

**KNOWLEDGE OF DRUG USE AND ABUSE AMONG STUDENTS
OF THE UNIVERSITY OF BENIN**

ENABULELE IMADE SUCCESS

EDU 1510384

**FACULTY OF EDUCATION
UNIVERSITY OF BENIN,
BENIN CITY.**

NOVEMBER 2023

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**A PROJECT SUBMITTED TO THE DEPARTMENT OF HEALTH,
SAFETY AND ENVIRONMENTAL EDUCATION, FACULTY OF
EDUCATION UNIVERSITY OF BENIN, IN PARTIAL
FULFILMENT OF THE REQUIREMENT FOR THE AWARD OF
DEGREE OF THE DEPARTMENT OF HEALTH , SAFETY AND
ENVIRONMENTAL EDUCATION UNIVERSITY OF BENIN,
BENIN CITY.**

NOVEMBER 2023

CERTIFICATION

This is to certify that this study was carried out by ENABULELE
IMADE SUCCESS in the Department of Health, Safety and
Environmental Education Benin City, Edo state.

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DEDICATION

This project work is dedicated to God Almighty , my ever present help, who in this infinite mercies and his undying Love for me , has sustained me and seen me through the completion of this project work . May his name be praised forever more.

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The researcher sincerely appreciate the only true living God Almighty. He has always been the source of my strength.

To him alone be all the glory for the successful completion of this project work.

Her most sincere gratitude goes to Dr (Mrs) O. O. EGBOCHUKU; My project supervisor for her guidance and patience that helped to make this project a success.

The researcher acknowledge her source that brought me into this world her Lovely parents Mr. and Mrs. Enabulele, her beloved children Angel and Prince, her wonderful siblings, She is highly indebted to you all because without your mutual understanding and support, this brain would not have come into existence.

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ABSTRACT

The purpose of this study is to determine the knowledge of drug use and abuse among student of the University of Benin. A drug is any chemical substance derived from plants, animals or mineral resources, be it traditional or orthodox which is used for internal application to the human body in the treatment of diseases, reduction of pain or to modify the functions of the various systems of the body. Drug abuse is a situation where people use drugs without survey prescription of medical practitioners.

A descriptive survey research design was adopted in the study. Multi-stage sampling technique was used for the study. One hundred and fifty (150) respondents were derived through the sampling technique from the total population of 33,342 students of the University of Benin. The research adopted questionnaire as the instrument for data collection.

The research findings showed that more than two-third of students knew what drug abuse was, and indulged in it due to a variety of reasons like pressure and curiously. However a considerable proportion of respondents reported their un-involvement in drug abuse. Based on the findings, it was recommended that students should be health educated on the dangers of drug abuse by organizing seminars and workshops. In addition, the mass media should help in curbing the menace by organizing health programs on radio and television. There should be wide campaigns against drug abuse by NGOs.

CHARTER ONE

INTRODUCTION

Background to the study

A drug is chemical substances derived from plant, animals or mineral resources, be it traditional or orthodox which is used for internal application to the human body in the treatment of disease, reduction of pain or to modify the functions of the various system of the body (World Health Organization 1967). The use of drug dates back to the prehistoric times, such drug were used to relieve pain, cure and control disease (Cornell, 2009) Although drug use has been in existence for years, the problem of drug abuse has been on the increase in recent year.

Drug are supposed be dispensed by pharmacist with a doctor's prescription and usage of drug can be through any of the following injection, insertion inhalation, massaging or application on open wounds and cuts, even oral ingestion. The main purpose of drugs should be used strictly according to the prescription and it should be used strictly according to the prescription of medical doctor, but in most cases people

use drugs without the prescription of medical practitioners. This is referred to as drug abuse (Martin, 2007). In some cases, these drugs are used wrongly or misused that is using a drug meant for a certain purpose for another purpose rather than what it is meant for. There are other cases where some people get themselves involved in the use of a particular drug so much that they cannot do without such a drug. In this case such a person is said to be addicted to that drug. (Berginson, 2006). People abuse drugs for different reasons, which include;

Modification of tension and anxiety for example sedatives; medically, sedatives are used to relax tension. They are used for people with high blood pressure, insomnia (which is the inability to sleep) now students are consuming sedatives more and more (Brenns, 2007). To increase activities and alertness: For example stimulants like cocaine, caffeine and amphetamine are the most widely abused stimulants and are taken through the mouth in the form of capsules or tablets.

The occasional user can push him/ her self beyond his normal physiology limits e.g wanting to stay awake to drive to excel an athletic contest or to cram for examination (Mathias 2005).

Curiosity students fine themselves in the use of drugs of curiosity. They want to know how it looks like in being on a certain drugs and drugs that are commonly used out of curiosity are cigarettes, marijuana and alcohol (Mfred, 2007).

Imitation Students takes drugs as a result of imitation of either from their parents, other adult or their friends.

For boldness students take certain drugs because they feel it will remove inhibition from them and make them bold e.g shy young boys under the influence drugs can speak to a girl they could not have made advance towards (Tomwell, 2009).

Four group of drugs users are generally identified and these are: Emotionally well adjusted individuals who take addictive drugs on medical individuals who take addictive drugs on medical advice for treatment of pain, sleeplessness and the likes after protected use, they find

that they cannot get along without them. The neurotics who neurotics who turn to drug because drugs makes them forget their feeling of inadequacy and fear making them feel better physically mentally or both these contribute to longest group of drug abuse.

The psychopaths who take drugs in a deliberate search for thrills highs and kicks individuals usually adolescent who try drugs in order to be accepted by their peer group (Alimish, 2004). Most of these young ones usually start from this group and if the habit is continued grave consequences may follow. Trying a relatively less detrimental drug such as cannabis many expose the young one to other drugs like heroin, cocaine and morphine.

Man has used drugs and substances of centuries. There is evidence that man just used drugs practically since his emergency. Historical records show that man has used drugs to cast out demons which were thought to be causing pain in his body. The use of psychoactive may be seen to be a universal phenomenon, existing in the one from or the other. Alcohol and

kola nuts are used during worship of ancestral goods, marriages and funeral ceremonies.

