



## Students Perception Of Influence And Effects Of Drug Abuse On Academic Achievement Among Senior Secondary School Students In Niger State: Implication For Counseling

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**Abstract:** The central focus of this work is to find out the students perception of influence and effects of drug abuse on academic achievement, among senior secondary school students in Niger state. Two research questions were raised and analyzed for possible answers. A simple proportional random sampling technique was used to pick 356 respondents for the study. The research design adopted was a descriptive survey using questionnaire titled perceived motivation for drug abuse (PMDA) and perceived effects of drug abuse (PEDA) Questionnaire for students was used for data collection. The data were analyzed using t-test. The result of the study shows that there was significant student's perception of influence and effects of drug abuse on academic achievement of senior secondary school students in Niger state. The study recommended that the state ministry of education, educational psychologist, teachers, school administrators and managers, policy makers and planners, counselors, psychometricians, parent's teachers association (PTA) should embark on intensive sensitization programmed such as seminars and workshops to promote awareness on effects of drug abuse.

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**Key words:** perception, counseling, drug abuse, students, school, achievement, influence

### Introduction

Every drug is a potential poison depending on its usage. Drugs are helpful when they are properly used and destructive when they are misused or abused. Most youths are guilty of drug abuse, since one finds a large number of the population of youths walk into the shop to buy drugs without any physician's prescription (Christine, 2009.2). Drug abuse started becoming a serious problem in Nigeria in the 1960s. During the period, various professionals such as drivers, farmers armed robbers, and hardened criminals used to abuse drugs such as Marijuana, Indian hemp, and Alcohol etc. Ishaku, (2008:74), in Christine, (2009), reported that the use of drugs and other pharmacologically active substances dates back to time of our forefather, several centuries ago. Their uses have been on preventive and curative grounds and also for social and recreational purposes. In the past, choice of such substances was limited to those easily available in the environment of the users, but in the present era, the use of various types of drugs has gone beyond those drugs produced and available in the immediate environment. The use has reached an alarming stage of abuse by both, adult, youth and children. In recent times, apart from alcohol, the hard drugs which include Barbiturates, Valium, and

pethidine, Narcotics, Cocaine and Heroin have become rampant.

In the recent past, many Nigerians were not conscious of narcotic drugs until during the regime of Buhari/Idiagbon when the first set of narcotic barons were publicly executed in Lagos. Nigeria was only a courier of narcotic drugs but that cannot be said of today. They are both couriers and consumer of these dangerous drugs. They had even made the world to focus on Nigeria which sometimes to humiliation for travelling Nigerians (the news, 1998), in (Isah, 2007:123). According to Isah (2007:123) all hands must be on deck for the democratic experiment to succeed. The effect on this nascent democracy can be devastated if not checked. The punitive measures embarked upon by the military seemed not to have much effect on drug trafficking and use the rate is still alarming hence creating awareness by psychologist to help the situation. The term drug relate to any substance that when taken by living organism, may modify one or more of its functions. William (2007) sees drugs as those substances intended for use in the diagnosis, cure or prevention of disease, Payne and Hann (2002) defined the word drug as any substance natural or artificial other than food, that by its chemical or physical nature alters structure or function

in the living organism. To a physician is a medicine in the treatment of physical or mental disease.

Nnubia, (2003) defined drug abuse as the use of any drug to the point where it interfered with an individual's health or with his economic and social adjustment. Sizer-Webb, (1999), asserts that the abuse of drug is the taking of drug for non-medical purpose and in a manner that can affect or damage a person's health. Drug abuse consists of the use of a substance in a manner, amounts or situations such that the drug abuse causes problems or greatly increases the chances of problem occurring. The problem could be social, occupational, psychological or physical. Drug abusers are viewed by National Drug Law Enforcement Agency (NDLEA), (2003) as potentially harmful to the society because they can be hostile, maladjusted, immature and dependents. In view of the involvement rate of the youth in drug abuse and drug related crimes, there is urgent need to check this habit because of the impact it has on academic achievement of the youth as leaders of tomorrow.

