

**KNOWLEDGE AND ATTITUDE OF SUBSTANCE ABUSE AMONG  
FEMALE SECONDARY SCHOOL STUDENTS IN BENIN CITY**

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BENIN CITY.**

**JANUARY, 2023**

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**A PROJECT REPORT SUBMITTED TO THE DEPARTMENT OF  
CLINICAL PHARMACY, FACULTY OF PHARMACY, UNIVERSITY OF  
BENIN, BENIN CITY IN PARTIAL FULFILMENT OF THE  
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PHARMACY**

**SUPERVISOR**

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**JANUARY, 2023**

## **CERTIFICATION.**

This is to certify that this research work was carried out by Gift Osaruonamen Enoma, in partial fulfillment for the award of Doctor of Pharmacy degree (Pharm.D) in the department of Clinical Pharmacy and Pharmacy Practice, Faculty of Pharmacy, University of Benin, Benin City.

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## **DEDICATION**

This research work is dedicated to my beloved mother Mrs Enoma, my siblings for their prayers, and to all those who have supported me in one way or the other through my journey in Pharmacy school.

## **ACKNOWLEDGEMENT**

I would like to express my deepest gratitude to God almighty, the author of knowledge and wisdom who has made this project work a success. My sincere appreciation also goes to my supervisors, Prof. Azuka C Oparah and Dr. Soni Jeffery, Ph.D, for their encouragement and guidance throughout the study. I am extremely grateful to my project mates for their contributions, to my dear friend Stella and to the principals of the various secondary schools where it was conducted, God bless you all.

## ABSTRACT

**Background:** Various research works by experts and relevant national and international organizations have consistently revealed the dangerous rising case of drug use among youths in the country and the negative health complications it has resulted to. Globally, the harmful use of alcohol alone has been estimated to result in about 3.3 million deaths each year and at least 15.3 million persons worldwide have been documented to be suffering from drug use disorders (WHO, Substance Abuse, 2014). **Substance abuse** refers to the use of psychoactive substances, that creates pleasurable effect on the brain, on the other hand, **substance misuse** is the use of a substance for a purpose not consistent with legal or medical guidelines (WHO,2006).

**Aims and objections:** This study determined the knowledge and attitude of female secondary school students to drug abuse, factors that affect the use of substances, and possible ways of preventing substance use.

**Method:** A descriptive research method was adopted for the study and a simple random sampling technique was used to select the respondents for the study. A semi-structured questionnaire was the instrument utilized for this research to obtain information from respondents. The questionnaire was administered to a total of 500 students from four selected female secondary schools via convenient sampling technique. Participants included for the study were those who had knowledge of the topic and were above 12 years of age. The data obtained was analyzed using descriptive statistics like percentage, means etc.

**Results:** The findings of the research among participants revealed that majority of respondents had knowledge of substance abuse and a negative attitude to its use by and around them. The findings also revealed that the main contributing factors to substance use were depression, peer pressure, availability of the substance and

environmental influence. It was, however, recommended among others that secondary school curriculum be designed to provide basic knowledge of substance abuse as well as adverts and enlightenment programs on the dangers of substance abuse should be made public by the government and school authorities as ways of preventing substance abuse.

**Conclusion:** The study revealed that the respondents had a good knowledge of substance abuse and its effect, their attitude was negative to its use, various factors that contribute to substance use and recommendations to prevent further abuse of substances were provided.

**Key words:** Substance abuse, substance misuse, drugs, knowledge, attitude

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## CHAPTER ONE

### INTRODUCTION

#### 1.0 BACKGROUND

Globally there is an increasing rate at which youths abuse substance and the deleterious consequences it has resulted to both socially and health wise . According to the World Health Organization (WHO) ,-Substance abuse refers to the harmful or hazardous use of psychoactive substance, including alcohol and illicit drugs. **Substance misuse** is the use of a substance for a purpose not consistent with legal or medical guidelines (WHO,2006). Drug misuse is currently gaining spread as people now buy medications which a friend or relative once used and worked for them without appropriate consultation. Often times, drugs associated with this term include: alcohol, opioids, amphetamines, barbiturates, benzodiazepines, cannabis, cocaine, hallucinogens and methaqualone. There are various causative factors for substance abuse which can either be a genetic disposition which is learned from others, or can be a habit. Complications of substance abuse by young people are grave including: increased rate of engaging in unhealthy sexual practices, delinquency, violence, loss of sanity, poor school performance caused by inability to concentrate during school hours, criminal tendencies, suicidal ideations, dependence and death. Globally, the harmful use of alcohol alone has been estimated to result in 3.3 million deaths each year and at least 15.3 million persons worldwide have been documented to be suffering from drug use disorders (WHO, Substance Abuse, 2014). In 2008, 155 million to 250 million people all over the world were estimated to have used psychoactive substances with cannabis being the most commonly abused substance.