According to (kolawole, 2004) drug addiction was unknown in Nigeria until the arrival of the American peace corps. This statement cannot be entirely true because Nigerians were already abusing and getting themselves addicted to kola nuts and alcohol I before the arrival of the peace corps. The statement can only be true of foreign drugs which were introduced this time traced the origin of tobacco to North America where it was first cultivated by American Indians before the Europeans want to the new world in 1492 when Christopher Columbus discover there. It should be noted that when drugs are mentioned, the emphasis is always on orthodox medicine and not traditional medicine (Althcock, 2009). The history of drug use and abuse will be incomplete if no mention use of drugs and abuse. Most traditional drugs are always misused or abused because of lack of dosage to determine the required quantity by the user. Although the use of traditional drugs as well as alcohol and kola nut has been abused before the arrival of peace corps, some of these drugs are socially accepted and members of the public ignorantly use them without

really knowing the great effect of such drugs. E.g. alcohol has always been part of the heritage either as part of rituals or other ceremonies. The use of alcohol to relax and promote social conversation alcohol is capable of producing service dependence and damage to physical and mental including social and economic damage on self, family and society (Abiodun, 2006).

Caffeine which is main in tea or coffee and nicotine as in tobacco or cigarette are widely used as mid stimulants and tension relieving drugs, they are considered socially acceptable and used recreationally however, they produce dependence and able to cause herm (wanmani, 2007).

Statement of the problem

The use of hard drugs including alcohol and cigarettes is a major source of health and psychological problems among adults and young people in both developed and developing nations including Nigeria.

It is generally believed that most people who abuse these substances often viewed as a stage of experimentation where young people deck to go beyond the protective shelter of adults thus involving in activities that are

detrimental to their health and wellbeing such as drug abuse. This study therefore seeks to examine the knowledge of drug use and abuse among students of the University of Benin.

Research questions

The following research questions were raised to guide the study.

1. What substances are commonly abused by student in the University of Benin?
2. What factors influence the use of drugs among students in the University of Benin?
3. Are there consequences of drug abuse among students of the University of Benin?
4. How is awareness raised on the issue of drug abuse among students of the University of Benin?

Purpose of the Study

The main purpose of the study is to examine the knowledge of drug use and abuse among students of the University of Benin. Other specific objectives are.

To find out the extent of drug abuse among students of the university of Benin.

To establish a relationship between the ages of students of the university of Benin and drug abuse.

To determine if the socio economic status of students aids in drug abuse.

Significance of the study

The findings of the study would be of great importance to university of Benin students. It will enable the students see the dangers involved in drug abuse this will go along way to help these students who are already in one way or the other abusing drug to reconsider their ways as such offer solutions to their problem of drug abuse. To those who are not yet in

the act of abusing drugs. It will help to enlighten or educate parents on the effect of drug abuse. This study will help to create the awareness to the need for proper education of students on the bad how the drugs can affect them physically, mentally and psychologically and the negative effects this can have on their education Career and life in general. This study will help the government handle abuse as an illness and not as a crime and as treatment under medical supervision, instead of the hard judgment meted for them.

Scope/ Delimitation of the Study

The study is delimited to the students of university of Benin, Benin City, Edo state. The study would centre on the knowledge of drug use and abuse among the student of the University of Benin.

Limitations of the Study

The researcher encountered a couple of challenges during the course of the study. These problems included a lack of adequate resources to effectively carry out the study. Financial constraint is another factor.

Definition of terms

In this study, there are certain words that need to be simplified or defined in order to make their meaning clearer.

Drugs: This is any chemical substance that is derived from plants and animals or mineral resources be it traditional or orthodox which is used for internal or mineral resources be it traditional or orthodox which is used for internal or external application to the human body in the treatment of disease or induce calm, reduce pains or modify the functions of the various system of the body.

Drug misuse: Is the overzealous of drug by using drug meant for certain purpose for another purpose rather than what it is meant for.

Drug addiction: Drug addiction is the dependence on a substance with the presence of physical withdrawal symptoms.

Withdrawal: Is the situation when unpleasant sensation such as shaking, sweating tremors, frightening feeling and sometimes hallucinations and delusions occurs when drug is stopped

CHAPTER TWO

REVIEW OF RELATED LITERATURE

Literature related to the study were reviewed under the following subheadings:

1. Concept of drug abuse
2. The nature and prevalence of drug use among adolescents.
3. Incidence of student's dependence on performance enhancing drugs in sports.
4. Effects of drug abuse
5. The risk to university student.
6. Remedies of the problems of drug abuse.
7. Summary of related literature reviewed

Concept of drug abuse

A drug is any chemical substance that is derived from plants and animals or mineral resources be it traditional or orthodox which is used for internal or external application to the human body in the treatment of diseases or to or to induce clan, reduce pains or modify the functions of the various system of the body (Campbell, 2009). Drug use among youths is explaining many of their social deviant behaviour. The widespread availability and enormous variety of drugs pose serious threat and implications on the society. (Okonfua, 2004) Confirmed that the use and abuse of drugs is a critical issue in most societies and it is associated with social and economic consequences. The desire to pursue this study is based on prevailing concern of the prevalence of substances used among Nigeria adolescent substances abuse prevalence among adolescents has sparked widespread concern that put Million of user at increased risk of ill- Health, poor academic performance delinquency, traffic accident and illicit sexual practices substances abuse and misuse has touched all major aspect of society and has regulated the relations between the classes, gender age and races the purpose of this research is to find out whether

knowledge of the ill-effect of substance use does decrease the prevalence of use does decrease the prevalence of use among adolescents (Wick, 2009). Information obtained may serve as a guide in planning programs for schools in identifying strategies to address and reduce the problem of substance use among adolescent in school.(The national institute on drugs, 2003) reported that during the last two decades the last twenty years there has been an immense upsurge in illicit drug use among youths in response to such problem, the researcher conducted a survey to examine whether knowledge of the ill-effects of substance does have an impact on adolescent substances use. The majority of substance users begin taking drugs at an early age. Gerra, 2009 confirmed that early substance use among adolescent impacts on their health, leads to risky sexual behaviour and interactional and unintentional injuries. Taking drugs while the body is in its developmental stage interrupts the normal maturity process and compounds the danger posed to the users. (Arbyn, 2005). They live in a society that is drug dependent, younger children are involved in substance use. When younger are children see parents and siblings using substance they may erroneously perceive that drug taking is a normal acceptable

