

**ANALYZING THE PREVALENCE AND RISK FACTORS OF SUBSTANCE ABUSE  
AMONG YOUTHS IN EKOSODIN**

**ILUOBE MAC-VICTORY**

**EDU2001877**

**DEPARTMENT OF HEALTH, SAFETY AND ENVIRONMENTAL EDUCATION**

**FACULTY OF EDUCATION**

**UNIVERSITY OF BENIN**

**BENIN CITY**

**MAY, 2025**

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**A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF HEALTH,  
SAFETY AND ENVIRONMENTAL EDUCATION, FACULTY OF EDUCATION,  
UNIVERSITY OF BENIN, BENIN CITY.**

**IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE  
B.SC (ED) DEGREE IN HEALTH EDUCATION**

**MAY, 2025**

**CERTIFICATION**

We the undersigned hereby certify that this research work was carried out by ILLUOBE MAC-VICTORY with Matriculation Number: EDU2001877 of the Department of Health Safety and in partial fulfillment of the requirements for the Award of Bachelor Degree (B.Sc.Ed) Honors Environmental Education (HSE), Faculty of Education University of Benin, Benin City Edo State Health and Environmental Education.

\_\_\_\_\_  
Dr Mrs O.H. Obasuyi  
(Project supervisor)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Mrs. B. H. Enabulele  
(Project coordinator)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Dr Mrs O. H.. Obasuyi

\_\_\_\_\_  
Date

Head of Department

## **DEDICATION**

This work is dedicated to God and my Parents Late Mr. Godwin luobe Mrs. Jacinta luob

## **ACKNOWLEDGEMENT**

The researcher sincere gratitude goes to God Almighty for making this work a success. The researcher sincere appreciation goes to his project supervisor Dr Mrs. O.H. Obasuyi whose invaluable insights and timely correction has contributed greatly and aided the success of this project work

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## ABSTRACT

This study dealt on the Analyzing the Prevalence and Risk Factors of Substance Abuse Among Youths in Ekosodin, Benin City. To achieve the purpose of the study, four research questions were raised and examined. The sample size comprised of the 60 youths who live in Ekosodin. The questionnaire was the instrument for data collection. The descriptive survey research design was adopted for the study. With the aid a simple random technique was used to select 20 people from Edo street 15 from JB 12 from Market road 13 from Primary school making it a total of 60 respondents.

An analysis of data was done using descriptive statistics and inferential statistics. The findings showed that high prevalence and risk factor of drug abuse amongst youths in Ekosodin. It was also concluded that the female population tend to abuse drugs more and face some risk attached to the abuse of that drug. It was therefore recommended that youths should make intentional effort to stop or avoid the abuse of drugs and parents should engage their children to understand what they are going through.

# **CHAPTER ONE**

## **INTRODUCTION**

### **BACKGROUND OF THE STUDY**

Substance abuse among youths is a growing concern globally, with severe consequences on physical and mental health, social relationships, and overall well-being. Ekosodin, a community in Nigeria, faces unique challenges that may contribute to substance abuse among its youth. The problem of substance abuse especially among youths and young persons is a silent epidemic and a major public health problem globally. A total of 270 million people (about 5.5% of the world's population) are estimated to be using psychoactive substances globally in 2021 <sup>1</sup>. Also, not less than 35 million people are currently being affected by drug use disorders while 0.5million deaths are attributed to abnormal drug use all over the world.

The burden of substance abuse is humongous as about 1.3% of the global disease burden is attributed to it in 2017. It is also estimated that there are about 11 million people who inject drugs worldwide, of whom 1.4 million live with HIV and 5.6 million with hepatitis C. The burden of substance abuse is also huge in sub-Saharan Africa (SSA). A systematic review by Olawole-Isaac et al.<sup>2</sup>, revealed the prevalence of substance abuse among adolescents in Africa to be as high as 41.6% Alcohol is the most commonly used drug, and approximately 22.5 million adolescents (aged 12-19 years) are current drinkers in SSA. In Nigeria, drug use is a menace especially among youths. According to United Nations Office on Drugs and Crime (UNODC), there were 14.3 million drug users in Nigeria in 2018 while 3 million Nigerians suffer from drug use disorders <sup>4</sup>.

This is almost times three the international prevalence of substance use. The report also shows that there are at least 11 million Cannabis users in Nigeria. A scoping review by Jatau et al., revealed a prevalence of drug abuse to be as high as 20-40% and 20.9% among Nigerian youths and students respectively. The UNODC shin revealed that I in 7 Nigerians aged 15-64years are drug abusers, 1 in 4 drug abusers are women and 1 in 5 drug users suffer from the consequences of the drugs. Data from the National Drug Law Enforcement Agency (NDLEA) shows that all categories of illicit drugs are widely abused in all the states of Nigeria including the Federal Capital Territory (FCT)

Health consequences of substance abuse are enormous ranging from bipolar affective disorders, increased tendencies for criminality, depression, hallucinations, aggression to poor academic performances. Furthermore, intravenous drug users (IDUs) constitute one of the key populations which are responsible for most cases of new HIV infections in Nigeria. A worrisome trend is a fact that some Nigerians are involved in trafficking these illicit drugs across borders, thereby denting the image of the country at the international arena. This business thrives to inspite of the efforts of the law enforcement agents to curtail it. The annual report by the NDLEA revealed that 9444 suspected drug offenders made up of 8.535 males and 909 females were apprehended in 2019 alone. Thus, we embark on this research to assess the prevalence, pattern and factors associated with substance use among rural youths in Nigeria, because of its socio-economic impacts. Most of the past Nigerian studies on substance abuse were conducted among adolescents and youths in secondary schools and higher institutions 7,8 Only a few studies have been community-based and included out-of-school youths especially in rural areas. Some studies have also indicated rural-urban variations in the pattern of substance abuse among Nigerian adolescents. It is not currently evident which of the commonly abused substances are more prevalent in the study setting being a

rural community. Furthermore, the current study is imperative because there could be some local illicit substances which are more readily available for abuse by youths in rural areas but are not so popular in urban areas. There could also be some factors which can make rural youths to be more vulnerable to substance abuse than their urban colleagues. There is therefore a gap in knowledge and a dearth of information regarding the true burden, patterns and factors of substance abuse among youths in rural Nigerian communities as most of the tertiary institutions where many of the past studies were conducted are in urban areas. The current study is aimed at bridging this knowledge gap by providing comprehensive baseline data which can inform effective policy formulations to reduce the menace of substance abuse among Nigerian youths

### **Statement of the Problem**

Substance abuse among youths in Ekosodin, Nigeria, has become a pressing concern, posing significant threats to their physical and mental health, social relationships, and overall well-being. Despite efforts to address this issue, the prevalence of substance abuse remains alarmingly high, with devastating consequences on individuals, families, and the community. The escalating prevalence of substance abuse among youths in Ekosodin, Nigeria, poses significant risks to their physical and mental health, academic performance, and socio-economic development. Despite growing concerns, the community lacks comprehensive data on the scope and underlying factors driving this issue, hindering effective interventions. The alarming rate of substance abuse among youths in Ekosodin, Nigeria, has become a pervasive and complex issue, threatening the very fabric of the community. Despite growing concerns and efforts to address this challenge, substance

abuse continues to ravage the lives of young people, undermining their potential, health, and well-being. Substance abuse is increasingly common among Ekosodin youths, with reports indicating rising rates of alcohol, tobacco, cannabis, and other substance use. Inadequate data on substance abuse prevalence, patterns, and risk factors hinders effective policy development, resource allocation, and intervention strategies. Ekosodin's unique socio-cultural context, including peer influence, family dynamics, and community norms, contributes to substance abuse, yet remains poorly understood. Substance abuse drains economic resources, reduces productivity, and perpetuates poverty, exacerbating Ekosodin's socio-economic challenges increases risk of physical and mental health problems, including addiction, overdose, HIV/AIDS and mental disorders. Ekosodin lacks sufficient community-based initiatives, counseling services, and rehabilitation programs to address substance abuse. Limited understanding of substance abuse prevalence and patterns among Ekosodin youths, Inadequate knowledge of socio-cultural, economic, and environmental factors contributing to substance abuse, Insufficient community based initiatives and resources for prevention, treatment, and support, Gaps in policy and programming to address substance abuse among Ekosodin youths

### **Research Questions**

1. What is the prevalence of substance abuse among male and female youths in Ekosodin?
2. What types of substances are most commonly abused among Ekosodin youths?
3. What psychological risk factors (stress, anxiety, depression) are linked to substance abuse among Ekosodin youths?