About 230 million people, or 5 percent of the world's adult population, are estimated to have abused drug at least once in 2010 (WDR, 2012). Alcohol and other drugs (Khat and tobacco) users number about 27 million, which is 0.6 percent of the world adult population (UNODC, 2014). For instance, the use of alcohol dates back to ancient times where it is used during important cultural and ceremonial occasions. It is one of the most readily and cheaply available substance hence, frequently abused. However, the reason for the compulsive use of the substance and the attendant health consequences were unknown until much later in human history.

History reports that the use of cannabis (*Cannabis Sativa*) for instance originated in central Asia or Western China. Cannabis has been used for its alleged healing properties for millennia. The first documented case of its use dates back to 2800 BC, when it was listed in the Emperor Shen Nung's (regarded as the father of Chinese medicine) pharmacopoeia. Therapeutic indications of cannabis are mentioned in the texts of the India Hindus, Assyrians, Greeks and Romans. These texts reported cannabis to treat a vast array of different health problems, including, depression, reduction of intraocular pressure, amenorrhoea, inflammation, pain, lack of appetite and asthma. In the first decades of the 20<sup>th</sup> century, the western use of cannabis significantly decreased. This may have occurred among other factors, because of the difficulty to obtain replicate effects, due to the extreme varying efficacy of the plant whose power depend on the origin, age and its mode of extraction and preparation. At the end of the 19<sup>th</sup> century, other medicines were discovered that could treat the same ailment as cannabis, and this caused a decline in its use. Also, many legal restrictions limited the medical use and experimentation of cannabis due to the component called **Tetrahydrocannabinol (TCH)** among other components it

contains which is the main psychoactive constituent. THC is responsible for the “high” that most people associate with cannabis.

There are many study for finding the association between many factors to drug abuse. This study is designed to investigate the correlation between students knowledge, attitude towards substance abuse, the predisposing factors to its use, their effects on the students performance and necessary measures to combat the increasing use of psychoactive substances of which parents play a paramount role in.

## **1.2 DEFINITION OF KEY CONCEPTS**

**Drugs:** It is any chemical substance that causes a change in an organisms’ physiology or psychology when consumed (wikipedia). According to Oxford dictionary, a drug is a substance used to treat an illness, relieve a symptom or modify a chemical process in the body for a specific purpose. It is also defined as a psychoactive substance, especially one which is illegal and addictive, ingested for recreational use, such as cocaine.

**Substance abuse:** According to the definition by World Health Organization (WHO); it refers to the harmful or hazardous use of psychoactive substance, including alcohol and illicit drugs. These substances tend to create pleasurable effect on the brain.

**Substance misuse:** Is the use of a substance for a purpose not consistent with legal or medical guidelines (WHO,2006).

**Knowledge:** It is the fact of knowing about something; general understanding or familiarity with a subject, place, situation etc. by Oxford dictionary. It can also be referred to as a fact, information or skills acquired through experience or education.

**Attitude:** It means disposition or a state of mind. It is a settled way of thinking or feeling about something, by Oxford dictionary.