behaviour. Family affiliation and relationships are crucial through each stage of the child's development. Parenting then seems to play a significant role in adolescent substance use.(Board,2005) stated that despite the warnings on the cigarette box that it is harmful to Health, adults continue to use it to cope with or relieve stress. Adults drink to socialize, stay calm and Mari Juana is popularized by Rastafarian religion as medicine. To an extent when teenagers' engage in substance abuse, it is a mere reflection of adult behaviour. The use of drugs frequently begins in adolescent and very often persists into adulthood which sometimes results in serious negative consequences (Colgan,2004). Studies have shown that single dose of a drug can lead to death or permanent injury. The depth of substance use and abuse by adolescent are indeed daunting. (Ferlay, 2007) noted that the use and abuse of illegal illicit drugs and other unhealthy substance by adolescent is extensive. They found that alcohol, cigarette and tobacco were widely used.

Definition and meaning of drug use and abuse

Drug abuse can be defined as substance which when taken modifies mood or behaviour in a manner characterized by maladaptive pattern of use. It can also be defined as habitual use of drugs to alter one's mood, emotion, or state of consciousness (Ezem, 2005). On the other hand, drug abuse is a patterned use of a drug in which the user consumes the substance in amounts or with methods neither approved nor supervised by medical professional's substance or drug abuse is not limited to mood altering or psychoactive drugs. If an activity is performed using the objects against the rules and policies of the matter (as in steroids for performance enhancement in sports) it is also called substance abuse.

Therefore, mood-altering and psychoactive substances are not the only of drugs abused using illicit drug, narcotics, stimulants, depressants (sedatives), cannabis even glues and paints are also considered to be classified as drug/ substance abuse. Finally the medical encyclopedia defines drugs abuse as the use of illicit drugs or the abuse of prescription

or over the counter drugs for purpose other than those for which they are dictated or in quantities other than directed (McCormick, 2005).

Therefore, the usage of a substances substance or use of substance which may have medical, intoxicating or other related effects which taken or put into considered as food is considered as drug abuse.

In pharmacology, a drug is a chemical substance used in the treatment cure prevention or diagnosis of disease or used to otherwise enhance physical or mental well-being much attention is given to preventing substance abuse problem among adolescents this makes sense for while where are very significant drug related uses among other population it is during adolescence that must substance use begins moreover young people and these patterns can result in significant harms in the short and longer term during the course of a young person s development numerous factors interact in complex ways to determine whether a person will experiment with substance and whether use may become problematic. There are some Commonly abused substance which include the following: Alcohol, Nicotine, Marijuana, Amphetamines, Barbiturates, Cocaine,

Lysergic acid diethylamide, Opium, Alkaloids, Synthetic opiates, Anabolic steroids, Benzodiazepine.

Gharoro (2006) analyzes how we are everyday exposed to one drug or the other. According to him, "Go into the bedroom, bathroom and look into the cabinet one finds the aspirin, Panadol, paracetamol or even codeine , antiseptic like Dettol or T.C.P some antibiotic capsules, cough mixtures, sleeping pills or contraceptive pills. In the living room one could find spirits wines, on the refrigerator, beer, all which contain alcohol. Stored away in the kitchen are tea, coffee and cocoa, all containing caffeine, cigarette, cigar and pipe tobacco that contain nicotine ".

Mitchell therefore concludes that we are surrounded by drug in our own home as a result we are all drug users.

Classification of drugs

Some drugs are considered dangerous while others are harmless. However, according to (Seazer, 2005) certain substances which people like to inject are dangerous both to those who use them and to others. To (Mitchell, 2007) drugs are very much a part of modern life. (Mitchell,

1971) submitted that there are so many drugs we use, that we have to classify them into types if we are going to make sense of what is happening. Drugs cannot be lumped together and treated simply as drugs. Each has to be studied in the group from which it comes likewise self medication cannot be consumed together but each drug must be considered for the particular usage it is made for. Thus Mitchell classified drugs as:

Dangerous drugs: Non-dangerous drugs, this is a bit of fallacy for all drugs can be dangerous if used in a wrong way.

Hard Drugs - Soft Drugs: Mitchell also said that it is a fallacy. Soft drugs like amphetamines, cannabis, LSD are considered safe, while hard drug like heroin, cocaine are believed to be dangerous. To him soft drugs such as amphetamines cannabis can be much more dangerous in their effect on the brain.

Opiates- Non- Opiates: This comprises of morphine, codeine, and methadone, this class has a number of pharmacological properties which

set them apart from non-opiates especially in the case where physical dependence develops.

In further classification of drugs by types of action, Mitchell believes that this step was the most comprehensive approach and a rational way about.

He classified the in thus:

Analgesic: These pain, for example, morphine, codeine, and methadone.

Tranquillizers: These reduced anxiety and uncomfortable internal emotions, so example Librium, Valium.

Sedative: Which if taken in small dose, these control tension and agitation.

Hypnotics: These large doses induce sleep for example, alcohol, and the habituated.

Stimulant: Theses act in a way opposite to sedative and make the brain more active so that the subject feels bright and wither, for example cocaine, amphetamine, methadone. According to (New cobmb2005) drugs are used commonly to wake up in the morning (coffee or tea) get

though stress of the day (cigarette) and relax in the evening (alcohol) with advertisement of drugs and alcohol to fight stress headaches, depression and physical illness. Mitchell (2002) argued that children are brought up in a world, where they see adults turn to drugs for relief, comfort and stimulation. He found out that marijuana smokers on the average do not have lower academic grades than non-smokers, but the youths turn to marijuana at a time when young people were acutely aware of a number of tragic injustices. But when progress to them is unattainable it may cause them to turn to drugs, music, and the search for individual salvation through a revolutionary life style and mysticism.