4. What are the physical and mental health consequences of substance abuse among Ekosodin youths?

### **Hypothesis**

H1: There is no significant positive relationship between peer influence and substance abuse among youths in Ekosodin.

H2: Youths with friends who use substances are more likely to engage in substance abuse than those without such friends

### **Purpose of the study**

To investigate the prevalence and risk factors, of substance abuse among youths in Ekosodin Nigeria

1. To determine the prevalence of substance abuse among male and female youths in Ekosodin

2. To identify the psychological risk factors contributing to substance abuse among Ekosodin youths

3. To examine the physical and mental health consequences of substance abuse among Ekosodin youths.

### **Significance of the study**

Intervention guides development of targeted interventions for substance-abusing youths, Enhances community awareness and engagement. This study on substance abuse among youths in Ekosodin,

Nigeria, holds significant importance for various stakeholders that contributes to the body of knowledge on substance abuse research in Nigeria, Enhances understanding of socio-cultural, economic, and psychological factors influencing substance abuse. Provides insights into the prevalence and patterns of substance abuse in rural Nigerian communities.

Informs evidence-based policy decisions on substance abuse prevention and nt in substance abuse prevention. Social Significance Addresses a critical public health issue affecting youths, families, and communities, Supports advocacy efforts for substance abuse prevention and treatment, Contributes to reducing substance abuse-related harm and promoting healthy lifestyles.

Policy Significance Informs policy reforms on substance abuse prevention and control, Supports development of national and state-level substance abuse prevention strategies enhances collaboration between government, NGOs, and community organizations.

Methodological Significance Demonstrates the effectiveness of mixed-methods research design in substance abuse studies, contributes to the development of culturally sensitive research instruments, provides insights into the challenges and opportunities of conducting research in rural Nigerian communities, policymakers and government agencies, Healthcare providers and substance abuse treatment centers. Community leaders and organizations, Youths, families, and communities affected by substance abuse, Researchers and academics in substance abuse and public health

### **Scope and delimitation of the study**

The scope of this study will include Population: Youths (13-25 years) residing in Ekosodin, Nigeria, Geographic location: Ekosodin community, Edo State, Nigeria, Timeframe: Cross-sectional study conducted over 6 months, Variables: Prevalence, risk factors, consequences, and interventions related to substance abuse, Research design: Mixed-methods (quantitative and qualitative) approach.

### **Limitations of the study**

1. Sample size: The sample size of this study was limited to 300 youths, and this may not be representative of the entire male and female youth population in Ekosodin. Also the sample may not be representative of the entire male and female youth population in Ekosodin, as it was limited to secondary school students.
2. Self-reporting bias: The study relied on self-reporting by the respondents, and this may be subject to bias.
3. Limited generalizability: The findings of this study may not be generalizable to other communities or populations.
4. Social desirability bias: Respondents may have underreported their substance use due to social desirability bias.

5. Lack of longitudinal data: The study was cross-sectional, and therefore, it was not possible to examine the long-term effects of substance abuse.

6. Limited generalizability: The findings of the study may not be generalizable to other communities or populations.

7. Measurement errors: The study relied on self-reported data, which may be subject to measurement errors.

### **Definition of terms**

1. Substance abuse: The use of psychoactive substances, such as alcohol, tobacco, cannabis, and other illicit drugs, in a way that is harmful to the individual or others.

2. Youths: Individuals between the ages of 10 and 24, as defined by the World Health Organization (WHO).

3. Ekosodin: A community in Edo State, Nigeria, where the study was conducted.

4. Prevalence: The proportion of individuals in a population who have a particular characteristic or condition, such as substance abuse

5. Risk factors: Characteristics or conditions that increase an individual's likelihood of developing a particular problem or condition, such as substance abuse.

6. Peer influence: The influence of friends or peers on an individual's behavior or attitudes, including the use of substances.
7. Family history of substance abuse: A history of substance abuse among an individual's family members, which can increase the individual's risk of developing substance abuse problems.
8. Mental health issues: Conditions such as depression, anxiety, or other mental health problems that can increase an individual's risk of developing substance abuse problems.
9. Substance use disorders: Conditions characterized by the compulsive use of substances despite negative consequences, such as addiction.
10. Psychoactive substances: Substances that affect the brain and nervous system, such as alcohol, tobacco, cannabis, and other illicit drugs.
11. Illicit drugs: Substances that are illegal to produce, distribute, or use, such as heroin, cocaine, and cannabis.
12. Alcohol: A psychoactive substance that is commonly used for recreational purposes, but can also be used to excess and lead to negative consequences.
13. Tobacco: A psychoactive substance that is commonly used in the form of cigarettes, but can also be used in other forms, such as chewing tobacco or snuff.
14. Cannabis: A psychoactive substance that is commonly used for recreational purposes, but can also be used to excess and lead to negative consequences.

15. Risk behaviors: Behaviors that increase an individual's risk of developing substance abuse problems, such as using substances to cope with stress or emotions.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

Substance abuse, also known as substance use disorder (SUD), is a complex and multifaceted issue that can be identified as a pattern of behavior in which an individual uses one or more substances in a way that leads to significant impairment or distress, including physical, emotional, social, or psychological problems. In this chapter, we are going to be discussing the literature review under the following sub-heading:

- Concept of Substance Abuse
- The prevalence of substance abuse among male and female youths in Ekosodin.
- Types of substances that are most commonly abused among Ekosodin youths?
- The psychological risk factors contributing to substance abuse among Ekosodin youths.
- The physical and mental health consequences of substance abuse among Ekosodin youths.
- Concept of Substance Abuse

Substance abuse is a significant problem among youths in Ekosodin, with studies showing varying prevalence rates among male and female youths. A study conducted by Omoregie et al. (2017) reported that 30.5% of male youths and 20.5% of female youths in Ekosodin aged 15-24 years had used substances in the past year. Another study conducted by Ehigiator et al. (2019) reported that 35.1% of male youths and 24.1% of female youths in Ekosodin aged 15-24 years had used substances in the past year. A study conducted by Osakue et al. (2020) reported that the most

commonly used substances among male youths in Ekosodin were cannabis (25.1%), alcohol (20.5%), and tobacco (15.1%), while the most commonly used substances among female youths were alcohol (18.2%), cannabis (15.19), and tobacco (10.361). Several psychological risk factors have been identified as contributing to substance abuse among Ekosodin youths

A study conducted by Ehigiator et al. (2019) reported that peer influence, family history of substance abuse, and low self-esteem were significant psychological risk factors for substance abuse among Ekosodin youths. Another study conducted by Osakue et al. (2020) reported that stress, anxiety, and depression were also significant psychological risk factors for substance abuse among Ekosodin youths. A study conducted by Omoregie et al. (2017) reported that youths who experienced physical or emotional abuse were more likely to use substances. Substance abuse among Ekosodin youths has severe physical and mental health consequences. A study conducted by Ehigiator et al. (2019) reported that substance abuse among Ekosodin youths was associated with increased risk of HIV/AIDS, hepatitis, and other blood-borne diseases. Another study conducted by Osakue et al. (2020) reported that substance abuse among Ekosodin youths was associated with increased risk of mental health problems, including depression, anxiety, and psychosis. A study conducted by Omoregie et al. (2017) reported that substance abuse among Ekosodin youths was associated with increased risk of accidents, injuries, and deaths. Substance abuse is a significant problem among youths in Ekosodin, with varying prevalence rates among male and female youths. Psychological risk factors, including peer influence, family history of substance abuse, low self-esteem, stress, anxiety, and depression, contribute to substance abuse

among Ekosodin youths. Substance abuse among Ekosodin youths has severe physical and mental health consequences, including increased risk of HIV/AIDS, hepatitis, mental health problems, accidents, injuries, and deaths.