### **1.3 FACTORS THAT CONTRIBUTE TO SUBSTANCE ABUSE**

Growing up especially in areas where substances are occasionally used presents some problems and considerations which can affect the developments of adolescents and can be carried to adulthood. Psychologically, young adults have serious developmental tasks to handle such as peer identification and individualization from their family. The following are some reasons for engaging in substance abuse by students however this varies between individuals. These include;

1. **Social factors:** This is further subdivided into

- ❖ Peer pressure (One of the most important causes)
- ❖ Role-Modeling/imitation
- ❖ Easy availability and accessibility
- ❖ Conflicts (usually intrafamilial)
- ❖ Cultural/Religious reasons
- ❖ Lack of social or familial support
- ❖ Social attitude
- ❖ Social events/Celebrations
- ❖ Rapid urbanization

## **2. Psychological Factors:**

- ❖ Curiosity
- ❖ As a novelty or newest in trend
- ❖ Social rebelliousness (disobedience)
- ❖ Early initiation
- ❖ Poor control
- ❖ Sensation seeking (Feeling high)
- ❖ Low self-esteem (Anomie)
- ❖ Poor stress management
- ❖ Childhood loss or trauma
- ❖ As a relief from fatigue or boredom
- ❖ To escape reality
- ❖ No interest in conventional goals.
- ❖ Psychological distress

## **3. Biological Factors:**

- ❖ Family history/ genetic predisposition
- ❖ Pre-existing psychiatric or personality disorder, or a medical disorder
- ❖ Reinforcing effects of drugs
- ❖ Withdrawal effects and craving
- ❖ Biochemical factor

#### **1.4 PREVALENCE OF SUBSTANCE WITH REGARDS TO PREVIOUS STUDIES CONDUCTED**

Alcohol remains the most commonly abused substance globally due to its ease of accessibility and cost of purchasing it. Its use in social occasions and gatherings has also contributed to its widespread use. According to the 2009 National Survey on Drug Use and Health (NSDUH), about 10.4 million youth ages 12 to 20 (27.2 percent) reported drinking alcohol in the past month. According to the 2009 NSDUH, 6.9 million youth (18.1 percent of youth between the ages of 12 and 20) reported binge drinking and 2.1 million youth (5.4 percent of youth between the ages of 12 and 20) reported heavy drinking (U.S department of Health and Human Services, 2010).

The U.S reports that cigarettes smoking is the leading cause of preventable disease and death and is most often initiated during adolescence. The number of youth who have tried cigarettes and those who reported daily use remains higher than the number of youth who have tried any other illicit drug. Report obtained from teenagers is that it is “very easy” or “fairly easy” to get cigarettes. Among 8th, 10th, and 12th graders in 2011, 27.8 percent had tried cigarettes in their lifetime and 11.7 percent reported that “they had smoked within the past month”.

Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type pain relievers, tranquilizers, stimulants, and sedatives used non-medically. While illicit drug use among youth is lower than tobacco and alcohol use, youth and young adults between the ages of 12 and 25 were more likely to be current illicit drug users than adults 26 and older.

Painkillers like tramadol and dihydrocodeine are one of the most commonly used drugs by teens after tobacco, alcohol, and marijuana. Stimulants are often used to treat attention-deficit hyperactivity disorder and narcolepsy.

Newest trend in substances that are currently abused include; skushy, shisha, cow dung, cough preparations, fuel/petrol, paint among others.

### **1.5 GENDER DIFFERENCES IN THE INITIATION OF SUBSTANCE USE**

There is currently a drift in the way females now get involved in substance abuse. Often times, males have been known to engage more in substance use than their female counterparts. However, currently, male-female differences in risk of initiating substance use are changing in trend. Females are getting more involved and hence causing a general shift with respect to the traditional sex differences so often documented with substance use.

In most parts of the world today substance use is being seen as an expected behaviour rather than a considerable health risk. Three out of four high school students ages 18 years and younger report having ever used an addictive substance (includes alcohol, shisha, cigarettes, illicit drugs like cocaine, and/or marijuana). Alcohol is the most commonly used substance (72.5%), followed by cigarettes (46.3%) and marijuana (36.8%) (Feinstein et al., 2012). Substance use in adolescence increases with age and its abuse increases from the experimentation stage to the dependence stage (Behrendt et al, 2009).

## **1.6 CONSEQUENCES OF SUBSTANCE ABUSE**

Substance abuse is associated with an array of health and social consequences. These effects are frequently exhibited by drug abusers. Some of these consequences are explained in following headings:

### **❖ Academics**

Truancy, low school grades, absenteeism from school and other activities, and increased potential for dropping out of school are some of the results caused by drug/substance abuse. Hawkins, Catalano, and Miller cite research indicated that a low level of commitment to education and higher truancy rates appear to be related to substance use among youth. This may interfere with their academic performance and also present obstacles to learning from their classmates.