Reasons people abuse drugs

Looking at the reason why the youth turned to drugs, (Schofield, 2001) explained that one of the stronger influences of a youths behaviour in many spheres is what other teenagers are thinking and doing and the desire to be like them: he further explained that in the past young people were mostly influenced by adult groups in close proximity, their family, and

neighbourhood; now the most influential factor is separate, teenage mythology. (Adegbagbo, 2009) outlined that the impulses to take to drugs stem from deep frustration and tension. Moreover, an abuser feels that by taking the substances, he or she blunts the pain that comes from life tragedies. Looking at the medical and social pressures of use of drugs (Eitzien, 2003) concludes that doctor and drug companies have been instrumental in encouraging the use of drug. Many find life stressful, boring, competitive and frustrating that they do not want to think about it the student is not left in drug taking. He/she has to cope with his/her academic work as other social obligations such as party going and shows up sometimes in these processes, he or she is exposed to drugs taking, because man has always wanted to experiment and to control his world and his reaction to it, he has always been a drug taker.

Schofield, 2004 explained that people took regular doses of aspirins and other medicine for which prescription is not needed, most of these are dangerous. He further stressed that drugs are taken by depressed house wife, students ramming during exams by business men to pep them up at important conference, by soldiers to put them off exhaustion, and by sport

men of all kinds. In his own submission, (Mitchell,2001) agreed that drugs are first of all a means of easing tension, forgetting frustration, overcoming feelings of emptiness as users of tobacco and alcohol realize. In agreement to these facts (Edith, 2008) revealed that a common characteristic of all drugs users is to obtain pleasure or escape Peebles. A question one might ask is are the effects of drug use really know to man? The answer to this by (Cohen, 2002) in his study of the good health for the community found that 50% of the users or abusers of drugs said they would stop, using psychedelic drugs if only they know of research that proved them harmful. Another 5% said they would give up LSD if they thought it likely to course emotional difficulties in themselves or friends. (Sinacore, 2008) observed that the human body is in essence a chemical factory that produces drug of its own, in the form of hormones and enzymes. These substances have the function of controlling various body processes such as growth, digestion and locomotion the introduction of foreign drugs into the chemical factory results in side effect that can be harmful. (Bero, 2008) also reported that cannabis was brought to Brazil by early Portuguese explores and the substances according to (Folawiyo,

2006) was introduced into Nigeria by soldiers returning from the second world war and civil war which came as a consequences of politics. (Olayemi, 2005) stated that the problem of drug use and the abuse goes beyond the individual abusers level. It has extended to the whole society, he stated that availability of the drug and drug acceptance attitude of the family towards drugs are the sociological or environmental factors involved in self medication and drug abuse, while (Ume 2006) attributed ignorance, frustration search for identity problem in home as factors influencing the use of drug by an individual However, there are still reasons why people go into self medication, such as to fight depression, to lose weight, to increase alertness, to enhance self concept. (Oyediran 2009) observed that drugs most essentially alcohol and marijuana cannabis which is known by various names which include Indian hemp, Igbo, Fish, Weed, etc. can influence criminal tendencies in people most especially the adolescents and the youth when a person takes any of these drugs without the recommendation of a medical practitioner – doctor, it becomes very effective in the individual body such that he begins to create an illusion about things the more he uses the more his body gets

activated. At this point one would then want to raise the question of how make drug abuse and its use the basic side effects. To some youths, drugs play a central role in social interaction.

The use of drug makes some feel good, confident and is considered a normal and acceptable behaviour as recounted by (Adegbagbo, 2009). Sometimes a person may want to be part of the crowd "and for fear of being left out and labeled "inactive " the person may take a dose, some youth indulge in drug abuse for behaviour alteration, teenagers and young adults get high In order to enjoy the emotional, perceptual, and cognitive effects that the drug creates. In effects, alcohol is used for its distinctive and intoxicating effect cocaine and amphetamines for their relaxing effects, marijuana, LSD and other hallucinogens for their effects on thinking and perception.

Alcohol is said to be the most widely abused psychoactive substance worldwide. According to (Odejide, 2006) the major factors that accounted for it's abuse in Nigeria is that it is socially acceptable to the society and regarded as an elixir of life. The various uses of alcohol

permeates substantial facet to our cultural life. It is used in religious rituals, celebration of birth, as well as death. According to Times magazines, (Junez, 2007) alcohol may also be prescribed medically to stimulate appetite by forming a medicinal base in which other ingredients are dissolved. Alcohol is reckoned to be in (watch Tower Magazine, 2009) the only substance which can pass through the wall of the stomach directly onto the blood stream, About 20% of pony alcohol drunk is absorbed in the stomach and the remaining 80%in the intestines is then pick up by the blood and transported quickly to the brain area, the substances have high caloric content but contains no nutrient.

2. The nature and prevalence of drug use among adolescents

It is important to look at the overall drug situation rather than merely the trends for Individual drugs. This transformation helps to discern the extent to which markets dynamics (availability, purity and price) have temporarily influence the use compared to results of long term efforts such as comprehensive prevention programs, and other interventions to address the drug use situation. Globally, UNODC (United Nations office

on drugs and crime, 2009) estimates that between 155 and 250 million people or 3.5% to 5.7% of the population aged 15-64, had used illicit substances at least once in the previous year. Cannabis users comprise the largest number of illicit drug users (129-190 million people), amphetamine type stimulants are the second most commonly used illicit drug users (128- 190 million people), amphetamine-type stimulant are the second most commonly used illicit drugs followed by opiates and cocaine. However, in terms of harm associated with use, opiates would be ranked at the top (highest).

3. Incidence of Students dependence on performance Enhancing drugs in sports.

There are reported incidences of university student who abuse performance enhancing drugs (Cliff, 2006) reported that a good number of United States college cyclists were involved in doping in 1984, Sweden pentathlon team was disqualified in the 1968 Mexico collage games because the alcohol levels of the pestle shooters were too high.

In 1981, the world record holder in discus was suspended indefinitely from participating in international amateur federation competition for students after his Urine tested positive for using anabolic steroids before competition.