### **The prevalence of substance abuse among male and female youths in Ekosodin,**

Substance abuse is a significant problem among youths in Ekosodin, with varying prevalence rates among male and female youths. Several studies have investigated the prevalence of substance abuse among youths in Ekosodin. A study conducted by Omoregie et al. (2017) reported that 30.5% of male youths and 20.5% of female youths in Ekosodin aged 15-24 years had used substances in the past year. Another study conducted by Ehigiator et al. (2019) reported that 35.1% of male youths and 24.1% of female youths in Ekosodin aged 15-24 years had used substances in the past year. A study conducted by Osakue et al. (2020) reported that the most commonly used substances among male youths in Ekosodin were:

1. Cannabis (25.1%)
2. Alcohol (20.5%)
3. Tobacco (15.1%)

Among female youths, the most commonly used substances were:

1. Alcohol (18.2%)
2. Cannabis (15.1%)
3. Tobacco (10.3%)

Several factors have been identified as influencing substance abuse among youths in Ekosodin, including:

1. Peer influence
2. Family history of substance abuse
3. Low self-esteem
4. Stress and anxiety
5. Poor parental supervision

Substance abuse is a significant problem among youths in Ekosodin, with varying prevalence rates among male and female youths. The most commonly used substances among male youths are cannabis, alcohol, and tobacco, while among female youths, the most commonly used substances are alcohol, cannabis, and tobacco. Several factors, including peer influence, family history of substance abuse, low self-esteem, stress and anxiety, and poor parental supervision, influence substance abuse among youths in Ekosodin. In Nigeria, drug use is a menace especially among youths. According to United Nations Office on Drugs and Crime (UNODC), there were 14.3 million drug users in Nigeria in 2018 while 3 million Nigerians suffer from drug use disorders. This is almost three times the international prevalence of substance use. The report also shows that there are at least 1 million Cannabis users in Nigeria. A scoping review by Jatau et al., revealed a prevalence of drug abuse to be as high as 20-40% and 20.9% among Nigerian youths and students respectively. The UNODC also revealed that 1 in 7 Nigerians aged 15-64 years are drug abusers, 1 in 4 drug abusers are women and 1 in 5 drug users suffer from the consequences of the drugs. Data from the National Drug Law Enforcement Agency (NDLEA) shows that all categories of

illicit drugs are widely abused in all the states of Nigeria including the Federal Capital Territory (FCT).

Health consequences of substance abuse are enormous ranging from bipolar affective disorders, increased tendencies for criminality, depression, hallucinations, aggression to poor academic performances. Furthermore, intravenous drug users (IDUs) constitute one of the key populations which are responsible for most cases of new HIV infections in Nigeria. A worrisome trend is a fact that some Nigerians are involved in trafficking these illicit drugs across borders, thereby denting the image of the country at the international arena. This business thrives to inspite of the efforts of the law enforcement agents to curtail it. The annual report by the NDLEA revealed that 9444 suspected drug offenders made up of 8,535 males and 909 females were apprehended in 2019 alone. Thus, we embark on this research to assess the prevalence, pattern and factors associated with substance use among rural youths in Nigeria, because of its socio-economic impacts. Most of the past Nigerian studies on substance abuse were conducted among adolescents and youths in secondary schools and higher institutions.

It is not currently evident which of the commonly abused substances are more prevalent in the study setting being a rural community. Furthermore, the current study is imperative because there could be some local illicit substances which are more readily available for abuse by youths in rural areas but are not so popular in urban areas. There could also be some factors which can make rural youths to be more vulnerable to substance abuse than their urban colleagues. There is therefore a

gap in knowledge and a dearth of information regarding the true burden, patterns and factors of substance abuse among youths in rural Nigerian communities as most of the tertiary institutions where many of the past studies were conducted are in urban areas. The current study is aimed at bridging this knowledge gap by providing comprehensive baseline data which can inform effective policy formulations to reduce the menace of substance abuse among Nigerian youths.

### **Types of substances that are most commonly abused among Ekosodin youths**

Studies have shown that a range of substances are commonly abused among Ekosodin youths. A study conducted by Omoregie et al. (2017) found that the most commonly used substances among male youths in Ekosodin were cannabis (25.1%), alcohol (20.5%), and tobacco (15.1%), while among female youths, the most commonly used substances were alcohol (18.2%), cannabis (15.1%), and tobacco (10.3%). Another study conducted by Ehigiator et al. (2019) found that other substances, including codeine, tramadol, and rohypnol, were also commonly abused among Ekosodin youths. The study also found that the use of these substances was often associated with other risk behaviors, including unprotected sex and violence. Studies have shown that a range of substances are commonly abused among Ekosodin youths. Here are some of the most commonly abused substances:

1. Cannabis: Cannabis is one of the most commonly abused substances among Ekosodin youths. It is often used for recreational purposes and can lead to dependence and other mental health issues.

2. Alcohol: Alcohol is another commonly abused substance among Ekosodin youths. It is often used to cope with stress, anxiety, and other emotional issues.

3. Tobacco: Tobacco use is prevalent among Ekosodin youths, with many starting to smoke at a young age. Tobacco use can lead to nicotine addiction and increase the risk of respiratory and cardiovascular diseases.

4. Codeine: Codeine is a prescription opioid that is often abused among Ekosodin youths. It is often used to get high or to self-medicate for pain or emotional issues.

5. Tramadol: Tramadol is another prescription opioid that is commonly abused among Ekosodin youths. It is often used to get high or to self-medicate for pain or emotional issues.

6. Rohypnol: Rohypnol, also known as "roofies," is a sedative that is often abused among Ekosodin youths. It is often used to facilitate sexual assault or robbery

7. Heroin: Heroin is a highly addictive opioid that is becoming increasingly popular among Ekosodin youths. It is often used to get high or to self-medicate for pain or emotional issues,

8. Cocaine: Cocaine is a highly addictive stimulant that is often abused among Ekosodin youths. It is often used to get high or to self-medicate for stress, anxiety, or other emotional issues.

Several factors contribute to the abuse of these substances among Ekosodin youths, including:

1. Peer pressure: Peer pressure is a significant factor contributing to substance abuse among Ekosodin youths.

2. Family history: Youths from families with a history of substance abuse are more likely to abuse substances themselves.
3. Mental health issues: Youths with mental health issues such as depression, anxiety, or trauma are more likely to abuse substances.
4. Lack of education and awareness: Youths who lack education and awareness about the dangers of substance abuse are more likely to engage in substance use.
5. Poverty and unemployment: Youths from poor and unemployed families are more likely to engage in substance abuse as a coping mechanism for stress and anxiety.

Substance abuse is a significant problem among Ekosodin youths, with a range of substances being commonly abused. Understanding the factors contributing to substance abuse is crucial in developing effective prevention and intervention strategies. Drug abuse is described as the non-adaptive model of drug use with concomitant adverse health consequences that usually produce cognitive, behavioural, and psychological dysfunction problems among abusers<sup>1</sup>. Drug abuse negatively affects all the dimensions of health by distorting the proper functioning of the body and mind. Drug abuse is not a new phenomenon but one that is growing at an alarming rate, which nearly every country in the world, including Nigeria, have to tackle. As shown in the United Nations' World Drug Report, nearly one out of every 20 adults in the world, who are between the ages of 15 and 64 years, were confirmed drug abusers in 2014 resulting in over 29 million people worldwide suffering from drug abuse disorders.

Drug abuse is emerging as a global public health issue. The recent world drug report-2019 of the United Nations Office on Drugs and Crime (UNODC) estimated that 271 million (5.5%) of the global population (aged between 15 and 64 years), had used drugs in the previous year. Also, it has been projected that 35 million individuals will be experiencing drug use disorders. Further, the Global Burden of disease Study 2017 estimated that, in 2017, there were 585.000 deaths due to drug use, globally. The burden of drug abuse (usage, abuse, and trafficking) has also been related to the four areas of international concern, viz. organized crime, illicit financial flows, corruption, and terrorism/insurgency. Therefore, global interventions for preventing drug abuse including its impact on health, governance, and security, requires a widespread understanding of the prevalence, frequently implicated drugs, commonly involved population, sources of the drugs and risk factors associated with the drug abuse.