### **❖ Health and Safety**

Psychoactive drugs affect the central nervous system and act by altering a person's feelings, thoughts and behaviour. 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 substance abuse. Disproportionate numbers of youth involved with alcohol and other drugs face an increased risk of death through suicide, homicide, accident, and illness. Trauma, violence, organ system damage, various cancers, unsafe sexual practices, premature death and poor nutritional status of families with heavy drinking fathers are associated with substance abuse.

Parenteral routes of administering these substances have placed abusers at high risk of contracting HIV/AIDS or other sexually transmitted and blood borne diseases. 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.

#### ❖ **Mental health**

Mental health problems such as depression, developmental lags, apathy, withdrawal, loss of sanity and other psychosocial dysfunctions frequently are linked to substance abuse among adolescents. Suicidal thoughts or ideation, attempted suicide, and suicide are also common with substance abusers. Suicide is the second leading cause of death among college students (Silver, 1984; James et. al. 2010). 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.

#### ❖ **Peers**

Substance-abusing youth are often 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.

#### ❖ **Families**

In addition to personal adversities, engaging in substance abuse may result in family crises and ruin many aspects of family life, sometimes resulting in family dysfunction and financial crisis. This has a great psychological impact on other family members.

Consequently this leads to a disturbed emotional and psychological state among family members, which in turn affects their level of happiness and psychological stability. The social and economic costs related to youths that abuse substances are high. They result from the financial losses and distress suffered by drug-related crime victims, increased burdens for the support of adolescents and young adults who are not able to become self supporting, and greater demands for medical and other treatment services for these youth or students.

#### ❖ **Misconduct and legal problems**

There is an undeniable link between substance abuse and the exhibition of bad behaviour or misconduct by abusers. Arrest, adjudication, and intervention by the juvenile justice system are eventual consequences for many youth engaged in the abuse of various substances and this often result to school and family problems, a lack of neighborhood social controls, physical or sexual abuse and involvement with negative peer groups (Hawkins et al, 1987; Wilson and Howell, 1993). Substance abuse is associated with both violent and income-generating crimes by youths like drug trafficking, prostitution, robbery, and growing numbers of youth homicide, generally leading to social unrest.

#### ❖ **Socioeconomic problems**

The development of addiction or dependence by drug abusers could lead to financial crisis and instability . The need for more money also comes from the desire to prevent the withdrawal symptoms that compels the victim spend more money in other to get these substances, not minding selling off valuable properties. These may result in divorce, disorganized families where children are not properly raised and constitute nuisance to the

society. Substance use may result in loss of man-hour or poor performance at scheduled tasks.

## **1.7 POSSIBLE WAYS OF PREVENTING SUBSTANCE ABUSE**

The following steps are applicable in preventing substance use ;

### **1. Prevention through education**

Previous researches have shown that the role of the educational sector cannot be overemphasized. Educational curricula and programs could be designed to provide basic knowledge of substance abuse and its consequences as it is believed that early exposure of pupils and students to the dangers of substance abuse will prevent later day use of dependence. Many bad habits are usually imbibed at the formative stage of life, hence the need for early enlightenment about the dangers of engaging in substance use.

### **2. Prevention through media**

The print and electronic media can as part of their social responsibility make advertisements and programmes aimed at reminding the public of the dangers of substance abuse and dependence. Such adverts and programmes should be continuous and intensified during festive periods when indulgence in substance use is highest.

### **3. Prevention through leisure**

Well organized leisure activities like sports, seminars, workshops and picnics or other areas that can be looked into to provide alternatives to substance use ( Ray I Ozolua, 2020. Lecture note on: *Substance Abuse and Dependence*,pp.1-16.).

#### **4. Prevention in workplace**

Organizations and institutions can set up committees on substance abuse. The committees should be provided with resources and their activities supervised by the authorities of the organization. Regularly, workshops on substance abuse and its health and workplace effects should be held. The committee should identify and help individual staff member who is substance-dependent.

#### **1.8 SCOPE OF THE STUDY**

This research was carried out in four selected female secondary schools in various local government area of Edo state here in Benin City. The schools covered for this research include: Idia College , Emotan secondary school, Federal girls college and Iyoba girls college, all in Edo state. The instrument adopted the use of a semi-structured questionnaire.

