

**EFFECTS OF DRUG ABUSE ON THE HEALTH STATUS OF
UNDERGRADUATES IN THE UNIVERSITY OF BENIN**

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**A PROJECT SUBMITTED TO THE DEPARTMENT OF HEALTH,
SAFETY AND ENVIRONMENTAL EDUCATION, FACULTY OF
EDUCATION, IN PARTIAL FULFILLMENT OF THE
REQUIREMENT FOR THE AWARD OF BACHELOR OF SCIENCE
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BENIN CITY**

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CERTIFICATION

We, the undersigned, certify that this research work was carried out by **Uzoamaka Assumpta IZUCHUKWU**, with matriculation number **EDU2009286** in the Department of Health, Safety and Environmental Education, Faculty of Education, University of Benin, Benin City in partial fulfillment of the award of Bachelor of Science (Education) degree in Environmental Education

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DEDICATION

I dedicate this work to Almighty God. For his unfailing love towards the researcher and for enabling her complete her bachelor's degree programme.

ACKNOWLEDGEMENTS

The researcher wish to express her genuine gratitude to almighty God for giving her life and wisdom to initiate and accomplish this research work.

My most sincere appreciation goes to my supervisor, Dr. (Mrs.).O.O. Egbochuku, who offered timely and constructive criticism and correction through the various stages of this work to make it as original as it can be. Thanks to her, the researcher has experienced true research and my knowledge in the subject matter has broadened. The researcher also appreciates the efforts of all my lecturers in making her study of Environmental education a memorable experience. The researcher sincere appreciation goes to the head of the department Dr. S.O. Olikiabo and every other staff of the department.

The researcher deepest gratitude goes to her mother; Mrs. Ezeanya Agatha and Brother; Izuchukwu Paul for their undying support throughout her journey and her friends; Beauty, Ebube, Justina, Kemi Mary Cynthia and Kosi.

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ABSTRACT

The study examined effects of drug abuse on the health status of undergraduates in university of Benin. Four research questions were raised; What is the prevalence of drug abuse among undergraduates at the University of Benin? What are the most commonly abused types of drugs among undergraduates at the University of Benin? How does drug abuse impact the physical and mental health status of undergraduates at the University of Benin? What factors contribute to drug abuse among undergraduates, and what interventions can be implemented to address the issue?

The target population for this study includes 400 level undergraduate students in the department of Health safety and Environmental Education in faculty of Education University of Benin. The study made use of descriptive survey research design. The researcher constructed a questionnaire that was used to obtain responses from the respondents.

The findings in the study revealed; A study published in the Journal of Clinical and Diagnostic Research found that 62% of undergraduate students who used drugs in the University of Benin reported symptoms of depression, anxiety, and psychosis. Research conducted by the University of Benin's Department of Pharmacology and Toxicology found that students who used drugs regularly showed significant impairment in cognitive functions such as attention, memory, and problem-solving skills. The study recommends that; There should be increased awareness campaigns and educational programs to educate students about the dangers of drug abuse, its effects on mental and physical health, and the importance of seeking help if they are struggling with addiction. There should be stricter penalties and punishments for students who are caught using or possessing drugs, in order to deter others from engaging in this behavior.

CHAPTER ONE

INTRODUCTION

Background to the Study

Drug abuse refers to the harmful or hazardous use of psychoactive substances including alcohol and illicit drugs World Health Organization (WHO, 2021). It has a negative impact on health and may take the form of drug dependence or be part of a wider spectrum of problematic or harmful behavior.

People who are mainly from well-to-do homes are increasingly identifying with the ‘big boys’ that practice the use of substance like heroin and cocaine. Others substances like Indian hemp, which is frequently produced in Nigeria and other substances like Methamphetamine and tablet with codeine capable of intoxicating are mostly found in schools (Staff, 2012).

The youths in Nigeria like many other countries of the world are developing addiction to psychoactive substances. The abuse of hard drugs by students in Nigerian tertiary institutions has become an embarrassing occurrence to parents, schools authorities, government and the society at large (Muritala,

Godwin, Anyio, Muhammad, and Ajiboye, 2015). Fareo (2012), examined drug abuse among Nigerian adolescents; strategies for counselling and concluded that drug abuse is a problem that is causing serious concern to both individuals and government all over the world. She posited that the problem is prevalent among adolescents who in most cases are ignorant about the dangers inherent in drug abuse. Many of them engaged in drug abuse out of frustration, poverty, lack of parental supervision, peer influence and pleasure. However, she suggested that with effective counselling programme, the problems can be tackled.

In 2012, the National Drug Law Enforcement Agency (NDLEA) collected drugs use and abuse data from schools, records of patients admitted at mental health institutions for drug related problems and interview of persons arrested for drug offences. The result showed that youths constitute the high risk group for drug trafficking and abuse. Friends and school mates account for about 90% of the source of influence of the use and abuse of various psychoactive substances. In Nigeria, alcohol and cigarette are legal but these substances have also said to be “gateway drugs” to other more potent drugs like heroin and cocaine.

Drug abuse has been said to be any use of drugs for non-medical purposes almost always for altering consciousness. Drug abuse denotes substances that change the mental or physical state of a person and that may be used repeatedly for that effect leading to abnormality (Matowo, 2013). Drug and substance abuse has continued to ruin youth and subsequently education despite various measures taken to stop it (Njeri and Ngesu, 2014). The consequences of any form of drug taking involve an interrelationship between the individual and his or her personality which may increase or decrease the vulnerability to drug abuse, and the characteristics of the drug consumed (Matowo, 2013). The health of young people is a key factor in the promotion and preservation of the health of the population as a whole because it determines the overall level of population health in the short term (Tsvetkova and Antonova, 2013). According to Oshodi, Aina, and Onajole (2010), majority of the Nigerian adolescents ignorantly or deliberately depend on one form of drug or the other such as tobacco, Alcohol, Cocaine, Heroin, Indian Hemp, Cannabis, Opium, Kola Nuts, Coffee, Aspirin, Codeine, Panadol, Paracetamol, Morphine, Ephedrine, Madras, Caffeine,

Glue, Barbiturates, And Amphetamines for their various daily activities (social, educational, political moral and others).

Statement of the Problem

Drug abuse in Nigeria in the contemporary time has become one issue that cast a gloomy shadow to the entire Nigerian society especially among University undergraduates.

(Ajibulu, 2011). Universities students are the most susceptible to drug use amongst different youth groups in Nigeria because most of them live outside the watch of their parents or guardian. Uchendu and Ukonu (2016) stated that, it is evident that drug and substance abuse is still a problem in our tertiary institutions despite various measures taken to stop it.

The trend in drug abuse studies shows that prevalence of drug abuse is a manifestation that it is a social problem across nations in the world. It involves the improper use of drugs. It is an issue better solved within the socio-psychological and cultural domains. Therefore Drug abuse should be looked at in an environment where moral and standard are cultured. The abuse of drugs in turn has created numerous social vices in the society which

formed the backdrop of this study conceived to assess the effects of drug abuse on the health status of undergraduates in University of Benin.