The onset of drug abuse has been shown to begin during adolescence. Transition from childhood to adolescence represents a delicate period during which initiating drug abuse may occur. Drug abuse is forming a student sub-culture in Nigeria that can be devastating and can bring a lot of adverse effects on the national community. Sloboda submitted that drug abuse is a global problem that is impacting not only individual lives but also whole communities. It is therefore necessary to study specific aspects of the problem, especially which drugs are being used and by whom, in the attempts to contain the problem. Therefore, establishing the types of drugs that are currently being abused by secondary school students would greatly assist intervention plans towards reducing the burden of drug abuse and prevention of adverse effects. It is because, drug abuse begins mostly during the adolescent years when people are still of secondary school age. This review study was

therefore conducted to reveal the current trends regarding the types of drugs abused by secondary school students in the Nigeria.

Nigeria is an enormously diverse country with over 400 ethnicities and many religious groups. Drug abuse is therefore viewed within a broader context in Nigeria, due to its multicultural nature. For instance, most societies do not consider the use of some drugs which do not produce overt behavioral changes as drug abuse. However, despite this multicultural nature of the Nigerian population, there is a consistent outcry from both the public, police, preachers, health professionals, teachers, regulatory agencies and parents on the growing burden of drug abuse (abuse of drugs which affect behavior) in the country. The recent call was that of the President of the Pharmaceutical Society of Nigeria.

Substance abuse is a significant problem among Ekosodin youths, with a range of substances being commonly abused. The most commonly abused substances include cannabis, alcohol, tobacco, codeine, tramadol, rohypnol, heroin, and cocaine. The prevalence of substance abuse among Ekosodin youths is influenced by a range of factors, including peer pressure, family history, mental health issues, lack of education and awareness, and poverty and unemployment. The effects of substance abuse on Ekosodin youths can be severe and long-lasting, including dependence, respiratory depression, cardiovascular problems, increased risk of overdose and death, and mental health problems. To address the problem of substance abuse among Ekosodin youths, it is essential to develop and implement effective prevention and intervention strategies. These strategies should

include education and awareness programs, family-based interventions, mental health services, and community-based programs. Overall, addressing the problem of substance abuse among Ekosodin youths requires a comprehensive and multi-faceted approach that involves government, community, and individual efforts

### **The psychological risk factors contributing to substance abuse among Ekosodin youths**

Substance abuse among Ekosodin youths is a complex issue that is influenced by a range of psychological risk factors. These risk factors can be broadly categorized into individual, family, and social factors. Youths with low self-esteem may be more vulnerable to substance abuse as they may use substances to cope with feelings of inadequacy or to enhance their self-image. Youths who experience high levels of stress and anxiety may be more likely to use substances as a coping mechanism. 3. Certain personality traits, such as impulsivity and sensation-seeking, may increase the risk of substance abuse among youths. Youths from families with a history of substance abuse may be more vulnerable to substance abuse themselves. Youths who grow up in households where parents or caregivers use substances may be more likely to use substances themselves. Youths who receive inadequate parental supervision may be more likely to engage in substance use.

Youths who associate with peers who use substances may be more likely to use substances themselves. Youths who perceive substance use as normative or acceptable may be more likely to engage in substance use. Youths who live in communities with high levels of disorganization, such

as poverty and crime, may be more vulnerable to substance abuse. The psychological risk factors contributing to substance abuse among Ekosodin youths are complex and multifaceted.

Understanding these risk factors is crucial for developing effective prevention and intervention strategies. The rate of substance abuse among youths can have relatively significant impact on family, communities and the country as a whole. Substance use and abuse is one of the major problems every country in the world is facing. Reducing the abuse of the substance should be the major goal of every nation. This study investigated the psychological risk factors contributing to substance abuse among youths in North Central Nigeria, the moderating role of social support. The study employed an Expo facto design where 457 participants were used for the study. Patient Health Questionnaire Depression Scale (PHQ-8), Beck hopelessness scale and Alcohol, Smoking and Substance Involvement Scale (ASSIST) were used for data collection. Four hypotheses were tested using simple linear regression and Process macro moderation analyses.

Findings shows that depression is associated with substance abuse among youths, hopelessness is associated with substance abuse among the youths. The moderating effect of social support between depression and substance abuse was significant, the moderating effect of social support between hopelessness and substance was also significant. Based on the findings, it was concluded that depression contributed to 17.3% variation in substance, means that there are other factors contributing to 87.% and hopelessness contributed 30.2.% percent variation in substance abuse which other researchers should try and investigate to bring total treatment to this disorder. The study was only limited to two independent variables (depression and hopelessness) and a

moderating variable (social support) and a dependent variable (substance abuse). The study was only limited to undergraduate students only in Federal and state Universities.

Substance abuse is a serious problem faced by diverse societies worldwide; this problem does not discriminate in terms of gender, age, race, or religious affiliation, which indicates that substance abuse is somehow associated with human nature in general. In 2016, the percentage of individuals between the ages of 15 and 64 years who abused substance at least once in their lifetime was approximately 5.6% globally. During the last decade, the issue of substance abuse has multiplied among adolescents and young adults, especially among men aged 15-30 years. The Global Burden of Disease Study in 2013 showed that the maximum usage of these substances occurred among individuals aged between 18 and 25 years with the peak age of initiation falling between 16 and 18, and using these substances also causes 14% of health problems among young men. Substance use disorders refer to the recurrent use of alcohol and/or drugs causing significant clinical and functional impairment, these impairment can include health issues, disability, and failure to realize major responsibilities at work, school, or home. According to the DSM-5, a diagnosis of substance use disorder is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria.

The use of prescription and over-the-counter (OTC) medications for non-medical purposes is a mayor area of concern. According to the Centers for Disease Control and Prevention, 20.2% of high school students misused prescription medicine in 2009, Drugs such as Vicodin, Oxycontin,

Adderall, and Ritalin are among the prescription medications that are frequently abused. The latter two are typically used to treat attention deficit and hyperactivity disorder. Two more medicines that are frequently used for non-medical purposes are tranquilizers and cough medications. According to the National Institute on Drug Abuse, prescription and OTC medicines are the illicit substances that twelve-grade students abuse most frequently. An individual who abuses substances is susceptible to a lower quality of life than a healthy non-abuser in multiple aspects and could experience psychological, physical, social, educational, and functional impairments.

Research studies show that in the United Kingdom, problematic Internet use is associated with a wide range of negative social and psychological effects, including depression, bullying, alcohol and drug abuse, and depression. Moreover, any health issue could double in severity when abusers use two or more of psychoactive substances, compared with abusers who use a single drug. These individuals will also be exposed to a much higher degree of possible injury, poor educational level, violence, depressive symptoms, dangerous driving, or suicidal thoughts and attempts.

Youths are the workforce of every nation, and any country that is out for development always have the interest of the youth at heart. These set of people are faced with challenges especially now due to high cost of living in the country. Economic hardships have made many Nigerian youths to develop shock-absolver in order to cope with the situation while others use drugs as an escape route. Substance abuse is a common phenomenon in the world and has invaded the human society as the most important social damage (Madadi, Nogani & Tehran, 2004). According to United

Nations Office on Drugs and Crime (UNODC), an estimated 271 million (5.5%) of the global population (aged between 15 and 64 years), had used drugs in the previous year (United Nations Office on Drugs and Crime, 2019). The global interventions for preventing drug abuse including its impact on health, governance, and security, requires a widespread understanding of the prevalence, frequently implicated drugs, commonly involved population. sources of the drugs and risk factors associated with the drug abuse.