#### **1.9 STATEMENT OF RESEARCH PROBLEM**

Various undesirable outcomes exist with the use of substances on individuals, families, and communities such as high prevalence of blood borne infection (Malaju & Asale 2013:5) among youths. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems. These problems includes but not limited to;

- ❖ Teenage pregnancy
- ❖ Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS)
- ❖ Other sexually transmitted diseases (STDs)
- ❖ Domestic violence

- ❖ Child abuse
- ❖ Motor vehicle crashes
- ❖ Physical fights
- ❖ Crime
- ❖ Homicide
- ❖ Suicide (Poor et al,2004).

#### **1.10 SIGNIFICANCE OF THE STUDY**

Keeping the number of people who abuse substances to the nearest minimum is the most important fact of national and international drug policy

The findings from this study is expected to assist in the development of better policies by government agencies, school authorities and respective stakeholders to mitigate the spread and ill consequences of substance abuse. The health sector especially public sector and the educational sector in Edo state could make use of the information provided by this study to bring about awareness via mass media, campaigns and health outreaches to influence public opinion, to educate and inform people about the harmful effects of substance abuse most especially during festive periods. This was hoped to significantly reduce the number of students, youth and the public at large that engaged in this illicit act. Schools, teachers and training colleges would find this study a valuable tool for preparation of more effectual learning sessions on substance abuse preventive education as well as assisting in organizing curricular and extracurricular activities that are aimed at substance abuse education. The study's findings are expected to be an important contribution to theory, and

tools of studying substance abuse in Edo state and the entire Nigeria. Finally, the findings would help in setting up specialized interventions program as a way to completely pull up substance abuse among students in school thus increasing academic performance and participation. The study would be significantly helpful to students as well as other scholars who in the future would be interested in the same research topic in terms of reproducibility, as it become some of the literature available for review.

### **1.11 RESEARCH OBJECTIVES**

#### **General objectives;**

- ❖ To investigate substance abuse among female secondary school students within Benin city and its environs.

#### **Specific objectives**

- ❖ To explore students attitude, knowledge of substance abuse
- ❖ To investigate the factors contributing to substance abuse
- ❖ To develop ways for mitigating and discouraging the use of substance abuse by students.

### **1.12 JUSTIFICATION OF THE STUDY.**

Substance abuse is a common phenomenon globally and has invaded the human society as the most important social damage (Siam et al,2005). The increasing rate of abuse by both male and female youths as well as secondary school students is growing wild despite the deleterious or ill effects caused by its use. Hence, there is need for adequate measures to be put in place to checkmate this growing trend and prevent its use in the future. The role

of parents in educating their children on the dangers of substance abuse at their early stage cannot be overemphasized as it will help to prevent its use later in life.

### **1.13 RESEARCH PURPOSE**

The purpose of this study was to determine students knowledge and attitude about substance abuse, students awareness to substance abuse as well as its prevalence, the contributing factors to substance use, the effects of substance use and ways to mitigate the burden of substance abuse among secondary school students.

## **CHAPTER TWO**

### **RESEARCH METHODOLOGY**

#### **2.0 INTRODUCTION**

This chapter discusses the research design, target population, sample and sampling procedures, research instruments, validity of the instruments, reliability of the instruments, data collection procedure and finally data analysis techniques employed in the research. The study include the use of a semi-structured questionnaire which was shared among five hundred (500) students in four female secondary schools located in various local government areas in Edo State.

#### **2.1 RESEARCH DESIGN**

Research design is a blue print that researchers follow during the process of research (Grove et al, 2013). A descriptive cross-sectional study which is known to be quantitative was carried out to determine participants' knowledge and attitude on substance abuse using the questionnaire method of data collection.

#### **2.2 ETHICAL CONSIDERATION**

All respondents were informed about the purpose of the study and their verbal consent was obtained before it was commenced. Adequate level of confidentiality was provided to information obtained from the study and the identity of the participants was kept anonymous. Respect for the dignity of research participants was prioritized. Lastly, the protection of the privacy of research participants was ensured and they were not subjected to harm in any way.