One may be hooked emotionally and psychologically, and may have a physical dependence, where one has a drug addiction problem, whether to a legal or illegal drug, there is a craving for it. The individual wants to use the drug again and again, and if it stopped, there are usually unpleasant physical reactions. While it is not everyone who uses drug that becomes addicted, many people do. Drug addiction involves compulsively seeking to use a substance. Certain drugs, such as narcotics and cocaine, are more likely to cause physical dependence, than other drugs, (May and Mayo, 2006) in Kobiowu (2006; 1)

Drug abuse among adolescents and young adults, which embrace university students increased, significantly in the United States of America in the late 60s and early 70s (Eason, 1976) in Kobiowu. Little was known about hard drug and their usage in Nigeria in the 60s. However, as far back as 1973, an expatriate staff at the University of Nigeria, Nsukka, reported a substance purported to be cocaine, which was used by some students, but the authenticity of the substance was not precisely established. Although the law-enforcement agencies and the government, were not aware of the development, because of the rampant use of an emphasis on Indian hemp, it was not until May 1983, when the guardian newspaper of Nigeria, first related the story of the arrival of the drug known variously in the United States as 'snow' or angel-dust that awareness began to rise. And this a crescendo between 1984 and 1985, when the federal government of Nigeria promulgated a decree (Decree number. 20 of 1984), which prescribes death penalty for possession of hard drugs.

Presenting a paper on social origins of drug abuse, Odejide, (1990) blamed the society for the

phenomenon nothing that drug abusers and traffickers are made and created by society and are sustained by the social conditions of the society. Apart from the tragic consequences to the individual, drug trafficking has other serious effects such as disruption of family life, corruption of government and government agencies, poor academic achievement, contribution to industrial and road accident and indulgence in serious criminal activities (Odejide and Ohaeri, 1990, National Drug Law Enforcement Agency, NDLEA 1992, 1993).

A nation that struggles to meet the world economic development must join hands together with other nations in fighting against drug abuse. Nigerians in the past were aware of drug addiction as being a witness today. This could be attributed to many factors.

Development of Education, Neglect of cultural/moral training, Shifting in emphasis on values, Scientific and population advancement and Influence of T.V programmes and foreign culture. New York Science Journal {2014};7(2)

#### **Research questions**

Is there any perception of students of the influence of drug abuse on academic achievement in senior secondary schools in Niger state?

1. Is there any perception of students of the effects of drug abuse on academic achievement in senior secondary schools in Niger state?

#### **Methodology**

The design adopted for this study is the descriptive survey research design. A total number of three hundred and fifty six students from fifteen senior secondary schools in Niger state were used for the study. In order to ensure that the sample reflects the entire population of the study and to reduce the degree of bias proportionate sampling was adopted. To achieve the objective of these studies three sets of instrument were used namely:

i. A self designed and validated instrument on perceived motivation for drug abuse (PMDA) to measure student's perception on motivation for drug abuse on academic achievement.

ii. A self designed and validated instrument on perceived effects of drug abuse (PEDA) which measured student's perception on effects of drug abuse on academic achievement.

iii. A self designed English/ Mathematic Academic Achievement Test (EMAAT) to measure student academic achievement. The respondents were requested to tick the option as applicable.

Results 1

Research question 1

Is there any perception of students of the influence of drug abuse on academic achievement in

senior secondary schools in Niger state?

Variables	N	Mean	Std. Deviation	Df	t-Cal	P.value	Decision
Percept. of students of the influence of drug abuse on academic achievement	356	17.85	5.696	355	-17.286	.000	Sig.