### **The Physical and Mental Health Consequences of Substance Abuse among Ekosodin Youths**

Substance abuse among Ekosodin youths can have severe physical and mental health consequences. These consequences can be short-term or long-term, and can affect various aspects of an individual's life. Substance abuse can impair judgment and coordination, leading to injuries and accidents. Sharing needles or other equipment can lead to the transmission of blood-borne diseases such as HIV/AIDS and hepatitis. Smoking substances can lead to respiratory problems such as bronchitis and lung cancer. Substance abuse can increase the risk of cardiovascular problems such as heart attacks and strokes. Substance abuse can lead to depression and anxiety which can further exacerbate substance use. Substance abuse can lead to psychosis, a condition characterized by hallucinations and delusions. Substance abuse can impair cognitive function, including memory, attention, and decision-making. Substance abuse can increase the risk of suicidal thoughts and behaviors. Substance abuse among Ekosodin youths can have severe physical, mental, and social consequences. It is essential to address substance abuse among youths to prevent these consequences and promote healthy development.

Substance abuse can impair judgment and coordination, leading to injuries and accidents. For example, driving under the influence of alcohol or other substances can lead to car accidents, which can result in injuries or even death. Sharing needles or other equipment can lead to the transmission of blood-borne diseases such as HIV/AIDS and hepatitis. Additionally, substance abuse can weaken the immune system, making individuals more susceptible to infections and diseases. Smoking substances can lead to respiratory problems such as bronchitis and lung cancer. Additionally, smoking can also lead to other respiratory problems such as chronic obstructive pulmonary disease (COPD). Substance abuse can increase the risk of cardiovascular problems such as heart attacks and strokes. This is because substance abuse can increase blood pressure, heart rate, and cardiac output, which can put a strain on the cardiovascular system. Substance abuse can lead to depression and anxiety, which can further exacerbate substance use. This is because substance abuse can alter brain chemistry, leading to changes in mood and emotional regulation. Substance abuse can lead to psychosis, a condition characterized by hallucinations and delusions. This is because substance abuse can alter brain chemistry, leading to changes in perception and reality testing. Substance abuse can impair cognitive function, including memory, attention, and decision-making. This is because substance abuse can alter brain chemistry, leading to changes in neural function and structure. Substance abuse can increase the risk of suicidal thoughts and behaviors. This is because substance abuse can alter brain chemistry, leading to changes in mood and emotional regulation.

Substance abuse can strain relationships with family and friends. This is because substance abuse can lead to changes in behavior and mood, which can be difficult for others to understand and cope with. Substance abuse can lead to poor academic performance and decreased educational attainment. This is because substance abuse can impair cognitive function and motivation, making it difficult to succeed academically. Substance abuse can lead to employment problems, including absenteeism and job loss. This is because substance abuse can impair cognitive function and motivation, making it difficult to succeed in the workplace. Substance abuse can lead to a significant economic burden on individuals, families, and society as a whole. This is because substance abuse can lead to increased healthcare costs, lost productivity, and other economic costs. Substance abuse among Ekosodin youths can have severe physical, mental, and social consequences. It is essential to address substance abuse among youths to prevent these consequences and promote healthy development. Injuries due to accidents (such as car accidents), physical disabilities and diseases, and the effects of possible overdoses are among the health-related consequences of teenage substance abuse. Disproportionate numbers of youth involved with alcohol and other drugs face an increased risk of death through suicide, homicide, accident, and illness.

The Drug Abuse Warning Network (DAWN) study in a representative sample of hospitals throughout the United States - reports trends in people seeking emergency department treatment related to illegal drug use or nonmedical use of legal drugs. Preliminary 1994 estimates indicate drug-related emergency department episodes for youth ages 12 to 17 increased by 17 percent from 1990 1994. The increase was greater than for any of the older age groups reported. Significantly,

emergency department visits related to marijuana/hashish for youth ages 12 to 17 increased 50 percents between 1993 and 1994 (MeCaig, 1995) Ninety-one youth between the ages of 12 and 17 died of drug abuse in 1993 (Office of Applied Studies, 1994)

Transmission of HIV/AIDS primarily occurs through exposure to body fluids of an infected person during sexual contact or through sharing of unsterile drug-injection equipment. Another primary means of transmission is from mothers to infants during pregnancy or the birth process. Many substance-abusing youth engage in behavior that places them at risk of contracting HIV/AIDS or other sexually transmitted diseases. This may include the actual use of psychoactive substances (particularly those that are injected) or behavior resulting from poor judgment and impulse control while experiencing the effects of mood-altering substances. Rates of AIDS diagnoses currently are relatively low among teenagers, compared with most other age groups. However, because the disease has a long latency period before symptoms appear, it is likely that many young adults with AIDS were actually infected with HIV as adolescents.

Changes in appetite and weight refer to changes in ones desire to eat food and their body mass. Problematic drug use can hijack the brain, affecting an individuals metabolism and changing their priorities into solely focusing on using drugs and foregoing eating. Drug abuse can cause unhealthy eating behaviors by changing how the body burns and stores fat. Scientists are unsure about why this happens, but a study entitled. The skinny on cocaine: Insights into eating behavior and body weight in cocaine-dependent men published in the 2013 issue of the journal *Appetite* found that

even though regular cocaine users ate a lot of fatty foods and carbs, they did not gain a lot of weight, as is usually the case when eating this way. Appetite and weight changes may last until a person engages in substance abuse, but they may gain weight once they stop and enter recovery.

Sleep problems such as insomnia or excessive sleeping are the disruptive effects of drug addiction on someone's sleeping pattern. While some drugs may disturb the duration and decrease the quality of sleep of a person, others may increase sleepiness. Drugs can have this effect by altering the neurochemical functioning of the brain and subsequently disrupting its sleep regulatory systems. This directly impacts an individual's biological clock, which is responsible for the sleep/wake cycle. A study on sleep disturbance in substance use disorders by Timothy A. Roehrs and Thomas Roth published in 2015 in the *Psychiatric Clinics of North America* suggests that sleep and daytime sleepiness/alertness abnormalities can be observed both during active substance use and after termination of use.

Increased heart rate means that a person's heart is beating significantly more quickly than usual. This is associated with elevated blood pressure and an increased risk for hypertension. Illegal drugs can increase one's heart rate by constricting the arteries which supply blood to the heart, resulting in an elevated blood pressure and a damaged heart muscle. Drug-induced high blood pressure may improve if the drug of use is stopped, although this is not always the case. In more uncommon situations and most frequently when levels become critical high blood pressure may be accompanied by chest pain, headaches, nausea, nosebleeds, and shortness of breath, according to a 2019 article entitled, *Drug-Induced Hypertension* from Vertava Health. Abnormal breathing is a

respiratory rate that may be greater or slower than normal for one's age. Slow and shallow breaths are a common symptom of respiratory depression, which is a breathing disorder that occurs when the lungs are unable to adequately exchange carbon dioxide and oxygen. Problematic drug use can cause breathing problems by inflicting harm to the body's respiratory system, causing breathing to slow down, and blocking air from entering the lungs. Opioids are the most common culprits of breathing difficulties and respiratory depression, as it can reduce respiratory rate and exacerbate asthma symptoms. Although alcohol-related traffic fatalities for youth have declined, young people are still overrepresented in this area. In 1995 alone, more than 2,000 youth (ages 15 to 20) were killed in alcohol-related car crashes (National Highway Traffic Safety Administration, 1997). These limited examples illustrate the catastrophic health-related consequences of substance abuse among adolescents. Besides personal and family distress, additional healthcare costs and loss of future productivity place burdens on the community.

Mental health problems such as depression, developmental lags, apathy, withdrawal, and other psychosocial dysfunctions frequently are linked to substance abuse among adolescents. Substance-abusing youth are at higher risk than nonusers for mental health problems, including depression, conduct problems, personality disorders, suicidal thoughts, attempted suicide, and suicide.

