analysis carried out based on data generated from the field survey together with the test result of the three hypotheses, the findings based on the objectives clearly indicate as follows;

- i. Drug Abuse cannot be controlled in Federal Polytechnic Bali.
- ii. Drug abuse can affect students' academic performance in the polytechnic as found from the chi-square (X^2) result of the second hypothesis.

However, the findings of this study is consistent with the work of Gavtan (2015), who found that there is a significant relationship between job satisfaction and staff performance in the Nigerian Polytechnics but contradicts the study result of (John and Wachira, 2013) whose studies found otherwise.

CONCLUSION AND RECOMMENDATION

In conclusion, it can be noted that drug abuse has always existed, its consequences have negative impact on student and their communities at large. The literature shows that solutions can' be put in place to solve this problem though it is becoming rampant today.

Therefore there is need to re-evaluate the society and engage in more research that will result in realistic strategies to solve poor academic performance among the students today. This study reveals that a considerable proportion of students of higher institutions of learning in Nigeria use drugs. Drug use has serious implications for high school students and may result in mental health disorders and poor academic performance. This highlights the importance of an effective drug prevention policy in higher institutions of learning. The study identified being a tertiary institution, male, and female student. Therefore, interventions targeted at these identified factors should be provided to effectively prevent the effects of drug use on these categories of students and improve mental wellbeing, and enhance learning and academic performance. The interventions that include combinations of interactive teaching and learning, building highly specific resilience skills, provision of educational information, and students' direct involvement in the delivery of such programmes are recommended.

Drug use is relatively high in the adolescent and effective group of the society, which requires particular attention, prompt and immediate intervention. Every crime has a motive if you know where to look. On the surface, addicted persons act despite counter motives. However, looking closely we see that substances of abuse are powerful short-term reinforces that eventually "hijack" brain reward systems, often generating a seemingly blind compulsion that is matched only by survival drives such as fight-or-flight, hunger, and procreation. This is the paradoxical situation in which addicted persons find themselves: engaging in destructive behavior despite their best interests. This also explains why experienced users may like the drug less, but feel that they need it more. But people with addictive disorders are people first and, as such, are privy to all the usual processes of influence that increase or decrease motivation. As change agents, we can facilitate or hinder this process. If we undermine autonomy, relatedness, and competence, the consequent behavior change will be unstable and ungrounded in the individual's core sense of self. If we argue too passionately for change, offer few choices, and nag clients about the likely negative consequences, the individual is likely to dig in his or her heels, defending the "priceless" freedom of personal choice. Furthermore, there are the complexities of the language of motivation. People use language to make sense of their own behavior and the behavior of others. Words give motivational significance to behavior: "He relapsed because his disease took over"; "She drinks to self-medicate"; "He's just an old stoner who lives and breathes for weed." These

sentences not only describe behavior, but attribute causality and responsibility, which in turn changes our behavior. How can clinicians become better wordsmiths for change? We must appreciate that verbal behavior not only predicts behavior change, but also is the in-session proxy for change.

Recommendation

Based on the study findings and the conclusions, the study derived the following Recommendations:

- ❖ Parents can use information on risk and protection to help them develop positive preventive actions (e.g. talking about family rules) before problems occur.
- ❖ Educators can strengthen learning and bonding to school by addressing aggressive behaviors and poor concentration—risks associated with later onset of drug abuse and related problems.
- ❖ Community Leaders can assess community risk and protective factors associated with drug problems to best target prevention services.
- ❖ Parents should be more concerned with negative impacts against their children especial when they are out of the school environments.
- ❖ Dangers of drugs and their abuses should be made known to students in order to discourage them from using and abusing them.
- ❖ Schools' should have proper rules and regulations that prohibit the use and abuse of drugs in order to avoid cases of continuous decline in academic performance.

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