4. Effects of drug abuse

The effect of drug abuse varies from person to person, particularly when individuals just start consuming certain drugs. However, after a long period of continued use, the majority of individuals who take both prescription and recreational drugs have a high likelihood of becoming addicted. Drug abuse and addiction can change a person's entire life within a very short time period. As a person begins to form a physical and emotional dependence on a particular drug, he or she feels a powerful urge to consume the drug regularly (Marshall, 2011). The following are drugs that are regularly abused: * Alcohol * Factoid * Barbiturates

Alcohol: Is a drug and when a person consumes alcohol, it has an effect on many body systems. The effects begin to occur as soon as the alcohol enters the blood stream. Certain types of alcohol that enters the blood

stream move quickly than others. Also, whether or not a person has eaten and how much he or she has taken, can affect how quickly the body absorbs and alcohol that is taken or consumed. Individuals become addicted to alcohol because of the chemical and physical relations that excessive alcohol uses causes. These reactions can cause a person to crave alcohol (Wilson,2004).

Factoid: Codeine, morphine, heroin, cocaine and crack are made with opiates, which is the liquid from the poppy plant. Opiates affect the nerves cell that operate the Spinal cord, limb system and brain stream. When these nerve cells respond to opiates, a signal is sent to the receptors that control the way the brain functions. As the drugs begin to wear off, brain function will slowly shift back to normal. However, prolonged opiates use will cause permanent changes and a permanent dependency (smith 2004).

Barbiturates: The Effects of drug abuse for individuals who take Barbiturates are very similar to the drug effects of consuming opiates. Like opiates, Barbiturates change the brains. However, instead of acting

as a stimulus, barbiturates act as depressants. Barbiturates are typically prescribed by the doctors. They are sedative drugs that have a devastating effect on an individual's nervous system. In fact, consuming too many barbiturates can cause the nervous system to shut down. Barbiturates are both physically and Psychologically, addictive and they are generally prescribed to individuals that are suffering from anxiety and depression and to individuals who have a history of seizures. It is commonly taken together with opiates or alcohol. It can be life threatening, prolonged use of barbiturates can cause sleeping disorders, respiratory problems, menstrual irregularities and lack of sex drive. Barbiturates have the ability to cause irreversible damage to the brain. The effects of taking barbiturates can last for many hours (Luther, 2004).

Drugs not only have physical effect but they have social effects as well, Drug abuse can cause individuals to isolate themselves which can lead to depression. Drug abuse can negatively affect the relationship that individuals have with those whom they love, including parents and children. Drug abuse can cause individuals to skip important events, miss work and slack off regularly. Drug abuse can also cause individuals to

become aggressive making it difficult for them to make and keep friends (Strauss, 2009). A person addicted to drugs has a difficult time setting goals and often lacks confidence.

Regularly using and abusing drugs can also cause the following;

1. Lack of motivation and drive.
2. Feeling of anger and resentment towards others.
3. Drastic changes in eating and sleeping habits.
4. Unwillingness to deal with personal problems causing them to become worse.
5. Emotional instability.
6. Desire to experiment with various drugs (Strauss, 2006).

5. The risk to university students

The problem of performance enhancing drug use does not lie simply in that, Performance can be obtained by unfair means. It is the university

students who pay the consequence of being found out or disqualified and more importantly the serious health risks (Adegbagbo, 2007). Apart from becoming extremely intense aggressive and sometimes violent, University students who abuse anabolic steroids are exposed to the following dangers:

- * Premature ossification of bones and stunted dangers.
- * Libido and sex drive is reduced.
- * Females become more masculine, Enlargement of the clitoris and deepening of the voice.
- * Infertility in females and abnormal menstrual cycles through the suppression of ovarian function and menstruation.
- * Impotence and stinking of the testicles in males.
- * Livers disorders
- * Liver cancer.
- * Physiological and psychological addiction (Gerrald, 2009).

All these risks may be lethal (Gerrald, 2009). The abuse of stimulants provokes a state of confusion, toxic dependence, visual hallucinations, over use of the body's reserves including a drastic fall in blood glucose level which is accompanied by a corresponding drop in skill, erratic performance behaviour. Cocaine in particular in large doses causes uncontrollable hyper activity followed by hypothermia abdominal cramps, convulsions and coma. It may even result in sudden death of the university student. Amphetamine being appetite suppressant may also be abused by university students who must maintain their weight as in gymnastics (Brady, 2009). The dangers of using depressants and beta blockers to enhance performance are numerous despite to the acclaimed effects of these drugs in alertness and accuracy, it is doubtful, if it enhances performance to any appreciable extent. Marijuana has been shown to seriously hinder psychomotor functions. Alcohol use decreases muscle strength and endurance and reaction time.

6. Remedies of the problems of drug abuse

The thought of drug control in school and indeed in our society had been witnessed in many places. As to the aims and rationale for drug abuse control, our society (university's) need to take account of countless number of livers lost annually in the society as a result of drug abuse, realizing the pressing Need to arrest the continued spread and prevalence of these drugs. Added to this is the question of perpetual ill-health and general sickness of our populace, the vast majority of who suffers from various forms of mental illness (Andrew, 2007). The result therefore is that untold harm is done to our economy through avoidable losses in man-hours, job absenteeism and undue hospitalization, pronounced adult and infant mortality all year round UNODC (2065). In essence, the government should put measures in place to stop the prevalence of drugs in the society. The Government can also work in hand with different organisations to set up rehabilitation centre to help those individuals addicted to drugs, because drug abuse is an illness not a criminal offence campaigns should be carried out to sensitize general public on the dangers of drug abuse (Fraiser, 2009).