**Source:** Researcher's Field Work, 2020 The table shows the perception of students of the influence of drug abuse on academic achievement and the standard deviation stood at 5.696 In summary the table shows that there was significant perception of students of the influence of drug abuse because the calculated *t-cal* has a value of -17.286 which is higher than the p. value of .000 This also indicates that there is students perception of influence of drug abuse on academic achievement. Thus, the hypothesis that states that there is no significant perception of students of the influence of drug abuse on academic achievement was rejected at the .05 level of significance.

## Research question 2

Is there any perception of students of the effects of drug abuse on academic achievement in senior secondary schools in Niger state?

Variables	N	Mean	Std. Deviation	Df	t-Cal.	P.value	Decision
Perception of students of the effects of Drug Abuse on Academic Achievement	356	17.85	5.696	355	-13.747	.000	Sig.

**Source:** Researcher's Field Work, 2020

The table shows the perception of students of the effects of drug abuse on academic achievement among senior secondary school students and standard deviation stood at 5.696. In summary the table shows that there was significant student's perception of effect of drug abuse because the calculated *t-cal* has a value of -13.747 which is higher than the p-value of .000. This also indicates that there is perception of students of the effects of drug abuse on academic achievement Thus, the hypotheses that state there is no significant perception of student's effects of drug abuse on students' academic achievement among secondary school students was rejected at the .05 level of significance.

## Discussion

The first hypotheses sought to find out if there is no significant perception of students of the influence of drug abuse on academic achievement among senior secondary school students. The hypothesis was rejected contradicting Christine, (2005) that the drug put student in a happy, excited, usually friendly mood especially with member of the opposite sex. They are usually bold and daring while under the influence of drug. Disagrees with Agudu, (1988) alcoholic drinks when used moderately and occasionally as it was used in traditional Africa society may not be so harmful,

but when used in excess, frequent over several years it can cause considerable damage to health and socio economic life of the individual, his family and society and a lot of money is committed to the treatment and rehabilitation of the drug abuser. The result was contrary to Kalsher, (2008), in Oyaziwo (2009) which explained that continue use of drug over a prolong period of time often leads to drug tolerance physiological reaction in which the body requires larger and larger doses in to experience the same effect. In some cases, tolerance increases addiction.

The second finding indicate that there is significant perception of students of the influence of drug abuse on academic achievement among senior secondary school student the result of this findings agree with the observation of Christine, (2009) which showed that students confessed that the drug contributed to the poor academic achievement in school. Most smokers especially secondary school student find it difficult to concentrate at school work.

On the basis of the findings, that there is no significant perception of students of the effect of drug abuse on academic achievement. Tolani, (1994) agree that cocaine is not actually drug of dependence since no tolerance or physical dependence result, it produce feeling of power and optimism and relive fatigues, as with other psychoactive drugs. Cocaine effect are

likely to be influenced by the users personality and expectation as well as by the social and physical environment in which the drug is used. Strong (2002) disagree that cocaine, amplitamines and methamphetamines are stimulant excites the central nervous system thereby producing intense feeling of alertness, trembling, nose bleeding, restlessness, perception distortion, heart attack, thought disorder. These are taken by students so as to accomplish certain task require wakefulness.

The view that, there is no significant relationship between effects of drug abuse and academic achievement among secondary school students the null hypothesis was not accepted, the finding is in agreement with the study of Stanley (2004) which found that prevalence of tobacco and marijuana abuse by students to be high, marijuana also disrupts memory formation and interferes with immediate recall, also power drugs like marijuana, cocaine e.t.c being abused by students produce harmful effects including a loss of appetite and intense feeling of anxiety, depletes the brain, serotonin and nor epinephrine. The degree of harm produced in general depends eventually on drug consumed per occasion.

The studies carried out by Bachman (2009) also agrees that adolescent are more likely to engage in drug use, when they experience a significant discrepancy between their perceived academic achievement, drug may be use as a coping mechanism to deal with stress associate with academic failure.