### 2.3 RESEARCH SETTING

The study was carried out in four female secondary schools within Benin city and its environs. This setting was selected because of the alarming rate at which secondary school students now abuse drugs owing to some certain factors and reasons. A strategic and conducive site was chosen within the school compound to encourage attendance, easy accessibility by participants, quiesce and distraction free study.

### 2.4 SAMPLE SIZE DETERMINATION

This refers to the group of people or objects that consist of the sampling units relevant to the research question (De Vos et al, 2021).

This was calculated using the Cochran's formula<sup>43</sup> for descriptive study.

$$n = Z^2pq/d^2$$

Where,

n = minimum sample size

Z = standard normal deviation = 1.96 at 95% confidence interval

P = prevalence value. Eeguranti et al, in a study among secondary school students in Ogbomosh, South West Nigeria reported 20.3% of the prevalence of substance abuse among the respondents.

$$q = 1 - p = 1 - 0.203 = 0.797.$$

d = degree of accuracy desired set at 0.05

Imputing the values in the above equation,

$$n = (1.96)^2 \times 0.203 \times 0.797 / (0.05)^2$$

$$n = 249$$

Using 10% margin in order to provide allowance for non-response,

$$nf = n/1 - nr$$

Where;

nf = final sample size

n = minimum sample size

nr = non-response of 10%

Therefore,  $nf = 249/1 - 0.1$

$$nf = 249/0.9 = 277.$$

However considering the population, a total of 500 questionnaires were administered to participants from SSS1 to SSS3 class aged 12 years and above. It included students who were identified by their school uniforms. In each school, about 125 questionnaires were shared to get students' individual opinion about substance abuse.

## **2.5 SELECTION CRITERIA**

Participants who were qualified to be included in this study were;

- ❖ Registered students of the selected secondary schools
- ❖ Aged 12 years and above
- ❖ Having knowledge about substance abuse or has used at least one of the substances of abuse
- ❖ Students ability to communicate in English language.

Participants that were excluded in this study were;

- ❖ Students who had no knowledge about the topic
- ❖ Aged below 12 years
- ❖ Those who declined to participate.

## **2.6 RESEARCH INSTRUMENTS**

A semi-structured questionnaire was the instrument used for data collection in the study. The questionnaire was pretested and validated prior to the study. It was divided into five sections;

- ❖ Section A-- socio-demographic data of participants
- ❖ Section B--knowledge of substance abuse
- ❖ Section C--attitude towards substance abuse
- ❖ Section D--factors that affect the use of substances
- ❖ Section E--possible ways of preventing substance abuse

The questionnaires were afterwards administered to participants and checked for completion.

## **2.7 METHOD OF SAMPLING**

Approval was first obtained from appropriate authorities of each school and from the participants before the study commenced after which the selected students were administered the questionnaires to fill via convenient sampling technique.

## **2.8 METHOD OF ANALYSIS**

Codes were set for the organized data to help compress the volume of information obtained and assign them into categories. Codes are tags or labels for allocating identified themes or topics from the data compiled in the study. The data was afterwards summarized to help link research findings to research aim and objectives. The data was then be validated to ensure accuracy and reliability of the study design.

## **2.9 INSTRUMENT VALIDITY**

Validity refers to the degree to which the results acquired from data analysis actually represent the phenomena under study (Mugenda & Mugenda, 1999). The pilot study of a small representative sample population that has similar characteristics as the target population will be required for the validation of the instrument (Mulusa, 1988). A pilot study was conducted in four female secondary schools with about 100 questionnaires. This was to enable the final year student establish whether the instruments is measuring what they are supposed to measure, ensuring the wording is clear and if there are any researcher bias. The items found inadequate were discarded and others modified to improve the validity of the instrument. Advice from the project supervisors who are expert in the field of research was also employed to improve on the content of the instrument.

## **CHAPTER THREE**

### **RESULT**

This chapter presents the analysis of the data variables used in the research and their interpretations. A total of about 500 questionnaires were subjected to statistical analysis using the Statistical Package for Social Sciences (SPSS) and the findings are presented in tables below.

#### **3.0 SOCIO-DEMOGRAPHIC DATA**

The socio-demographic data of the participants are in table 3.0. Majority of the the respondents(65.2%) were 15 years and above. There was a relative distribution across the class/level, with majority(96.6%) admitting to being Christians. The respondents generally reside in urban area(97.4%) with relative distribution in Benin metropolis. Majority of respondents were from Oredo local government area( 40.6%) and live with their parents(82.2%).