7. Summary of reviewed literature

Drug abuse is a patterned use of a drug in which the user consumes the substance in amounts or with methods neither approved nor supervised by medical professionals. Substance or drug abuse is not limited to mood altering or psychoactive drugs. The majority of individuals who take both prescription and recreational drugs have a high likelihood of becoming addicted. Drug abuse and addiction can change a person's entire life within a very short time period. As a person begins to form a physical and emotional dependence on a particular drug he or she feels a powerful urge to consume the drug regularly. The result therefore is that untold harm is done to our economy through avoidable losses in man-hours, job absenteeism and undue hospitalization, pronounced adult and infant mortality all year round, increase in the rate of crime (Hussey, 1994). It is important to look at the overall drug situation rather than merely the trends for Individual drugs. Cannabis users comprise the largest number of illicit drug users (129 -190 million people), amphetamine type stimulants are the second most commonly used drugs followed by opiates and cocaine. The effect of drug abuse varies from person to person,

particularly when individuals just start consuming certain drugs. However, after a long period of continued use the majority of individuals who take both prescription and recreational drugs have a high likelihood of becoming addicted (McGuire, 2005). The thought of drug control in school and indeed in our society has been witnessed in many places. As to the aims and rationale for drug abuse control, our society (Universities) need to take account of countless number of lives lost annually in the society as a result of drug abuse, realizing the pressing Need to arrest the continued spread and prevalence of these

CHAPTER THREE

METHODOLOGY

The purpose of this chapter is to present the methods and procedures that were adopted in the study to collect pertinent data and the subsequent treatment of the data collected. This chapter therefore address 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

In carrying out the research, the researcher employed descriptive survey research design. This gives a picture of situation of the research and it serves as a basis for most research in assessing the situation as a prerequisite for drawing conclusion. Descriptive research also Involves collecting, organizing, Tabulates, depicts and describes the data in order to test hypotheses or ensure questions covering the study (Glass and Hopkins, 1984).

Population of the study

The population of the study is thirty three thousand, three hundred and forty two (33,342) undergraduate students of the university of Benin.

Table 1: The breakdown of the population is presented in the table below:

S/N	Faculty	Number of students
1	Agriculture	1969
2	Arts	5307
3	Basic Medical Sciences	1567
4	Dentistry	179
5	Education	6567
6	Engineering	3593
7	Environmental Science	305
8	Law	925
9	Life Sciences	3154
10	Management Science	2293
11	Medicine	583
12	Pharmacy	900
13	Physical Science	3427
14	Social Science	2564
	Total	33,342

Source: Academic planning 2023.

Sample and sampling technique:

The Sample size for the study was drawn from the population of the study. Multi-stage sampling technique was adopted for this study first 50% was used to select sever faculties for the study making a total of eleven thousand, one hundred and fifty two students (11,152). Secondly, 1.35% of the selected population was taken to determine the sample size of the population making one hundred and fifty (150) respondents. The breakdown of the population is presented in the table below;

S/N	Faculty	Number of students
1	Agriculture	1969
2	Arts	5307
3	Basic Medical Sciences	1567
4	Dentistry	179
5	Environmental Science	305
6	Law	925
7	Pharmacy	900
	Total	11,152

Research Instrument

The instrument used for this study is the questionnaire designed by the researcher. The questionnaire consist of two sections A and B, section A elicited information on the Bio-data of the respondents while section B with 20 items elicited information on the “knowledge of drug use and abuse among students in the university of Benin”.

Validity of the instrument

The Instrument was subjected to proper scrutiny by the project supervisor and two other experts from the department of health, safety and environmental education. Their suggestions were used in the modification and final drafting of the instrument. The instrument was considered to have content and face validity.

Reliability of the instrument

The test retest reliability method was adopted for this study. The instrument was administered to 20 respondents and after an interval of 2 weeks the instrument was administered to the same set of respondents. The results obtained from the two tests were correlated using person's

product moment correlation coefficient. A co-efficient value of 0.68 was established and the reliability of the instrument was ascertained.

Method of Data Collection

The questionnaire was administered directly by the researcher with the aid of 2 trained research assistants. The respondents were implored to respond to the items freely and objectively as it affect them after a thorough explanation by the researcher on the purpose of the questionnaire. The questionnaires were collected on the spot having been answered by the respondents.

Method of Data Analysis

The retrieved copies of questionnaire were analysed by the researcher using percentage and frequency count.

CHAPTER FOUR

PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

This chapter deals with the analysis of the data collected from respondents on the study on the knowledge of drug use and abuse among students of the University of Benin''. This research made use of descriptive statistics of frequency count and percentage to analyse the data

DEMOGRAPHIC INFORMATION

TABLE 2: SEX DISTRIBUTION OF RESPONDENT

GENDER	FREQUENCY	PERCENTAGE%
Male	70	47
Female	80	53
Total	150	100

The table shows that 70(47%) of the respondents are male while 80 (53%) are female. This represents the gender distribution of participants involved in the survey.

Table 3: Respondents by age

AGE	FREQUENCY	PERCENTAGE (%)
15-21	40	27
22-28	50	33
29-35	50	33
36 and Above	10	7
Total	150	100

The Table above shows that 40 respondents representing 27% of the population were 15-21years,50respondents representing 33% of the population were 22-28years, and 50respondents Representing 33% of the population were 29-35years, while 10 respondents representing 7% of the population were 36years and above.

Table 4: Respondent by marital status

MARITAL STATUS	FREQUENCY	PERCENTAGE (%)
Single	120	80
Married	30	20
Divorced	0	0
Widow		
Widower	0	0
Total	150	100

The table above shows that 120 respondents representing 80% of the population were single, 30 respondents representing 20% of the population was married.

Table 5: Respondents by level of Education.

LEVEL OF EDUCATION	FREQUENCY	PERCENTAGE (%)
Primary Education	0	0
Secondary Education	0	0
Tertiary Education	150	100
Total	150	100

The table above shows that 150 respondents representing 100% of the population have tertiary level of education.

Table 6: Respondents by Religion.

RELIGION	FREQUENCY	PERCENTAGE (%)
CHRISTIANITY	50	67
ISLAM	50	33
TRADITIONAL	0	0
OTHRES	0	0
TOTAL	150	100

The table above shows that 100 respondents representing 67% of the population were Christians, 50 respondents representing 33% of the population was muslims.

SECTION B

Research question 1: What substances are commonly abused by students in the University of Benin.

S\N	ITEM	RESPONSE			TOTAL	
		YES	NO		%	
		FREQUENCY	%	FREQUENCY		
1	Have you heard of the term hard drugs	150	100	0	0	15
2	Have you used one before	133	89%	17	11%	15
3	Alcohol, Marijuana, Cocaine, Heroin are hard drugs	150	100%	0	0	15
4	Coffee can be classified as a hard drug	40	27%	110	73%	15
5	Hard drugs can be procured on camps	70	47	80	53%	15

The table revealed that 150(100%) of the respondents have heard of the term hard drugs, 133(89%) of the respondent have used one hard drug or the other, 150(100%) of the respondents agreed that Alcohol, Marijuana, Cocaine, Heroin are hard drugs, 110(73%) of the respondents disagreed that coffee can be classified as a hard drug, 70(47%) of the respondents agreed that hard drugs can be procured on campus.