In disagreement with the view that drug abuse has no significant perception of students of the influence on academic achievement in senior secondary schools. Powell in Adebayo (2006) agrees that students take drugs to help them cope with personal problems and psychological stress. Nnubia (2003) agree that drug abuse has serious influence on physical, emotional and psychological well-being of students as well as on educational system of our country. They can do anything without fear and with total disrespect to the school and constituted authorities.

On the basis of the findings, that there is significant students perception of effect of drug abuse on academic achievement, null hypothesis was accepted contradicted by Agudu, (1988) which state that drug abusers are progressively less communicative and more withdrawn, they become less and less interested in school, being frequently late to class and eventually absent from school missing school amounts to losing vital information on learning activities. The view that, there is no significant influence of drug abuse on academic achievement of secondary school students, also contradicted Cooms, strong and Devecout, (2002), that the consequence of drug abuse, which cause problems on physical

psychological and social level of an individual, his family, friends and the society. Most of drug users are fully aware of the fact that drugs disrupt the key motivational circuits in the brain. This explains the irrational behaviors of the addict; despite mounting evidence that they are harming themselves they continue to consume the drugs.

In disagreed with the view that drug abuse has no significant perception of students of the effects of drug abuse on academic achievement of students Oyaziwo (2009:90), revealed that all drugs that produce dependence can cause very decrees of academic, social, health and behavioral problem. Large doses of alcohol interfere with coordination and normal functioning of our sense and often with tragic result on student academic; people for antisocial acts, prolonged drink affect the brain. Similarly, Stanley (2004) Disagree that marijuana abuse by students to be high also disrupts memory formation and interfered with immediate recall. Adebayo (2006) in agreement with view that there is no significant perception of students of the effects of drug abuse and academic achievement, that beer, brukutu (native beer) wine and spirit, morphine and heroin, barbiturates and tranquilizer, increase body activities, mental alertness and wakefulness. In some users these increase their level of sexual desire, feel energetic reduce confusion and nervousness.

#### **Implication of the study for Guidance and Counselling**

An effective utilization of human resources to rid our schools of social ills was not only timely but also very important if we remember that our secondary schools are plagued with numerous societal ills. Examination malpractices, dishonesty, 419 offences, drug abuse, gambling, fighting, fraud, cultism, sexual harassment, sexual immorality, disobedience to a constituted authority, smoking, absenteeism, unwanted pregnancy, armed robbery, vandalism, riots, open rebellion and general indiscipline in schools to mention but few are some of our societal ills.

Drug abusers identified should be referred to counselling psychologists through drug free club, counselling psychologists can educate and actively engage youths. Various activities on drug use, problem and dangers should be organized. Specialist like National Drug Law Enforcement Agency (NDLEA) in these areas should be invited to talk to students. Drugs that are being abused also have proper uses that can benefit human beings. For example, marijuana plants are used for making ropes and clothe e.t.c. (Watch Tower 1985, in Isah 2007).

Information about drug use and consequences should be disseminated to the youths who are mostly affected these can be done on the assembly ground and at the secondary school levels, while the handouts

of the same topic can be distributed during public lectures organized for the purpose. Bibliocounselling, (a cognitive method in which a counselor educates his client with prepared handout. In it, emphasis is laid on the danger like loss memory, anxiety etc in drug abuse and practical ways (self – management techniques) that can assist in averting drug abuse addition) can be used. This prepared the students for future activities and for sustainable democracy. Teacher, parents, and guardians can be trained in the act of identifying drug addicts. Signs such as violence, uncooperative attitude, sudden and dramatic change in discipline, academic work and attendance, neatness, negative attitude (e.g. irrational flare – ups) etc. (Adeson and Creswaell 1980, in Isah, 2007).