Research Questions

1. What is the prevalence of drug abuse among undergraduates at the University of Benin?
2. What are the most commonly abused types of drugs among undergraduates at the University of Benin?
3. How does drug abuse impact the physical and mental health status of undergraduates at the University of Benin?
4. What factors contribute to drug abuse among undergraduates, and what interventions can be implemented to address the issue?

Purpose of the study

The primary aim of this study is to examine the effects of drug abuse on the health status of undergraduates in University of Benin. The sub-objectives are to:

1. To examine the prevalence of drug abuse among undergraduates at the University of Benin.
2. To assess the types of drugs commonly abused by undergraduates at

the University of Benin.

3. To investigate the effects of drug abuse on the physical and mental health status of undergraduates at the University of Benin.
4. To explore the factors contributing to drug abuse among undergraduates and identify potential intervention strategies to address the issue.

Significance of the Study

This study is significant as it sheds light on the alarming issue of drug abuse among undergraduates at the University of Benin and its detrimental effects on their health status. By identifying the prevalence, types, and effects of drug abuse, the study can inform policymakers, university authorities, and healthcare professionals about the urgent need for intervention programs and support services to address this pressing public health concern. Furthermore, the findings of the study can contribute to the development of targeted prevention and intervention strategies aimed at promoting drug abuse awareness, reducing substance misuse, and improving the overall health and well-being of undergraduates.

Scope and Delimitation of Study

The study will focus on undergraduates enrolled in various academic programs at the University of Benin in Nigeria. It will encompass both male and female students across different departments and levels of study. The research will primarily examine the prevalence, types, and effects of drug abuse among undergraduates, as well as factors contributing to substance misuse. However, the study will not delve into the specific mechanisms of addiction or provide clinical assessments of individual cases. Additionally, the study will be limited to undergraduates within the university campus and may not represent the broader population of young adults in Benin City or Nigeria.

Limitations of the Study

Several limitations may affect the findings and generalizability of the study. These include potential underreporting or social desirability bias in self-reported drug use behaviors among participants. Additionally, the study's reliance on cross-sectional data may limit the ability to establish causal relationships between drug abuse and health outcomes. Furthermore, the

scope of the study may be constrained by logistical challenges such as access to participants and resources for data collection. Finally, cultural and contextual factors specific to the University of Benin may influence the study's findings and may not be applicable to other university settings or regions.

Definition of Terms:

Drug: A drug is a chemical substance capable of altering the physical and psychological function of the body.

Abuse: This means the misuse of something. It can also be described as the illegal use of something.

Drug Abuse: The habitual misuse of drugs or substances for non-medical purposes, often resulting in physical, psychological, or social harm.

Health Status: The overall physical, mental, and social well-being of an individual, as influenced by various factors including lifestyle behaviors, environmental conditions, and access to healthcare services.

Undergraduates: Students enrolled in undergraduate degree programs at a university or college, typically pursuing a bachelor's degree.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

- Concept of Drug Abuse
- Common Drugs Abuse by Undergraduates Students
- Factors that influence Drug Abuse
- Effects of Drug Abuse
- Prevention of Drug Abuse among Undergraduates Students
- Summary of Related Reviewed

Concept of Drug

Abuse Drug abuse may be defined as the “arbitrary” over dependence or miss-use of one particular drug with or without a prior medical diagnosis from qualified health practitioners. (Oluremi, 2012). Drug Abuse is the harmful use of mind altering drugs. It added that the term usually refers to problem with illegal drugs, which also include harmful use of legal prescription drugs, Such as in self-medication. Drugs are chemical materials dangerous to individuals that partake in them, as it changed how the mind and body function. Drugs are a special term referring to substances that

harms a user's physical, mental, and emotional health as well as behaviour after use. As a result, a drug abuser becomes addicted and is highly dependent on the substance. Continued drug abuse leads to damage to self, family, society, and country (Razali, & Madon, (2016). Drug abuse not only covers the mode of action or function of the drug, but also refers to functional disorder and maladaptation due to misuse of the substances (Fletcher, 2010). The brain is the main organ that controls the entire function of the body, emotions, and normal behaviour of the individual. Drugs and alcohol could disrupt the original function of the brain and caused interruption in conversation and work performance and leads to destruction behaviour (Bonell, Sorhaindo, Allen, Strange, Wiggins, and Fletcher, 2010). Functional disorder is affected by chemical substances and its effects are reflected in the drugs consumed. The personality of drug addicts plays a role in determining if they had misused drugs.

Horrible youthful activities are widespread in Nigeria to the extent that they have been giving a lot of concern to the society, government and other stake holders in Nigeria. In primary schools, peers engage in organized crimes and disrupt normal academic programs. In secondary schools and most Nigerian

universities, the activities of secret cults are known to have been source of threat to lives and property. Outside the campuses, a lot of ritual killings are taking place. (Abudu, Oshodi, Aina, & Onajole, 2010). The impact of drug abuse among Nigerian adolescents has been a feature of a morally bankrupt, corrupt and wasted generation and loss of our societal values and ideals. The situation now appears to be such that no one can argue ignorance of what is happening (Abudu, 2010). We cannot sit and illegitimately pretend on the menace of drug abuse among our adolescents. According to Giade, (2011), any nation being used by drug barons as a transit route has the potentials of becoming a drugs abuse consumer's country, drugs abuse threaten the security of every nation, tearing apart our societies, spawning crime, spreading diseases such as aids, and killing our youths and our future”.

The Government of Nigeria seems to lose sight of its responsibilities, though it claims that tobacco should be regulated in a market oriented frame work, which strikes an optimal balance and the need to ensure healthy work force. The fear is that adolescents are lured into early death from Cardio Vascular diseases (CVD), lung cancer and other tobacco related diseases. (Abudu, 2010; Giade, 2011). Already, Nigerian adolescents are being offered

cigarettes through promotions and musical concerts. Some teens will experiment and stop, or continue to use occasionally without significant problems. While others will develop addiction, moving on to more dangerous and hard drugs and causing considerable harm to themselves and the society at large. Despite the effort of many concerned individuals and organizations to curb this menace, many individuals still present these drugs as though they are harmless. They give them slogans such as “for greatness” “for brighter life” (Oshodi, Aina & Onajole, 2010).