Marijuana use, which is prevalent among youth, has been shown to interfere with short-term memory, learning, and psychomotor skills. Motivation and psychosexual/emotional development also may be influenced (Bureau of Justice Statistics, 1992). Substance-abusing youth often are

alienated from and stigmatized by their peers. Adolescents using alcohol and other drugs also often disengage from school and community activities, depriving their peers and communities of the positive contributions they might otherwise have made. In addition to personal adversities, the abuse of alcohol and other drugs by youth may result in family crises and jeopardize many aspects of family life, sometimes resulting in family dysfunction. Both siblings and parents are profoundly affected by alcohol- and drug-involved youth (Nowinski, 1990). Substance abuse can drain a family's financial and emotional resources (Bureau of Justice Statistics, 1992). The social and economic costs related to youth substance abuse are high. They result from the financial losses and distress suffered by alcohol- and drug-related crime victims, increased burdens for the support of adolescents and young adults who are not able to become self-supporting, and greater demand for medical and other treatment services for these youth (Gropper, 1985)

### **Summary of Literature Reviewed**

1. Substance abuse is a significant problem among Ekosodin youths, with 30.5% of male youths and 20.5% of female youths reporting substance use in the past year.
2. Psychological risk factors, including peer influence, family history of substance abuse, low self-esteem, and poor parental supervision, contribute to substance abuse among Ekosodin youths
3. Substance abuse is associated with physical and mental health problems, including respiratory problems, cardiovascular problems, injuries, depression, anxiety, and psychosis.
4. Cannabis, alcohol, and tobacco are the most commonly used substances among Ekosodin youths.

## **Prevalence of Substance Abuse**

Substance abuse is a significant problem among Ekosodin youths, with various studies indicating a high prevalence of substance use among this population. According to Omoregie et al. (2017), 30.5% of male youths and 20.5% of female youths in Ekosodin reported using substances in the past year. Similarly, Ehigiator et al. (2019) found that 35.1% of male youths and 24.1% of female youths in Ekosodin reported using substances in the past year.

## **Types of Substances Abused**

Cannabis, alcohol, and tobacco are the most commonly used substances among Ekosodin youths (Omoregie et al., 2017). Other substances, including codeine, tramadol, and rohypnol, are also commonly abused among this population (Ehigiator et al., 2019).

## **Psychological Risk Factors**

Several psychological risk factors contribute to substance abuse among Ekosodin youths, Peer influence, family history of substance abuse, low self-esteem, stress and anxiety, and poor parental

supervision are significant predictors of substance abuse among this population (Ehigiator et al., 2019). Additionally, psychological distress, including symptoms of depression and anxiety, is a significant predictor of substance abuse among Ekosodin youths (Omoregie et al., 2017).

### **Physical and Mental Health Consequences**

Substance abuse is associated with various physical and mental health problems among Ekosodin youths. Respiratory problems, cardiovascular problems, injuries, depression, anxiety, and psychosis are common health consequences of substance abuse among this population (Osakue et al., 2020). Furthermore, substance abuse can lead to cognitive impairment, poor academic performance, and social problems among Ekosodin youths.

Substance abuse among Ekosodin youths is a significant public health concern that requires urgent attention. The findings of this literature review highlight the need for effective prevention and intervention programs to address substance abuse among this population. By developing and implementing evidence-based programs and policies, it is possible to reduce the prevalence of substance abuse and its associated health problems among Ekosodin youths.

## **CHAPTER THREE**

### **METHODS OF THE STUDY**

This chapter describes the research methodology that was used in the study under the following sub-headings:

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

#### **Design of the study**

This study is an assessment of the effect of the prevalence and risk factors of substance abuse among youths in Ekosodin, a survey design was adopted because it was appropriate in eliciting personal information from the respondent. The study collects information from the respondent in order to obtain the required data needed in examining issues of the effect of the prevalence and risk factors of substance abuse among youths in Ekosodin, to ascertain if the effect of the prevalence and risk factors of substance abuse among youths in Ekosodin affects the academic performance of students in Ekosodin.

### **Population of the study**

The population of the study consist of youth from Ekosodin Edo State, irrespective of their ethnicity, sex, social, economic background etc. The study is meant for youths living in Ekosodin, precisely Edo street, JB, Primary school and Market road with over 5000 people.

### **Sample and Sampling Technique**

The sample size is 60, Three sampling technique were used to obtain the sample size. The first one was to class the people by their area or residency, 6 areas in Ekosodin proportionate sampling technique was used to pick the four areas namely Edo street, JB, Primary school area and Market road secondly the classification of people by sex and age and a simple random technique was used to select 20 people from Edo street 15 from JB 12 from Market road 13 from Primary school making it a total of 60 respondents.

### **Research Instrument**

The instrument that was employed by this study in the collection of data is questionnaire. The content of the questionnaire consist of both close-ended and open-ended questions administered to the respondents, in all the structured questionnaire consisted of questions designed for the purpose of gathering data to meet the objective of the study.

### **Validity of Instrument**

The instrument was validated by the head of vigilante Ekosodin as well as the community chairman, three landlords of the community, and the Project Supervisor

### **Reliability of the Instrument**

Reliability test will be conducted to test the consistency of the instrument using test method, 60 copies of the questionnaire was distributed to the respondents, this is to ensure that the items in the questionnaire are reliable and internally consistent.

### **Administration of the Instrument**

The instrument was administered through direct, hand-to-hand distribution to the sampled respondents at their respective locations. The researcher personally briefed each participant on the study's purpose and obtained their informed consent before they completed the questionnaire. To ensure a high response rate and data quality, the researcher remained available for on-the-spot clarifications and retrieved the completed forms immediately after completion. This physical approach ensured the authenticity of responses and a high retrieval rate of usable data.

### **Method of Data Analysis**

The qualitative data collection from the survey will be analyzed using descriptive statistics and inferential statistics.

## CHAPTER FOUR

### DISCUSSION OF RESULTS AND PRESENTATION OF FINDINGS

This chapter deals with the presentation, analysis, and interpretation of the rule questionnaires. Sixty (60) questionnaires were administered to the population in Ekosodin. Sixty copies of the questionnaires were completed and retrieved.

#### SECTION B

#### Research questions 1: Prevalence of Substance Abuse

**Table 1: What is the prevalence of substance abuse among male and female youths in Ekosodin?**

S/N	ITEMS	MALE		FEMALE		TOTAL (%)
		YES(%)	NO(%)	YES(%)	NO (%)	
A	Alcohol	24 (40)	4 (6.7)	25 (41.7)	7 (11.7)	60 (100)
B	Igbo(weed)	32(53.3)	2(3.3)	21(35)	5(8.3)	60(100)
C	Kolos	21(35)	9(15)	18(30)	12(20)	60(100)

D	Cocaine	18(30)	21(35)	3(5)	8(30)	60(100)
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For item (A) Alcohol, 24 (40%) of the male respondents and 25 (41.7%) of the female respondents reported substance abuse, while 4 (6.7%) males and 7 (11.7%) females did not.

In item (B) Igbo (weed), 32(53.3%) of the males and 21 (35%) of the females reported substance abuse, with 23.3%) males and 5.04 (8.3%) females reporting no substance abuse.

For item (C) Kolos, 21 (35%) of the male respondents and 18 (30%) of the female respondents reported substance abuse, while 9 (15%) males and 12 (20%) females did not.

In item (D) Cocaine, 18 (30%) of the males and 3 (5%) of the females reported substance abuse, with 21 (35%) males and 18 (30%) females reporting no substance abuse.

From the table above it is seen that Igbo (weed) seems to be prevalently high among the youth in Ekosodin and Alcohol consumption is slightly prevalent among females than males.

### SECTION C

**Research Question 2: What types of substances are most commonly abused among Ekosodin youths?**

**Table 2. Types of Substances Abused**

SN	What substances do you think are most commonly abused among Ekosodin youths?	Yes (%)	No (%)	Total (%)

A	Alcohol	12(20)	48(80)	60(100)
B	Kolos	19(31.7)	41(68.3)	60(100)
C	Igbo (weed)	24(40)	36(60)	60(100)
D	Cocaine	5(8.4)	55(91.6)	60(100)

for item (A) Alcohol, 12 (20%) of the respondents believed it was commonly abused, while 48 (80%) did not

In item (B) Kolos, 19(31.7%) of the respondents thought it was commonly abused, whereas 41(68.3%) did not

For item (C) Igbo (weed), 24 (40%) of the respondents believed it was commonly abused, while 36 (60%) did not.

In item (D) Cocaine, 5(8.4%) of the respondents thought it was commonly abused, whereas 55 (91.6%) did not. From the table above, it is seen that Igbo (weed) is commonly abused.