The electronics and print media should be used in informing the populace; radio television jingles should be produced and sponsored by philanthropist. Chemist and drug hawkers should be educated on dangers inherent in drug abuse. Some patent medicine stores sell drugs (that are not prescribed by experts or should not be sold to them). Proper education might reduce drug abuse in the country. Sports men they should be educated on the type of food and drug they should take or not take, to avoid being banned for taking achievement enhancing drugs. Other ways include display of relevant information on bill boards embarking on excursion, provision of enough recreation activities for youth in school and public place; intervention at early stage by counselors when they are detected. (Isah, 2007).

Educating and guiding youth on drug use and the danger inherent in drug abuse will go a long way in enhancing developmental growth in all aspect of a nation. Every nation is striving to stamp out the effect of drug menace among youth. Some drugs are not harmful when taken at certain dosage level, while some are at any dosage level. Psychoactive drugs chemical substance which when administered alters state of consciousness and behavior. Many factors can motivate youth to take drug e.g. pleasure and excitement seeking curiosity, frustration need etc. If a person drinks with other people we may suspect social motives, if alone, we may suspect - person trying to deal with personal problem. If not properly managed drug abuse/ addiction can derail any democratic setting knowledge on way adolescent use drug, how pervasive is it, what are the nature an effect what factors contribute, will go greatly in designing intervention strategies at an early stage of drug use. And the best way to answer the why question is to look for consistent in the situation in which the behaviour occur (When and where) ( Isah, 2007).

Presley, (1991) believed that lack of information and enlightenment on the use of legitimate drugs some students believed that the strength of a tablet even

though medically prescribed by physician indicated by its quality to be taken hence they take an over dose with the hope of achieving the desire result faster. Isakson and Mink (1963), in Olayinka, (2002) guidance and counseling is a programme of service to individual student's base upon the needs of each student, understanding of his immediate environment, and the influence of the factors on the student and the unique feature of each school. Guidance and counseling is designed to help each student adjust to his environment, develop the ability to sort realistic goals for himself and improve his total educational programmed.

In view of apparent ignorance of many students about career prospect and in view of personality maladjustment, counseling is required to offer assistance to the students who lack either knowledge or skills to define or solve the problems that arise at psychologically, socially and emotionally in order to make adequate adjustment to the environment. It is however, pertinent for counselor to help others with sufficient information to prepare them adequately for their academic achievement. Olayinka, (1986) asserted that Guidance and counseling services should be an integral part of our educational system especially if we want education to be child centered and job oriented.

In general, the counselor should provide service to help teachers gain acquaintance with their students as unique, districts and dynamic individual for instance he should assist any teacher to evaluate his student's progress, behavior, give improved instruction, and point out students. Daily time, March 26<sup>th</sup>, 1988 that through its application students could be correctly guided to go into areas that are best suited to their ability, aptitudes, interest and capabilities.

Osokoya, (1987), in Olayinka, (2002) pointed out that guidance and counseling is important for proper personal, academic and social adjustment of students in schools. The main objective is to give psychological process of helping an individual to achieve his self direction, self understanding and mental balance necessary to make the maximum adjustment to the school.

Presey, (1991) a judicious application of guidance and counseling will foster wise educational decisions which might lead to a better future career especially now that students are confronted with a variety of subjects to choose from. Skinner (1953) in Olayinka (2002) believed that bad behavior is learnt and can therefore be unlearned. According to Skinner (1953), punishment produces only a temporary effect in suppressing an act of misbehavior. Hence the importance of counseling cannot be over emphasized in providing the youths with better adaptive behavior for coping with life. School counselors serve as a link

between the child and other agents of education the home, school and the society which are responsible for the disciplinary problems exhibited. Based on the result of the study carried, the following recommendations are put forward.

1. Government should organize campaign programmes aimed at informing and educating students on the danger of drug abuse, this can be done through the speeches and symposium by expert on the field, pamphlets could be distributed which might also serve as a reminder on the danger of drug.

2. The government should encourage the curriculum planners to include drug abuse education in the curriculum for school to be taught.

3. The school should provide parental involvement at school, such as school policy, drug education programme.

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