According to American Addiction Centre in 2020 and National Institute on Drugs Abuse in 2018, the more often drugs are used, the more they will impact brain chemicals and circuitry which can lead to drug dependence and withdrawal symptoms when the drugs process out of the body. Drugs are a special term referring to substances that harms a user’s physical, mental, and emotional health as well as behaviour after use. As a result, a drug abuser becomes addicted and is highly dependent on the substance. Continued drug abuse leads to damage to self, family, society, and country (Galea, Nandi, & Viahov, 2010). Drug abuse not only covers the mode of action or function of the drug, but also refers to functional disorder and maladaptation due to

misuse of the substances. The brain is the main organ that controls the entire function of the body, emotions, and normal behaviour of the individual. The factors contributing to youth substance abuse have been identified and promulgated by the electronic and print media worldwide. These factors have been further authenticated by research (Hong Kong Narcotic Division, 2010). Ali (2010); Bamberg (2008); Community Anti-Drug Coalitions of America, U.S. (2008). Bradford, Burns, Vaughn, and Barber, (2008). Some of which are dysfunction families due to unstable low income, poor marital relationship, conflicts, divorce, separation, single parenthood, long working hours of family members, limited family time, ineffective communication, easy access to drugs within immediate neighbourhood, failure of school achievement, feeling boredom, undesirable peer influence, intergenerational addiction and negative peers.

The World Health Organization (WHO) report noted that alcohol abuse results in 3million deaths annually across the world, Nigeria inclusive; this represents 5.3 % of all deaths (WHO, 2018). Apart from cannabis misuse, there is a growing abuse of synthetic drugs, which were once strange to the Nigerian society. Amphetamine, methamphetamine, cocaine, heroin, paint

thinner, glue, cough syrup made with codeine, cement and animal excreta are being widely abused. According to Punch Newspaper in 2016, between 2010 and 2012, six methamphetamine factories were discovered in Delta and Lagos states, said the National Drug Law Enforcement Agency (NDLEA).

The development of medicinal Chemistry resulted in several synthetic compounds such as Barbiturates, Benzodiazepines and Amphetamines. These were originally proposed for use as therapeutic compounds for restoration of health. Later the compounds were refined to more potent compounds and faster routes of administration were devised which favour most rapid transport of central nervous system contributing to abuse. The attitude of society and pattern of use of psychoactive substances have changed over time. The global context in the use of drugs indicates the erosion of traditional theoretical boundaries which also affect the beliefs, value systems and perceptions towards use of drugs (Gakuru, 2012). According to United Nations Office on Drugs and Crime (UNODC) in 2010, the World Health Organization has estimated that more than 225 million individuals or one in every twenty adults have consumed an illegal drug once in the year 2010. In addition, World Health Organization (WHO) in

2014 reported that more than fifteen million persons are indulged in drug abuse and the problem of injectable drug abuse has been reported in more than 145 nations.

Common drugs abused by university students

The Federal Bureau of Investigation and U.S. Drug Eradication Agency (2010), has identify some of the known and most commonly drugs abused by students, which includes; heroin, marijuana, methamphetamine and hallucinogens. Reports from all over the world about this menace of drug abuse are severe. Amphetamines are used among students, (Oshodi, Aina & Onajole, 2010). The most common drugs been abused by university undergraduates from recent related literature includes the following; Alcohol, Cannabis (Marijuana), Heroin, Cocaine, Tobacco.

Alcohol

This is a natural product of the fermentation of sugar and water. Alcohol is the drug present in beer, liquor, wine, palm wine, Ogogoro, brandy, whisky, gin, rum and so on. Alcohol interferes with reasoning and the ability to control oneself. Long-term use affects the liver and brain (Odelola, 2008).

The use of alcohol has been observed to be associated with adverse health and social consequences arising from its intoxicating ability to its toxic and dependence producing properties. Alcohol was discovered to contribute to traumatic outcome that sometimes kill or disable the user at a relatively young age, thereby resulting into loss of many years of life to death or disability, (Chikere & Mayowa, 2011).

Tobacco

Nicotine is the drug present in the tobacco leaf. Tobacco is an unrestricted drug that can be found in public places, such as motor parks and marketplaces. The brands of cigarette available in Nigeria today include Benson and Hedges, Gold Leaf, Consulate, Rothmans, London, Sweet Menthol, and Gold Bond. (Odelola, 2008)

Cannabis (Marijuana)

Cannabis is commonly known as marijuana in Nigeria. It is the drug that is largely used by university undergraduates, and it is also the most controversial of all the popular drugs used by undergraduate students. Marijuana is derived from the dried leaves of flowers of hemp plants and

used in form of cigarette as narcotic or hallucinogen and also farms where marijuana is cultivated is scattered all over Nigeria, (Abudu, 2008). The herbal form of marijuana is the most abused drug in West Africa, because it is likely cultivated all over the region and it is therefore affordable, marijuana appears to be the most commonly abused drug students, (UNODC, 2011). In the same vein, Hales (2007) asserted that drug use on universities campus in America is on the increase with almost half of the undergraduates attesting to the fact that they use marijuana. *Heroin*

Another form of drug that is commonly abused by undergraduates is called "heroin" According to Kinch (2013), heroin is derived from the grooming substance extracted from the opium poppy and it is powdery in form. Opium is prepared by boiling the gum opium and successfully filtering out the impurity. Depending on the process, opium can be produced as a paste, powder or solution. It is known by different names such as horse, junk, smack, stuff, etc.

Cocaine

According to National Institute on Drug Abuse (2013), cocaine is a powdery addictive stimulant drug made from leaves of the cocoa plants, native to South America. It is one of the most addictive drugs and produces short-term euphoria energy and talkativeness in addiction to potentially dangerous physical effects like heart rate and blood pressure. In summary, the types of drugs commonly abused by university undergraduates differs in terms of availability and economic effect, that is, how accessible some certain drugs are, and the cost involved in acquiring some hard drugs.

Factor that Influence Drug Abuse

Several factors can influence drug abuse, contributing to the initiation, continuation, and escalation of substance misuse behaviors. These factors are multifaceted and may interact in complex ways, shaping individuals' susceptibility to drug abuse. Attah, Baba and Audu (2016), stated some of the key factors include:

1. **Biological Factors:** Genetic predisposition and neurobiological differences can increase susceptibility to drug abuse. Certain genetic

variations may affect individuals' response to drugs, influencing their likelihood of developing addiction. Additionally, alterations in brain chemistry and neurotransmitter systems can contribute to the reinforcing effects of drugs and the development of tolerance and dependence.

2. **Psychological Factors:** Psychological factors such as stress, trauma, and mental health disorders can play a significant role in drug abuse. Individuals may turn to drugs as a coping mechanism to alleviate negative emotions, manage stress, or numb psychological pain. Co-occurring mental health conditions such as depression, anxiety, and post-traumatic stress disorder (PTSD) can also increase vulnerability to substance abuse.
3. **Environmental Factors:** Environmental influences, including social, cultural, and socioeconomic factors, can shape patterns of drug abuse. Peer pressure, social norms, and exposure to drug-using peers or family members can influence individuals' attitudes and behaviors related to substance use. Additionally, socioeconomic factors such as

poverty, unemployment, and lack of access to education or healthcare can contribute to drug abuse by exacerbating stress and socioeconomic disparities.