**Table 3:**

SN	Where do you think Ekosodin youths usually obtain these substances?	Yes (%)	No (%)	Total (%)
A	Friends	10(16.7)	50(83.3)	60(100)
B	Family members	4(6.6)	56(93.4)	60(100)
C	Dealers	39(65)	21(35)	60(100)
D	Online sources	7(11.7)	53(88.3)	60(100)

For item (A) Friends, 10 (16.7%) of the respondents believed friends were a common source, while 50 (83.3%) did not.

In item (B) Family members, 4 (6.6%) of the respondents thought family members source, whereas 56 (93.4%) did not

For item (C) Dealers, 39 (65%) of the respondents believed dealers were a common source solide 21 (35%) did not.

In item (D) Online sources, 7 (11.7%) of the respondents thought online sources were a common source, whereas 53(88.3%) did not. From the table above, the youths in Ekosodin gets illegal substance mainly from dealers.

## **SECTION D**

**Research Question 3: What psychological risk factors (stress, anxiety, depression) are linked to substance abuse among Ekosodin youths?**

**Table 4: Psychological Risk Factors**

<b>SN</b>	<b>Have you experienced any of the following in the past 12 months?</b>	<b>Yes (%)</b>	<b>No(%)</b>	<b>Total (%)</b>
A.	Stress	43(71.7)	17(28.3)	60(100)
B.	Fearfulness	31(51.7)	29(48.3)	60(100)
C.	Sadness	40(66.7)	20(33.3)	60(100)

D.	Emotional pain	27(45)	33(55)	60(100)
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The data infers that stress is a major concern, with 71.7% of respondents experiencing stress. indicating that many Ekosodin youths are struggling to cope with pressure, which might lead some to substance abuse as an escape. Sadness is also prevalent, with 66.7% reporting it, suggesting & significant emotional burden potentially linked to mental health issues or difficult life circumstances.

## SECTION E

**Research Question 4: What are the physical and mental health consequences of substance abuse among Ekosodin youths?**

**Table 5: Physical and Mental Health Consequences**

SN	Have you experienced any of the following physical health problems due to substance use?	Yes (%)	No (%)	Total (%)
A	Headaches	28 (46.7)	32 (53.3)	60 (100)
B.	Stomach problems	21 (35)	39 (65)	60 (100)
C	Respiratory problems	11 (18.3)	49 (81.7)	60 (100)

For item (A) Headaches, 28 (46.7%) of the respondents reported experiencing headaches due to substance use, while 32 (53.3%) did not.

In item (B) Stomach problems, 21 (35%) of the respondents experienced stomach problems, whereas 39 (65%) did not.

For item (C) Respiratory problems. 11 (18.3%) of the respondents reported respiratory problems. while 49(81.7%) did not. From the table above, headaches is seen to be the most common experienced physical health problem due to substance abuse with 28 (46.7%) of the respondent

**Table 6:**

<b>SN</b>	<b>Have you experienced any of the following mental health problems due to substance use?</b>	<b>Yes (%)</b>	<b>No (%)</b>	<b>Total (%)</b>
A	Fearfulness	16 (26.7)	44 (73.3)	60 (100)
B.	Sadness	29 (48.3)	31 (51.7)	60 (100)
C.	Death wishes	15 (25.0)	45 (75.0)	60 (100)

For item (A) Fearfulness, 16(26.7%) of the respondents reported experiencing fearfulness due to substance use, while 44 (73.3%) did not.

In item (B) Sadness, 29(48.3%) of the respondents experienced sadness, whereas 31 (51.7%) did not.

For item (C) Death wishes, 15 (25%) of the respondents reported having death wishes, while 45 (75%) did not. From the table above, it is seen that sadness is the most commonly experienced mental health problems due to substance abuse with 29 (48.3%) of the total respondents.

The physical and mental health consequences of substance abuse among Ekosodin youths are most notably headaches and sadness, with 46.7% and 48.3% of respondents reporting these issues, respectively. These percentages underscore that both conditions affect a substantial proportion of the sample, with sadness slightly edging out headaches in prevalence.

This suggests that substance abuse has significant physical and mental health impacts on Ekosodin youths, with headaches and sadness being the most prevalent issues.

## **Discussion of Findings**

This chapter presents the analysis and interpretation of the results obtained from the questionnaires administered to youths in Ekosodin, with a focus on the prevalence and risk factors of substance abuse,

The findings in section B indicate that substance abuse is prevalent among Ekosodin youths, with Igbo (weed) being the most commonly abused substance, particularly among males (53.3%). This is consistent with previous studies that have shown that substance abuse is a significant issue among youths (Johnson et al., 2017). Alcohol consumption is also significant, with females slightly more prevalent (41.7%) than males (40%). These results align with studies in Nigeria, such as Adekeye et al. (2017), who reported high prevalence of marijuana and alcohol among youths in Jigwada, Nasarawa State, attributing this to affordability and accessibility.

The slightly higher prevalence of alcohol use among females (41.7% vs. 40% males) is an unexpected finding, as regional studies typically show higher substance use among males due to social norms encouraging male risk-taking (Dumbili, 2015). This may reflect changing gender dynamics in Ekosodin, possibly influenced by the university environment, where female students may have greater exposure to social settings involving alcohol (Oshodin, 1981). The high prevalence of Igbo among males aligns with global trends, where cannabis is a leading substance of abuse among young men, often linked to peer influence and perceived social acceptability (UNODC, 2020).

The overall prevalence suggests that substance abuse is a pressing public health likely exacerbated by the community's proximity to a university, which may facilitate access to substances through student networks or local dealers (Adekeye et al., 2017). The findings underscore the need for targeted interventions, particularly for cannabis and alcohol, which dominate substance use patterns.

The findings in section C show that Igbo (weed) is perceived as the most commonly abused substance among Ekosodin youths (40%) (Table 2), followed by Kolos (31.7%). This suggests that these substances are widely available and accessible to youths in Ekosodin. According to Odejide (2016), substance abuse among youths is often linked to peer influence and availability of substances. The low perception of cocaine as commonly abused (8.4%) is consistent with its lower prevalence, likely due to its higher cost and limited availability compared to locally sourced

substances like Igbo or Kolos (UNODC, 2020). However, the 30% prevalence among males indicates a concerning niche use, possibly among a subset of youths with access to resources of connections to urban drug markets

The table representing the sources of substances indicates that dealers are the primary source of substances for Ekosodin youths (65%) (Table 3), suggesting that substance abuse is often linked to external factors rather than peer or family influences. This is consistent with previous studies that have shown that substance abuse is often linked to external factors such as availability and accessibility (Haviland et al., 2010).

The results in section D highlight that stress (71.7%) and sadness (66.7%) are significant psychological risk factors linked to substance abuse among Ekosodin youths (Table 4). These findings suggest that many youths in Ekosodin are struggling with emotional burdens, which may contribute to substance abuse as a coping mechanism. According to Sinha CODE and emotional distress can increase the risk of substance abuse among youth. The high prevalence of stress and sadness suggests that Ekosodin youths face considerable emotional burdens, which drive substance use as a coping mechanism. This aligns with global literature, such as Soome et al (2012), who linked mental health challenges like depression and anxiety to increased wine abuse risk. In Ekosodin, stressors could stem from academic pressures, economic hardship, or community challenges, such as violence or insecurity, common in peri-urban settings (Abubakar & Adebayo, 2019).

The finding that 71.7% of respondents experienced stress is particularly concerning, as chronic stress is a well-documented precursor to substance use, especially among adolescents seeking escape or relief (Sinha, 2008), Sadness, reported by 66.7%, may indicate underlying depressive symptoms, which could be exacerbated by limited access to mental health services (Gureje et al. 2015). Fearfulness (51.7%) and emotional pain (45%) further suggest a socially toxic environment, potentially linked to community violence or personal trauma, as noted in studies associating adverse childhood experiences with substance use (Dube et al., 2013)

These psychological factors likely interact with the high prevalence of substance use, creating a vicious cycle where emotional distress drives substance use, which in turn worsens mental health. The findings emphasize the need for mental health screening and support in Ekosodin to address these risk factors and prevent substance abuse.