Research Question 2: What factors influence the use of drugs among students in the University of Benin?

ITEM	SA		A		SD		D		TOTAL
	freq	%	freq	%	freq	%	freq	%	
People from rich families are more likely to abuse drugs	50	33%	40	27%	30	20%	30	20%	150
People abuse drugs to feel socially accepted	50	33%	90	60%	-	-	10	7%	150
Availability of these drugs makes it easier for people to use	100	67%	50	33%	-	-	-	-	150
Society encourages the use of hard drugs.	20	13%	30	20%	40	27%	60	40%	150
People from polygamous families are more likely to abuse drugs	-	-	-	-	100	67%	50	33%	150

The table revealed that 90(60%) of the respondents agreed that people from rich families are more likely to abuse drugs, 140(93%) of the respondents agreed are used to feel socially accepted, 150(100%) of the respondents agreed that the availability of these drugs makes it easier for [people to use, 100(67%) of the respondent disagreed that society encourages the use of drugs , 150(100%) of the population disagreed that people from polygamous home are more likely to abuse drugs.

RESEARCH QUESTION 3: Are there consequences of drug abuse among students of the University of Benin

Items	SA		A		SD		D		TOTAL
	freq	%	freq	%	freq	%	freq	%	
People who abuse drugs involve in antisocial behaviour like cultism	100	67%	50	33%	-	-	-	-	150
Drug abuse can lead to death	150	100%	-	-	-	-	-	-	150
People who use drugs perform poorly in	70	47%	30	20%	-	-	-	-	150

academics										
Drug abuse can	120	80%	30	20%	-	-	-	-	-	150
cause mental										
wellness										
Talking drugs	150	100%	-	-	-	-	-	-	-	150
is illegal and										
punishable by										
law										

The table revealed that 150(100%) of the respondents agreed that people who drugs involve in antisocial behaviour like behaviour like cultism, 150(100%) of the respondent agreed that drug use can lead to death, 100(67%) of the respondents agreed that people who use drugs perform poorly in academics, 150(100%) of the respondents agreed that drug use can cause mental and punishable by law.

Research Question 4: How is awareness raised on the issue of drug abuse among student of the University of Benin.

Items	SA		A		SD		D		TOTAL
	freq	%	freq	%	freq	%	freq	%	
The media has helped raise awareness on the issue of drug abuse	70	47%	40	27%	30	20%	10	7%	150
Health educators should organize seminars to help curb drug abuse	100	67%	50	33%	-	-	-	-	150
Anatomical novels, films, posters should be distributed to create awareness on	110	73%	40	27%	-	-	-	-	150

drug abuse										
Student should	40	27%	80	53%	20	13%	10	7%	150	
be made to										
undergo										
compulsory										
classes on										
drug abuse										
Guidance and	150	100	-	-	-	-	-	-	150	
counselling		%								
services										
offered to										
students on										
drug abuse										

The table revealed that 110(73%) of the respondents agreed that the media has helped raise awareness on the issue of drug abuse , 150(100%) of the population agreed that health educators should organize seminars to help control drug abuse , 150(100%) of the respondents agreed that Anatomical novels, films, posters and pamphlets should be distributed to create awareness on drug abuse, 120 (80%) of the respondents agreed that student should be made to undergo compulsory classes on drug abuse, 150(100%) of the respondents agreed that guidance and counselling services should be offered to student on drug abuse.

DISCUSSION OF FINDINGS

The purpose of this study is to find out the knowledge of drug use and abuse among students of the University of Benin. From the analysed data presented above, the following findings were observed and are summarized as follows:

From the analysis this study showed that there are various substances that are abused by students of the University of Benin. Some of these substances include marijuana , alcohol, cigarettes. College is a time for trying new things and having new experiences. This is in line with Elysia (2017) which states that for some student, this willingness to experiment involves using drugs, legal and illegal, and drinking alcohol. But what many college and university students may not realize is that amid the newfound freedom of being on their own away from home is the reality that recreational use and abuse of substances can end in a battle with chemical dependence and addiction. For other students who come to college already dependent on a substance, the promise of partying in an unsupervised environment can be a slippery slope.

This study also revealed the factors which influence the use of drugs among students of the University of Benin, some of which are economic background, societal pressure, Family structure. This is in correlation with Okatachi(2003) who carried out a study on predisposing factors associated with drug abuse in Kano and Lagos cities in Nigeria, using a sample of 144 subjects. The study conducted examined the effects of gender family background, and knowledge of drugs and abuse. At the researcher discovered that: male tend to abuse drug more then females; children from unstable homes are more prone to drug abuse then children from stable home; children from low socio-economic status families are more likely to engage in drug abuse the those from high; children from polygamous families are more likely to engage in drug abuse than those from monogamous families, children having single parents are more likely to engage in drug abuse.

This study also revealed the consequences of drug abuse among students of the University of Benin, some of which are mental illness, poor academic performance and death, this is in line with Coleman (2010) who stated that drug use can have a wide range of short- and long-term, direct

and indirect effects. These effects often depend on the specific drug or drugs used, how they are taken, how much is taken, the person's health, and other factors. Short-term effects can range from changes in appetite, wakefulness, heart rate, blood pressure, and /or mood to heart attack, stroke, psychosis, overdose, and even death. These health effects may occur after just one use. Longer-term effects can include heart or lung disease, cancer, mental illness, HIV/AIDS, hepatitis-B and others. Long-term drug use can also lead to addiction. Drug addiction is a brain disorder. Not everyone who uses drugs will become addicted, but for some, drug use can change how certain circuits work. These brain changes interfere with how people experience normal pleasures in life such as food and sex, their ability to control their stress level, their decision-making, their ability to learn and remember, etc. These changes make it much more difficult for someone to stop taking the drug even when it's having negative effects on their life and they want to quit. Drug use can also have indirect effects on both the people who are taking drugs and on those around them. This can include affecting a person's nutrition;;

sleep; decision-making and impulsivity; and risk for trauma, violence, injury, and communicable disease.