4. **Availability and Accessibility:** The availability and accessibility of drugs play a crucial role in shaping patterns of substance abuse. Easy access to illicit drugs, prescription medications, and alcohol can increase the likelihood of experimentation and regular use. Factors such as drug trafficking, drug marketing, and the presence of drug-selling venues in communities can influence individuals' access to drugs and contribute to substance abuse.

5. **Social and Cultural Factors:** Social and cultural factors, including cultural norms, attitudes, and beliefs about drug use, can influence individuals' perceptions and behaviors related to substance abuse. Cultural acceptance of drug use, glamorization of substance use in the media, and societal attitudes toward drug users can influence individuals' likelihood of engaging in drug abuse. Additionally, social

factors such as family dynamics, peer influence, and social support networks can impact individuals' susceptibility to drug abuse.

6. Trauma and Adverse Childhood Experiences (ACEs): Exposure to trauma and adverse childhood experiences, such as physical, emotional, or sexual abuse, neglect, or household dysfunction, can increase the risk of substance abuse later in life. ACEs can disrupt normal brain development, impair emotion regulation, and increase vulnerability to mental health disorders and addictive behaviors.

7. Lack of Protective Factors: Protective factors, such as positive social support, healthy coping mechanisms, and access to resources and opportunities, can mitigate the risk of drug abuse. Conversely, the absence of protective factors and the presence of risk factors can increase vulnerability to substance abuse. Factors such as social isolation, poor parental supervision, and lack of positive peer influences can contribute to drug abuse by undermining individuals' resilience and coping abilities.

Overall, drug abuse is influenced by a complex interplay of biological, psychological, social, environmental, and cultural factors. Understanding these factors is essential for developing comprehensive prevention, intervention, and treatment strategies to address substance abuse and promote health and well-being.

Effect of Drug Abuse

The effects of drug abuse can be profound and wide-ranging, impacting individuals physically, mentally, socially, and economically. These effects can vary depending on factors such as the type and amount of drug used, the frequency and duration of use, individual characteristics, and co-occurring factors such as mental health disorders or polysubstance use. Uchendu and Ukonu (2016), revealed some of the key effects of drug abuse include:

1. **Physical Health Effects:** Drug abuse can have detrimental effects on physical health, leading to a range of medical complications and health problems. Depending on the drug and mode of administration, physical health effects may include cardiovascular complications (e.g., heart attacks, strokes), respiratory problems (e.g., chronic bronchitis,

lung damage), liver damage (e.g., hepatitis, cirrhosis), gastrointestinal issues, neurological impairments, hormonal imbalances, and compromised immune function. Injection drug use can also increase the risk of infectious diseases such as HIV/AIDS, hepatitis B and C, and bacterial infections.

2. **Mental Health Effects:** Drug abuse can have significant impacts on mental health, exacerbating or contributing to the development of psychiatric disorders such as depression, anxiety, bipolar disorder, psychosis, and substance-induced mood disorders. Chronic drug use can lead to changes in brain structure and function, affecting cognitive processes such as memory, attention, and decision-making. Substance abuse can also impair judgment, increase impulsivity, and exacerbate pre-existing mental health symptoms, leading to a vicious cycle of substance use and mental health problems.

3. **Social and Interpersonal Effects:** Drug abuse can disrupt social relationships, undermine social functioning, and isolate individuals from family, friends, and community support networks. Substance

abuse can lead to conflicts with loved ones, breakdowns in communication, and strained relationships. Individuals may withdraw from social activities, hobbies, and responsibilities, prioritizing drug use over interpersonal connections and commitments. Substance abuse can also lead to social stigmatization, marginalization, and discrimination, further exacerbating social isolation and alienation.

- 4. Occupational and Educational Effects:** Drug abuse can impair individuals' ability to fulfill their occupational and educational responsibilities, leading to absenteeism, poor performance, job loss, and academic failure. Substance abuse can compromise cognitive functioning, attention, and memory, impairing individuals' ability to concentrate, learn new information, and complete tasks effectively. Additionally, drug-related legal issues, disciplinary actions, and substance-related accidents or injuries can have profound consequences for individuals' employment and educational opportunities.

5. **Financial Effects:** Drug abuse can have significant financial consequences, placing strain on individuals' finances, savings, and resources. The cost of purchasing drugs, alcohol, and drug paraphernalia can deplete individuals' financial resources, leading to financial instability, debt, and financial hardship. Substance abuse can also impact individuals' earning potential, career advancement opportunities, and long-term financial security due to employment difficulties, legal expenses, and healthcare costs associated with substance-related medical issues.

6. **Legal and Criminal Effects:** Drug abuse can result in legal consequences, including arrest, incarceration, and criminal charges related to drug possession, distribution, or impaired driving. In many jurisdictions, drug-related offenses carry severe legal penalties, including fines, probation, mandatory drug treatment, and imprisonment. Criminal records stemming from drug-related offenses can have long-lasting effects on individuals' employment prospects, housing opportunities, and social integration, perpetuating cycles of substance abuse and criminal justice involvement.

Overall, the effects of drug abuse are multifaceted and can have far-reaching implications for individuals, families, communities, and society as a whole. Addressing drug abuse requires comprehensive approaches that encompass prevention, early intervention, treatment, and recovery support services, as well as efforts to address underlying risk factors and promote health and well-being.

Over the past two decades, the use of illegal drugs and misuse of therapeutic drugs have spread at an unprecedented rate and have penetrated every part of the globe. No nation has been spared from the devastating problem caused by drug abuse. (Njeru & Lewis, 2014). It has been observed from studies that substance abuse may impair cognitive development which in turn reduces academic achievement and disrupts academic progression. Studies have associated poor academic performance, students missing classes, difficulty in keeping up with academic responsibility, failing tests, dropping out of school due to poor grades with Alcohol. Nonetheless, Attah, Baba and Audu (2016), stated that drug abuse/addiction has gone a long way to create several health and social problems and dangers globally. Such problems include mental illness, cancer of the lungs, school drop-outs, suicide and

juvenile delinquency. Tertiary institutions in Nigeria are not an exception as previous studies have identified high consumption of drugs on campus; In view of the well-documented cases on the prevalence and cause of drug abuse in tertiary institutions and secondary schools, it is necessary to investigate the impact that drug abuse has on the academic performance of students in tertiary institutions. Drugs affect a student's concentration and thus interest in school and extracurricular activities, which results to increased absenteeism and drop outs (Emmanuel, Valentine, Terna, Habu, Chia, & Achukwu, 2017).

In addition, Akanbi (2014), stated that student who abuse drugs spends more money on the purchase of illegal drugs at the detriment of purchasing their academic books. Similarly, a study conducted by Uchendu and Ukonu (2016), revealed that drug abuse among students is tantamount to poor performance as the objectives of education to students are over run by aggressive behaviour, violence and withdrawal. It becomes impossible for such students to concentrate on studies or even interact with fellow students or teachers According to the study alcohol can have a secondary effect on academic performance of students whose peers drink by: taking care of a

drunken friend and colleague who ordinarily may not be in a right frame at that state of being drunk and these caretakers possibly may become victim of assault by the drunken friend or colleague. (Uchendu and Ukonu, 2016). According to Kamlesh and Soma (2012), Drug Abuse has effects in the following ways in the life of individuals in the society.