The finding in section E reveals that substance abuse has significant physical and mental health consequences for Ekosodin youths. Headaches (46.7%) and sadness (48.3%) are the most prevalent physical and mental health issues, respectively (Table 5). These findings underscore the need for targeted interventions to address the physical and mental health impacts of dance shave. According to previous studies, substance abuse can have serious physical and mental health consequences, including increased risk of mental health disorders and physical health problems (World Health Organization, 2018).

The high incidence of headaches may be linked to substances like Igbo or alcohol, which can cause dehydration or neurological effects (WHO, 2018), Stomach problems could result from ingesting substances like Kolos or alcohol, which irritate the gastrointestinal system (Rehm et al., 2010). The lower prevalence of respiratory problems (18.3%) may reflect the dominance of non-inhaled substances (eg, alcohol) over smoked ones like Igbo, though cannabis smoking could still contribute (Tashkin, 2013). These physical health consequences align with literature documenting the somatic effects of substance use, particularly among youths with developing physiologies (Volkow et al., 2014).

Mentally, the prevalence of sadness (48.3%) as a consequence of substance use suggests that substances may exacerbate or trigger depressive symptoms, creating a feedback loop with the psychological risk factors identified in Table 3 (Conner et al., 2008). The 25% reporting death wishes is alarming, indicating a subset of youths at risk of severe mental health crises or suicidal ideation, which is consistent with studies linking substance abuse to increased suicide risk (Borges et al., 2010). Fearfulness (26.7%) may reflect paranoia or anxiety induced by substances like cannabis or cocaine, as noted in pharmacological research (Hall & Degenhardt, 2019).

The comparable prevalence of headaches (46.7%) and sadness (48.3%) underscores the dual burden of physical and mental health consequences, highlighting the need for holistic interventions addressing both domains. These findings are consistent with regional studies, such as in Kenya,

where substance abuse is linked to both physical ailments and mental health deterioration (Ndetei et al., 2009).

The findings of this study provide valuable insights into the prevalence and risk factors of substance abuse among Ekosodin youths. The results highlight the need for comprehensive strategies to address substance abuse, including mental health support services, substance abuse prevention programs, and law enforcement efforts to reduce the availability of substances. By understanding the specific substances, sources, and risk factors involved, policymakers and stakeholders can develop targeted interventions to mitigate the impact of substance abuse on Ekosodin youths.

## **CHAPTER FIVE**

### **SUMMARY, CONCLUSION AND RECOMMENDATION**

#### **Summary**

This research project aimed to analyze the prevalence and risk factors of substance abuse among youths in Ekosodin

The research design is a descriptive type of survey design and the study population consisted of youths in Ekosodin, Benin City. A sample size of 60 respondents was selected using the simple random sampling technique. The instrument for data collection was a well-designed structured questionnaire which was validated by the project Supervisor and two other lecturers from the

Department of Health, Safety and Environmental education. The test-retest method was used to determine the reliability of the instrument. Collated data was analyzed using descriptive statistical tools such as frequency and percentage tables.

The study investigated the prevalence, types, sources, psychological risk factors, and physical and mental health consequences of substance abuse among youths in Ekosodin aged 15-27 years. The study had a higher female representation compared to males. Most respondents had tertiary education while a significant proportion were students.

The findings revealed that;

1. Igbo (weed) seems to be prevalently high among the youth in Ekosodin and Alcohol consumption is slightly prevalent among females than males.
2. Igbo (weed) is commonly abused and the youths in Ekosodin gets illegal substance mainly from dealers.
3. Stress is a major concern, with 71.7% of respondents experiencing stress, indicating that many Ekosodin youths are struggling to cope with pressure, which might lead some to substance abuse as an escape. Sadness is also prevalent, with 66.7% reporting it, suggesting a significant emotional burden potentially linked to mental health issues or difficult life circumstances.
4. Headaches is seen to be the most common experienced physical health problem due to substance abuse with 28(46.7%) of the total respondent.

## **Conclusion**

In view of data collected, and analyzed on the prevalence and risk factors of substance abuse among youths in Ekosodin. Firstly, it can be concluded that substance abuse is highly prevalent among Ekosodin youths, with Igbo (weed) and alcohol being the dominant substances, sourced primarily from local dealers. The high rates of psychological risk factors, particularly stress and sadness, suggest that emotional distress is a significant driver of substance use, exacerbated by limited mental health resources in the community. The physical and mental health consequences, notably headaches and sadness, indicate a dual burden that threatens youths' health, academic performance, and social functioning. The slightly higher alcohol use among females points to evolving gender dynamics, possibly influenced by the university-adjacent setting of Ekosodin.

Secondly, these findings highlight the interplay of individual, social, and environmental factors in perpetuating substance abuse, aligning with regional and global patterns. The study emphasizes the urgent need for targeted interventions to curb drug availability, address psychological vulnerabilities, and mitigate health consequences. By providing empirical data on Ekosodin's youth, this study contributes to the broader discourse on substance abuse in Nigeria and underscores the necessity for community-specific strategies to promote healthier outcomes.

## **Recommendations**

Based on the findings and conclusions of this study, the following recommendations are made:

1. Establishing mental health support services to address stress, sadness, and other emotional burdens that may contribute to substance abuse.

2. Developing substance abuse prevention programs to educate youths about the risks and consequences of substance abuse.
3. Strengthening law enforcement efforts to reduce the availability of substances in Ekosodin.
4. Encouraging parental involvement in substance abuse prevention efforts.

### **Suggestions for Further Studies**

From the finding of this study, suggestions are hereby proffered for further studies:

1. Longitudinal Study: Conducting a longitudinal study to investigate the long-term consequences of substance abuse among Ekosodin youths.
2. Comparative Study: Comparing the prevalence and risk factors of substance abuse among youths in different regions or countries.
3. Intervention Study: Evaluating the effectiveness of substance abuse prevention programs among Ekosodin youths.

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## APPENDIX

DEPARTMENT OF HEALTH, SAFETY AND ENVIRONMENTAL EDUCATION,  
FACULTY OF EDUCATION, UNIVERSITY OF BENIN..

QUESTIONNAIRE: ANALYZING THE PREVALENCE AND RISK FACTORS OF  
SUBSTANCE ABUSE AMONG YOUTHS IN EKOSODIN.

A structured questionnaire designed to analyze the Prevalence and risk factors of  
substance abuse among youths in Ekosodin.

### Section A: Demographic Information

1. Age: \_\_\_\_\_
2. Sex: Male ( ) Female ( )
3. Educational level: Primary ( ) Secondary ( ) Tertiary ( )
4. Occupation: Student ( ) Employed ( ) Unemployed ( )

### Section B: Prevalence of Substance Abuse

1. Have you ever used any substance (e.g., alcohol, Igbo weed, Kolos, cocaine, etc.)?  
1. Yes( ) No( )

### Section C: Types of Substances Abused

1. What substances do you think are most commonly abused among Ekosodin youths? (Select all that apply)

Alcohol( ) Kolos( ) Weed( ) Cocaine ( )

Other (please specify) \_\_\_\_\_

2. Where do you think Ekosodin youths usually obtain these substances? (Select all that apply)

Friends ( ) Family members ( ) Dealers ( ) Online sources ( )

Other (please specify) \_\_\_\_\_

### **Section D: Psychological Risk Factors**

1. Have you experienced any of the following in the past 12 months? (Select all that apply)

Stress ( ) Fearfulness ( ) Sadness ( ) Emotional pain ( )

### **Section E: Physical and Mental Health Consequences**

1. Have you experienced any of the following physical health problems due to substance use?  
(Select all that apply)

Headaches ( ) Stomach problems ( ) Respiratory problems ( )

Other (please specify) \_\_\_\_\_

2. Have you experienced any of the following mental health problems due to substance use?

(Select all that apply)

Fearfulness ( ) Sadness ( ) Death wishes ( )

Other (please specify) \_\_\_\_\_

### **Section F: Additional Comments**

Is there anything else you would like to share about substance abuse among Ekosodin youths?

\_\_\_\_\_