This study revealed how awareness is raised on the issue of drug abuse in the University of Benin. This is done through the organization of seminars and workshops. The dissemination of health information by healthy educators.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

This study was conducted to ascertain the knowledge of drug use and abuse among students of the University of Benin, Benin City, Edo State. To achieve the purpose of the study, four (4) research questions were raised to guide the study. The study utilized a descriptive survey research design and the population consisted of eleven thousand one hundred and fifty-two (11,152) of the University of Benin. A total of one hundred and fifty (150) students were selected using the simple random sampling technique to select 1.35% of the total population. The instrument used for data collection is a well-structured questionnaire. A total of one hundred and fifty (150) questionnaires were administered to the sample respondents and data collected was analysed using frequency count and simple percentage. The questionnaire used for the study was validated by the project supervisor and two research experts in the department of health, safety and environmental education, the instrument was

considered to have content and face validity; while the test-retest method was used to establish the reliability of the questionnaire. The instrument was administered to twenty (20) respondent and after an interval of two (2) weeks, the instrument was administered to the same set of respondents. The results obtained from the two tests were correlated using person's product moment correlation. A co-efficient value of 0.68 was the aid of two trained research assistants.

Findings

In light of the findings of the study, the following result were revealed:

1. That respondents have knowledge of the concept of drug abuse.
2. The respondents have knowledge of the adverse effects of drug abuse on the body.
3. Parents, Guardians and lecturers play an important role in curbing the scourge of drug abuse among students of UNIBEN.
4. The respondents have knowledge of the most commonly abused hard drugs such as Marijuana, Alcohol, etc.

5. The respondents feel the measures put in place to control drug abuse are not enough.

Conclusion

The importance of discouraging drug abuse among students cannot be over emphasized. Drug abuse put the students into a condition whereby they lack sense of proper self judgment. As found in the study, the care givers that is the parents and the teachers should show love to suspected student who are found to be involving in drug abuse in order to make them emotionally balanced; this needs to be done to improve their self awareness and anti-social aspect of their lifestyle.

The commonly abuse drugs were those drugs that either relaxed the nerves, seductive or increase muscular activities or functions, e.g. stimulant and it was also discovered that most of the drugs are gotten through illegal means, e.g. market places, drugstores, friends and peddlers; only little comes from the physicians. The negative effects these drugs have on the students are more than the so-called enhancement to success

and relaxation they claim to feel after using it. The research revealed that students of the University of Benin, abuse drugs in large numbers.

Recommendations

Based on the findings and conclusions reached, the following recommendations were made :

1. As a way of discouraging student from involving in drug abuse, parents should be alive to their responsibilities in the drug abuse, parents should be alive to their responsibilities in the early moral upbringing of their children.
2. Student should be health educated on the danger of drug abuse by organizing seminars, workshops, conferences, etc.
3. The mass media should help in curbing the menace by organizing health programmes on television and radio to educate the students on the effects of using not prescribed by medical practitioners.
4. There should be guidance and counselling units in the University to help the students develop a strong will to cope with their academic challenges and not to resort to drugs.

5. There should be wide campaign against drug abuse by NGOs through school workshops, seminars and conferences which will help in educating the student about the evil and social embarrassment of drug abuse in school sports.
6. Drugs should only be sold on campus by licensed pharmacists to student who present signed prescription slips.

Suggestion for further studies

I will recommend that further studies should be taken in the following areas:

- The relationship between drug abuse. and violence.
- The role of the mass media in creating awareness of the adverse effects of drug abuse.
- The need for Government laws in tackling Drug

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APPENDIX

Department of Health, Safety
And Environmental Education,
Faculty of Education,
University of Benin
Benin City, Edo State.

QUESTIONNAIRE ON THE KNOWLEDGE OF DRUG USE AND ABUSE AMONG STUDENTS IN THE UNIVERSITY OF BENIN

Dear Respondent,

I am an undergraduate student of the abovenamed Department and University, conducting a research on ‘‘ THE KNOWLEDGE OF DRUG USE AND ABUSE AMONG STUDENTS IN THE UNIVERSITY OF BENIN’’

I will be grateful if you will please complete the attached questionnaire as objectively as possible as the data collected will enable me arrive at some conclusion. Your response will be treated with utmost confidentiality. Thanks for your co-operation.

Yours Faithfully,

.....

Enabulele Imade Success.

INSTRUCTION

Please, tick (✓) in the box (es) that correspond with your response unless otherwise requested.

SECTION A

1. What is your sex? () Male () Female
2. Please indicate your age in the appropriate range
() 15 – 21 years () 22 -28years () 29 – 35 years () 35 years & above
3. What is your marital status? () Single () Married () Divorced () Widow
4. Which of the following is your highest level of education?
() Primary education () Secondary education () Tertiary education
5. What is your religion? Christianity () Islam () Traditional () Others ()

SECTION B

What substances are commonly abused by students in the University of Benin

S/N	Item	Yes	No
1	Have you heard of the term hard drugs		
2	Have you used one before		
3	Alcohol, Marijuana, Cocaine, Heroin are herd drugs		
4	Coffee can be classified as a hard drug		
5	Hard drugs can be procured on campus		

S/N	Item	SA	A	SD	D
6	People from rich families are more likely to abuse drugs.				
7	People abuse drugs feel socially accepted.				
8	Availability of these drugs makes it easier for people to use.				
9	Society encourages the use of hard drugs.				
10	People from polygamous families are more likely to abuse drugs.				
11	People who abuse drugs involve in antisocial behaviour like				

	cultism.				
12	Drug abuse can lead to death.				
13	People who use drugs perform poorly in academics.				
14	Drug abuse can cause mental illness.				
15	Using drugs is illegal and punishable by law				
16	The media has helped raise awareness on the issue of drug abuse				
17	Health education should organize seminars to help curb drug abuse.				
18	Anatomical novels, films, posters and pamphlets should be distributed to create awareness on drug abuse.				
19	Students should be made to undergo compulsory classes on drug abuse				
20	Guidance and counselling service should be offered to students on drug abuse.				

SA- Strongly Agreed

A- Agreed

SD- Strongly Disagreed

D- Disagreed