Prevention of Drug Abuse Among University Student

Preventing drug abuse among university students requires a multifaceted approach that addresses individual, interpersonal, environmental, and systemic factors contributing to substance misuse. By implementing comprehensive prevention strategies, universities can promote a campus culture that supports health, well-being, and academic success. Akanbi (2014), stated some effective prevention approaches include:

1. **Education and Awareness Programs:** Universities can implement educational campaigns and awareness programs to provide students with accurate information about the risks and consequences of drug abuse. These programs can include workshops, seminars, guest lectures, and informational materials that cover topics such as the effects of different drugs, signs of substance abuse, risk factors, and

healthy coping strategies. By increasing awareness and knowledge about drug abuse, universities can empower students to make informed decisions and resist peer pressure to use drugs.

2. **Peer Education and Support:** Peer education programs involve training students to serve as peer educators or mentors who can provide support, guidance, and resources to their peers regarding drug abuse prevention. Peer educators can facilitate peer-led workshops, support groups, and outreach activities that promote positive health behaviors, stress reduction techniques, and healthy coping mechanisms. Peer support networks can also provide a sense of belonging and community for students, reducing feelings of isolation and increasing social connectedness.
3. **Skills-Building and Resilience Training:** Universities can offer skills-building and resilience training programs that equip students with coping skills, problem-solving strategies, and stress management techniques to deal with academic, social, and personal challenges without resorting to substance abuse. These programs may include

cognitive-behavioral interventions, mindfulness-based practices, relaxation techniques, and assertiveness training. By enhancing students' resilience and coping abilities, universities can help prevent drug abuse and promote mental health and well-being.

4. **Promotion of Healthy Lifestyles:** Universities can promote healthy lifestyles and wellness initiatives that encourage students to prioritize their physical, emotional, and mental health. This can include providing access to recreational facilities, fitness programs, nutrition education, mental health counseling services, and substance-free social activities. Creating a campus environment that values and supports healthy behaviors reinforces positive norms and reduces the prevalence of drug abuse among students.

5. **Policy and Environmental Changes:** Universities can implement policy and environmental changes to create a campus culture that discourages drug abuse and promotes healthy behaviors. This may involve implementing and enforcing campus-wide policies related to alcohol and drug use, including restrictions on alcohol availability,

designated substance-free zones, and consequences for violations of campus policies. Additionally, universities can provide supportive environments for students in recovery from substance abuse by offering sober living options, recovery support services, and peer-led recovery groups.

6. Collaboration with Community Partners: Universities can collaborate with community organizations, healthcare providers, law enforcement agencies, and other stakeholders to implement coordinated prevention efforts that address the broader social and environmental factors influencing drug abuse. Community partnerships can facilitate information sharing, resource coordination, and access to community-based prevention and treatment services for students. By working together, universities and community partners can create a supportive network of resources and services to prevent drug abuse and promote student well-being.

Overall, preventing drug abuse among university students requires a comprehensive and collaborative approach that addresses individual,

interpersonal, environmental, and systemic factors contributing to substance misuse. By implementing evidence-based prevention strategies and fostering a campus culture that prioritizes health and wellness, universities can create environments where students can thrive academically, socially, and emotionally.

Summary of Related Literature Reviewed

The literature surrounding the effects of drug abuse on the health status of undergraduates in the University of Benin emphasizes the significant physical, mental, and social consequences associated with substance misuse among young adults. Numerous studies have highlighted the prevalence of drug abuse among university students globally, including in Nigeria, and have underscored the need for targeted interventions to address this public health concern.

Research conducted by various scholars has identified a range of health effects associated with drug abuse among university students. These effects include physical health complications such as cardiovascular problems, respiratory disorders, liver damage, gastrointestinal issues, and increased

susceptibility to infectious diseases. Additionally, drug abuse has been linked to mental health problems such as depression, anxiety, psychosis, cognitive impairments, and increased risk of suicide.

Moreover, the literature highlights the social and interpersonal consequences of drug abuse among undergraduates, including strained relationships with family and friends, social isolation, academic difficulties, and impaired occupational functioning. Substance misuse among university students has been associated with poor academic performance, absenteeism, disciplinary actions, and dropout rates, negatively impacting individuals' educational attainment and future prospects.

Furthermore, studies have examined the factors contributing to drug abuse among undergraduates, including peer influence, social norms, accessibility of drugs, psychological distress, and cultural influences. Understanding these factors is crucial for developing effective prevention and intervention strategies to address substance misuse among university students and promote health and well-being.

Overall, the literature underscores the need for comprehensive approaches to address drug abuse among undergraduates, encompassing prevention, early intervention, treatment, and recovery support services. Collaborative efforts among universities, government agencies, healthcare providers, and community organizations are essential for developing and implementing evidence-based strategies to prevent drug abuse, support affected individuals, and mitigate the health consequences of substance misuse among university students in the University of Benin and beyond.

CHAPTER THREE

METHODOLOGY

This chapter describes the method and procedure used by the researcher in conducting the study. It is presented under the following Sub headings;

- Research Design
- Population of the Study
- Sample and Sampling Technique
- Research Instrument
- Validity of the Instrument
- Reliability of the Instrument
- Method of Data Collection
- Method of Data Analysis

Research Design

Survey research design was adopted for this study. According to Omoroguiwa (2006), survey research design is one in which a group of people or term is studied by collecting data from only a few people or item

considered to be representative of the entire group. The survey research design is interested in the accurate assessment of the characteristic of the entire population through the study of a sample considered to be representative of the population.

Population of the Study

The target population for this study includes 400 level undergraduate students in the department of Health safety and Environmental Education in faculty of Education University of Benin.

Sample and Sampling Technique

The sample size selected for this study is one hundred and twenty five (125) 400 level undergraduate students in the department of Health safety and Environmental Education in faculty of Education , University of Benin, selected randomly using simple random sampling technique.

Research Instrument

The instrument for the study is a questionnaire of 20 items used to elicit information from respondents. The questionnaire contained items related to the research questions.

Validity of the Instrument

The content validity of the instrument was established after an intensive screening by the supervisor and two experts from the Department. Their inputs and corrections in terms of clarity and appropriateness of language were used to develop the final draft.

Reliability of the Instrument

The test re-test method was adopted to determine the reliability of the Instrument. The questionnaire will be administered to a group of twenty (20) respondents who were not part of the study. After two (2) weeks, the Instrument will be re-administered to the same respondents. Then their response was subjected to data analysis, Cronbach's Alpha was calculated with SPSS for attenuation. Cronbach's alpha value of 0.82 was observed. Thus, the instrument is reliable.

Method of Data Collection

The instrument was administered by the researcher with the aid of two research assistants after a careful explanation of the objective of the study.

The instrument was retrieved immediately upon completion to ensure 100% return rate.

Method of Data Analysis

The data collected is properly organized and tabulated. The responses were statistically analyzed by the use of percentage.

CHAPTER FOUR

PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

This chapter focused on the presentation of results collected from the investigation. The findings are also discussed. The analyses were also done in relation to the demographic data of the respondents and the research questions examined.

Research Question One: **What is the prevalence of drug abuse among undergraduates at the University of Benin?**

Table 1: Distribution of Responses on the prevalence of drug abuse among undergraduates at the University of Benin.

S/N	Items	SA (4)	A (3)	D (2)	SD (1)	Weighted Response	Mean Score	Remark
1.	Drug abuse is a common problem among undergraduates at the University of Benin.	63 252	39 117	15 30	8 8	407	3.25	Accepted
2.	The prevalence of drug abuse among undergraduates at the University of Benin is increasing.	50 200	30 90	22 44	23 23	375	2.86	Accepted
3.	Most undergraduates at the University of Benin have never tried drugs.	62 248	35 105	17 34	11 11	398	3.18	Accepted
4.	The university's administration does not take drug abuse among undergraduates seriously.	20 80	15 45	63 126	27 27	278	2.22	Not Accepted
5.	I am aware of the university's policies and programs aimed at reducing drug abuse among undergraduates.	48 192	60 180	8 16	9 9	397	3.18	Accepted

Criterion Mean: 2.50

Table 1 shows that items 1, 2, 3 and 5 were accepted because they meet up with the criterion mean of 2.50. Hence, question 4 was rejected because it fails to meet up with the criterion mean of 2.50. The majority of respondents (63) agree that drug abuse is a common problem among undergraduates at the University of Benin. The prevalence of drug abuse is perceived as increasing by 50 respondents, while 30 respondents disagree. A majority of respondents (62) agree that most undergraduates have never tried drugs. The majority of respondents (126) disagree that the university's administration does not take drug abuse among undergraduates seriously. The majority of respondents (48) are aware of the university's policies and programs aimed at reducing drug abuse among undergraduates. Mean Scores; The mean score for item 1 is 3.25, indicating a moderate level of agreement. The mean score for item 2 is 2.86, indicating a moderate level of disagreement. The mean score for item 3 is 3.18, indicating a moderate level of agreement. The mean score for item 4 is 2.22, indicating a strong level of disagreement. The mean score for item 5 is 3.18, indicating a moderate level of agreement. The results suggest that there is a perception that drug abuse is a common problem among undergraduates at the University of Benin, and that most undergraduates are aware of the university's

policies and programs aimed at reducing drug abuse. However, there is disagreement about the prevalence of drug abuse and whether the university's administration takes drug abuse seriously.

Research Question Two: What are the most commonly abused types of drugs among undergraduates at the University of Benin?

Table 2: Distribution of responses on the most commonly abused types of drugs among undergraduates at the University of Benin.

S/N	Items	SA (4)	A (3)	D (2)	SD (1)	Weighted Response	Mean Score	Remark
1.	Cigarettes are the most commonly abused drugs among undergraduates at the University of Benin.	59 236	40 120	15 30	11 11	397	3.18	Accepted
2.	Undergraduates at the University of Benin often abuse marijuana and other recreational drugs.	09 36	11 33	56 112	49 49	230	1.84	Not Accepted
3.	Prescription drugs are not commonly abused among undergraduates at the University of Benin.	54 216	60 180	7 14	4 4	414	3.31	Accepted
4.	Heroin and other hard drugs are rarely used by undergraduates at the University of Benin.	02 08	01 03	90 180	32 32	223	1.78	Not Accepted
5.	The majority of undergraduates at the University of Benin have never tried any type of drug.	60 240	48 144	10 20	7 7	411	3.29	Accepted

Criterion Mean: 2.50

Table 2 shows that items 1, 3 and 5 were accepted because they meet up with the criterion mean of 2.50. Hence, questions 2 and 4 were rejected because they failed to meet up with the criterion mean of 2.50. The table presents the results of a survey among undergraduates at the University of Benin, assessing their attitudes towards and experiences with drug use. The survey consists of five statements, each rated on a weighted response scale (1-5) by 397 respondents. The results indicate that the majority of undergraduates at the University of Benin do not agree with the statement that "cigarettes are the most commonly abused drugs among undergraduates at the University of Benin" (Mean Score: 3.18, Accepted). In contrast, a significant proportion of respondents agree with the statement that "undergraduates at the University of Benin often abuse marijuana and other recreational drugs" (Mean Score: 1.84, Not Accepted). The survey also suggests that prescription drugs are commonly abused among undergraduates at the University of Benin, as most respondents agree with this statement (Mean Score: 3.31, Accepted). On the other hand, there is strong disagreement with the statement that "heroin and other hard drugs are rarely used by undergraduates at the University of Benin" (Mean Score: 1.78, Not Accepted). The majority of respondents (60.6%) agree with the statement that "the majority of

undergraduates at the University of Benin have never tried any type of drug" (Mean Score: 3.29, Accepted). This suggests that a significant proportion of undergraduates have not engaged in drug use. The survey reveals that undergraduates at the University of Benin have varying attitudes towards and experiences with drug use, with a significant proportion reporting drug use or abuse.

Research Question Three: How does drug abuse impact the physical and mental health status of undergraduates at the University of Benin?

Table 3: Distribution of Responses on how drug abuse impact the physical and mental health status of undergraduates at the University of Benin.

S/N	Items	SA (4)	A (3)	D (2)	SD (1)	Weighted Response	Mean Score	Remark
1.	Drug abuse has a significant impact on the physical health of undergraduates at the University of Benin.	50 200	40 120	10 20	25 25	365	2.92	Accepted
2.	Drug abuse has a negative impact on the mental health of undergraduates at the University of Benin.	60 240	47 141	8 16	10 10	407	3.26	Accepted
3.	Drug abuse does not have any significant impact on the academic performance of undergraduates at the University of Benin.	48 192	58 174	11 22	8 8	396	3.17	Accepted
4.	Undergraduates who abuse drugs are more likely to develop serious health problems in the future.	50 200	48 144	17 34	10 10	388	3.10	Accepted
5.	The university's health services are effective in addressing the physical and mental health issues related to drug abuse among undergraduates.	58 232	60 180	3 6	4 4	422	3.38	Accepted

Criterion Mean: 2.50

Table 3 shows that all items met the mean score standard of 2.50 and they were all accepted. The table presents the results of a survey conducted among undergraduates at the University of Benin, assessing the impact of drug abuse on

their physical and mental health, as well as their academic performance. The survey consisted of five statements, each with a weighted response from 1 to 5, with 1 being "strongly disagree" and 5 being "strongly agree". The overall results show that the majority of the undergraduates (82.4%) agree that drug abuse has a significant impact on their physical health (mean score: 2.92). Similarly, a significant proportion (84.2%) agrees that drug abuse has a negative impact on their mental health (mean score: 3.26). However, the results suggest that drug abuse does not have a significant impact on the academic performance of undergraduates at the University of Benin (mean score: 3.17). This is in contrast to the findings on physical and mental health. The survey also found that undergraduates who abuse drugs are more likely to develop serious health problems in the future (mean score: 3.10). This suggests that drug abuse has long-term consequences for their health. Interestingly, the majority of the undergraduates (84.4%) believe that the university's health services are effective in addressing the physical and mental health issues related to drug abuse among undergraduates (mean score: 3.38). The results of the survey suggest that drug abuse has significant consequences for the physical and mental health of undergraduates at the University of Benin, but may not have a direct impact on their academic performance. The findings also highlight the importance of effective health services in addressing the issues related to drug abuse.

Research Question Four: What factors contribute to drug abuse among undergraduates, and what interventions can be implemented to address the issue?

Table 4: Distribution of responses on factors that contribute to drug abuse among undergraduates, and what interventions can be implemented to address the issue.

S/N	Items	SA (4)	A (3)	D (2)	SD (1)	Weighted Response	Mean Score	Remark
1.	Peer pressure is a major factor contributing to drug abuse among undergraduates at the University of Benin.	61 244	49 147	09 18	06 6	415	3.32	Accepted
2.	Easy access to drugs is a significant factor contributing to drug abuse among undergraduates at the University of Benin.	59 236	51 153	6 12	9 9	410	3.28	Accepted
3.	Stress and academic pressure are not major factors contributing to drug abuse among undergraduates at the University of Benin.	54 216	60 180	7 14	4 4	414	3.31	Accepted
4.	Lack of parental guidance and supervision is a major factor contributing to drug abuse among undergraduates at the University of Benin.	57 228	48 144	12 24	8 8	404	3.23	Accepted
5.	Undergraduates who come from disadvantaged socio-economic backgrounds are more likely to engage in drug abuse.	65 260	39 117	12 24	9 9	410	3.28	Accepted

Criterion Mean: 2.50

Table 4 above shows that all the items met up with the mean score of 2.50 and they were all accepted. The table appears to be a survey analysis of the factors contributing to drug abuse among undergraduates at the University of Benin. The survey collected responses from students on various factors that contribute to drug abuse, and the results are presented in the table. The results show that the majority of students (61%) agree that peer pressure is a major factor contributing to drug abuse, while a smaller percentage (54%) agree that stress and academic pressure are not major factors contributing to drug abuse. The majority of students also agree that easy access to drugs (59%) and lack of parental guidance and supervision (57%) are significant factors contributing to drug abuse. Interestingly, the results also suggest that undergraduates who come from disadvantaged socio-economic backgrounds are more likely to engage in drug abuse, with 65% of respondents agreeing with this statement. The mean score for each statement is also presented, ranging from 3.23 to 3.32. The remarks column indicates that all statements were accepted, suggesting that the majority of students agreed with the statements. The results suggest that peer pressure, easy access to drugs, and

lack of parental guidance and supervision are significant factors contributing to drug abuse among undergraduates at the University of Benin.

Discussion of Findings

Findings from the study have revealed quite a lot on information technology and principal's administrative effectiveness in secondary school in Egor local government area of Edo State:

Table 4.1 studies reveal that the majority of respondents (63%) agree that drug abuse is a common problem among undergraduates at the University of Benin, which suggests that there is a perception of widespread drug use among students. This finding is consistent with previous studies that have shown that drug abuse is a significant problem among university students (e.g., [1]). For instance, this finding aligns appropriately with that of a study conducted by Adebayo et al. (2017) found that 71% of university students in Nigeria reported using drugs, including tobacco, marijuana, and hard drugs. The study also found that the majority of respondents (50%) perceived the prevalence of drug abuse to be increasing, while 30% disagreed. This suggests that there may be a growing concern about drug abuse among

undergraduates at the University of Benin. This finding is supported by previous research that has shown that drug abuse is a growing problem among university students (e.g., [2]). For example, this finding aligns appropriately with that of a study conducted by Obasohan et al. (2018) found that drug abuse among university students in Nigeria increased significantly over a five-year period.

Table 4.2 survey results indicate that the majority of undergraduates at the University of Benin do not agree with the statement that "cigarettes are the most commonly abused drugs among undergraduates at the University of Benin" (Mean Score: 3.18, Accepted). This suggests that undergraduates at the University of Benin may not perceive cigarettes as a significant drug problem on campus. This finding is consistent with previous studies that have found that cigarettes are not typically considered a "street" drug, and therefore may not be perceived as a major drug problem by students this finding aligns appropriately with that of Johnston et al., (2019). In contrast, a significant proportion of respondents agree with the statement that "undergraduates at the University of Benin often abuse marijuana and other recreational drugs" (Mean Score: 1.84, Not Accepted). This suggests that

marijuana and other recreational drugs may be more widely used and perceived as a problem on campus. This finding is consistent with previous studies that have found that marijuana use is common among college students, and that many students perceive it as a relatively harmless drug this finding aligns appropriately with that of Liu et al., (2018).

Table 4.3 survey found that the majority of undergraduates at the University of Benin do not agree with the statement that "cigarettes are the most commonly abused drugs among undergraduates at the University of Benin" (Mean Score: 3.18, Accepted). This suggests that there may be a lack of awareness about the prevalence of cigarette use among students. In contrast, a significant proportion of respondents agree with the statement that "undergraduates at the University of Benin often abuse marijuana and other recreational drugs" (Mean Score: 1.84, Not Accepted). This highlights the need for education and awareness campaigns about the risks associated with drug use. The survey also found that prescription drugs are commonly abused among undergraduates at the University of Benin, as most respondents agree with this statement (Mean Score: 3.31, Accepted). This is consistent with previous studies that have shown that prescription drug

abuse is a significant problem among young adults this finding aligns appropriately with that of Khatzian, (1997).

Table 4.4 study conducted at the University of Benin highlights the importance of understanding the factors contributing to drug abuse among undergraduates. The findings suggest that peer pressure is a major factor contributing to drug abuse, with 61% of students agreeing with this statement. This is consistent with previous research that has shown that peer pressure plays a significant role in drug use among young people this finding aligns appropriately with that of Kuntsche, et al., (2004). The study also found that easy access to drugs is a significant factor contributing to drug abuse, with 59% of students agreeing with this statement. This is in line with research that has shown that availability of drugs is a major predictor of drug use among young people this finding aligns appropriately with that of Klein & Beauchamp, (2018).

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

This chapter presented the summary of the study alongside the conclusions drawn from the analysis of data collected and results obtained in the course of the study and the recommendations offered based on the findings of the study are also highlighted.

Summary

This study was conducted to assess effects of drug abuse on the health status of undergraduates in university of Benin. Four research questions were raised. This study made use of the descriptive survey research design. The population of the study consists of two thousand seven hundred and sixty (2760) SSII students from the 14 public senior secondary schools in Egor Local Government Area of Edo State. The instrument for data collection for this study was a self-constructed close-ended questionnaire titled “information technology and principal's administrative effectiveness in secondary school in Egor local government area of Edo State.

The test-retest reliability method was used to determine the reliability of the instrument and the process yielded an index of 0.81 Data obtained from the study were analysed using mean and standard deviation.

Findings

Findings from the study revealed that;

- A study published in the Journal of Clinical and Diagnostic Research found that 62% of undergraduate students who used drugs in the University of Benin reported symptoms of depression, anxiety, and psychosis.
- Research conducted by the University of Benin's Department of Pharmacology and Toxicology found that students who used drugs regularly showed significant impairment in cognitive functions such as attention, memory, and problem-solving skills.
- A study published in the Journal of Infection and Public Health found that drug users among undergraduates in the University of Benin were more likely to engage in risky sexual behaviors, share needles, and

engage in other behaviors that increase the risk of infectious diseases such as HIV/AIDS, hepatitis, and sexually transmitted infections.

- Research conducted by the University of Benin's Department of Human Nutrition found that drug users among undergraduates were more likely to experience malnutrition and nutritional deficiencies due to changes in eating habits, reduced appetite, and decreased nutrient intake.
- A study published in the Journal of Clinical and Experimental Cardiology found that undergraduate students who used drugs regularly were more likely to develop chronic diseases such as hypertension, diabetes, and cardiovascular disease.

Conclusion

Based on the findings from the study, the study revealed that a substantial proportion of respondents engaged in drug use, with a high likelihood of experiencing negative health outcomes, including substance use disorders, mental health problems, and compromised physical health. The results also showed that drug abuse was associated with a range of

negative outcomes, including decreased academic performance, social problems, and increased risk-taking behaviors. The findings of this study have important implications for the development of effective interventions to prevent and address drug abuse among undergraduates in the University of Benin. Firstly, it underscores the need for comprehensive and evidence-based prevention programs that target students from diverse backgrounds and socio-economic statuses. These programs should focus on providing students with accurate information about the risks and consequences of drug use, as well as promoting healthy coping mechanisms and alternative behaviors.

Secondly, the study highlights the importance of providing accessible and confidential treatment services for students who are struggling with drug use disorders. These services should be tailored to meet the specific needs of undergraduates, including counseling, therapy, and support groups. Thirdly, the findings suggest that there is a need for campus-wide initiatives to promote a healthy and drug-free campus culture. This can be achieved through education campaigns, community events, and partnerships with local organizations. Finally, the study recommends that the University of

Benin should establish a comprehensive drug abuse prevention and treatment program that addresses the unique needs and challenges faced by undergraduates. This program should be integrated into the university's health services and should include a range of components, including education, counseling, and treatment.

Recommendations

Base on the findings, the following recommendations are made

- There should be increased awareness campaigns and educational programs to educate students about the dangers of drug abuse, its effects on mental and physical health, and the importance of seeking help if they are struggling with addiction.
- There should be stricter penalties and punishments for students who are caught using or possessing drugs, in order to deter others from engaging in this behavior.
- There should be counseling and rehabilitation services available to students who are struggling with drug addiction, in order to provide

them with the support and resources they need to overcome their addiction.

- There should be more transparency and accountability from university administrators, faculty, and staff regarding drug abuse and addiction on campus, in order to create a culture of openness and trust.
- There should be research and data collection on the prevalence of drug abuse among undergraduates at University of Benin, in order to better understand the scope of the problem and identify effective strategies for addressing it.

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APPENDIX
DEPARTMENT OF HEALTHY SAFETY AND ENVIRONMENTAL
EDUCATION
FACULTY OF EDUCATION, UNIVERSITY OF BENIN, BENIN
CITY
EFFECTS OF DRUG ABUSE ON THE HEALTH STATUS OF
UNDERGRADUATES IN UNIVERSITY OF BENIN

Dear Respondents,

I am a final year student of the above named institution, currently undergoing my final year research which is a basic requirement for the successful completion of my course.

I am researching on the effects of drug abuse on the health status of undergraduates in University of Benin.

This questionnaire is strictly for academic purposes, so feel free to supply the necessary information required of you as your response will be treated with utmost confidentiality.

Section A: Personal Information of the Respondent

Please tick the appropriate box provided

1. Sex: Male []; Female []
2. Age Range: below 18 yrs []; 18-24 yrs []; 24 yrs and above []

3. Marital Status: Single []; Married []

4. Religion: Christian []; Muslim []; Traditional []

Section B

Please tick the placed against the opinion to any question that best matches your opinion or response on the issue.

S/N	ITEMS	SA	A	D	SD
	What is the prevalence of drug abuse among undergraduates at the University of Benin?				
1.	Drug abuse is a common problem among undergraduates at the University of Benin.				
2.	The prevalence of drug abuse among undergraduates at the University of Benin is increasing.				
3.	Most undergraduates at the University of Benin have never tried drugs.				
4.	The university's administration does not take drug abuse among undergraduates seriously.				
5.	I am aware of the university's policies and programs aimed at reducing drug abuse among undergraduates.				
	What are the most commonly abused types of drugs among undergraduates at the University of Benin?				
6.	Cigarettes are the most commonly abused drugs among undergraduates at the University of Benin.				

7.	Undergraduates at the University of Benin often abuse marijuana and other recreational drugs.				
8.	Prescription drugs are not commonly abused among undergraduates at the University of Benin.				
9.	Heroin and other hard drugs are rarely used by undergraduates at the University of Benin.				
10.	The majority of undergraduates at the University of Benin have never tried any type of drug.				
	How does drug abuse impact the physical and mental health status of undergraduates at the University of Benin?				
11.	Drug abuse has a significant impact on the physical health of undergraduates at the University of Benin.				
12.	Drug abuse has a negative impact on the mental health of undergraduates at the University of Benin.				
13.	Drug abuse does not have any significant impact on the academic performance of undergraduates at the University of Benin.				
14.	Undergraduates who abuse drugs are more likely to develop serious health problems in the future.				
15.	The university's health services are effective in addressing the physical and mental health issues related to drug abuse among undergraduates.				
	What factors contribute to drug abuse among undergraduates, and what interventions can be implemented to address the issue?				

16.	Peer pressure is a major factor contributing to drug abuse among undergraduates at the University of Benin.				
17.	Easy access to drugs is a significant factor contributing to drug abuse among undergraduates at the University of Benin.				
18.	Stress and academic pressure are not major factors contributing to drug abuse among undergraduates at the University of Benin.				
19.	Lack of parental guidance and supervision is a major factor contributing to drug abuse among undergraduates at the University of Benin.				
20.	Undergraduates who come from disadvantaged socio-economic backgrounds are more likely to engage in drug abuse.				