**Table 3.0** Socio-demographic characteristics of respondents

variables	frequency (n)%
<b>Age(yr)</b>	
12 -15	174(34.8)
Above 15	326(65.2)
<b>Class</b>	
Sss1	68(13.6)
Sss2	211(42.2)
Sss3	221(44.2)
<b>Religion</b>	
Christian	483(96.6)
Muslim	15(3.0)
Others	2(0.4)
<b>Place of residence</b>	
Urban	487(97.4)
Rural	13(2.6)
<b>Type of family</b>	
Extended	81(16.2)
Nuclear	418(83.6)
<b>Living with</b>	
Parents	411(82.2)
Grand parents	27(5.4)
Relatives	55(11.0)
Hostel	7(1.4)
<b>Local government area</b>	
Egor	124(24.8)
Oredo	203(40.6)
Ovia north east	119(23.8)
Others	54(10.8)

### **3.1 KNOWLEDGE OF SUBSTANCE ABUSE AMONG SECONDARY SCHOOL STUDENTS**

Table 3.1 below summarizes the various respondents' knowledge of the topic. Majority of the respondents(75.2%) indicated that they have previous knowledge of the topic which they obtained from various sources, however, minority of respondents(24.8%) indicated not to have previous knowledge of substance abuse. Majority of participants( 78.2%) indicated that addiction is a physical/medical illness, 76.4% indicated that it can cause physical effect, for psychological effect there was a total of 76.8% and 73.8% for social effect. About 83.8% of respondents indicated that substance abuse is preventable or treatable while 93.3% indicated that treatment be given to those who intend giving up the use of substance of abuse.

**Table 3.1** Frequency distribution of knowledge of substance abuse among respondents  
(n=500)

Item questions	yes n(%)	No n(%)
Do you have previous knowledge of substance abuse	376(75.2)	124(24.8)
Did you know about it from media such as adverts	325(65.0)	175(35.0)
From peer group	214(42.8)	286(57.2)
From public lectures	306(61.2)	194(38.8)
From the internet	359(71.8)	141(28.2)
From parents	315(63.0)	185(37.0)
Addiction is a physical or medical illness	391(78.2)	109(21.8)
Do you know that the use of psychoactive substances can cause physical effect	382(76.4)	118(23.6)
Psychological effect	384(76.8)	116(23.2)
Social effect	369(73.8)	131(26.2)
Do you consider that substance abuse is preventable or treatable once developed	419(83.8)	81(16.2)
Treatment should be given to drug addicts who intend to give up drugs for good	465(93.0)	35(7.0)
Substance abuse is the harmful use of psychoactive substances including alcohol or illegal/illicit drugs	484(96.8)	16(3.2)

### 3.2 DESCRIPTIVE STATISTICS ON KNOWLEDGE OF SUBSTANCE ABUSE

The table below shows a summary of the mean values and the standard deviation values of the participants knowledge of substance abuse to the item questions .

**Table 3.2** Descriptive statistics on the knowledge of substance abuse (n=500)

item questions	Mean±SD
Do you have previous knowledge of substance abuse	0.75±0.432
Did you know about it from media such as adverts	0.65±0.477
From peer groups	0.43±0.495
From public lectures	0.61±0.488
From the internet	0.72±0.450
From parents	0.63±0.483
Addiction is a physical or medical illness	0.78±0.413
Do you know that the use of psychoactive substances can cause physical effects	0.76±0.425
Psychological effect	0.77±0.423
Social effect	0.74±0.440
Do you consider that substance abuse is preventable or treatable once developed	0.84±0.369
Treatment should be given to drug addicts who intend to give up drugs for good	0.93±0.255
Substance abuse is the harmful use of psychoactive substances including alcohol or illegal/illicit drugs	0.97±0.176

### 3.3 ATTITUDE OF STUDENTS TOWARDS SUBSTANCE ABUSE

The table below shows the mean values and standard deviation values of the item questions on the attitude of students towards substance abuse as well as factor loading and values for cronbach's alpha.

**Table 3.3** Descriptive statistics on attitude of substance abuse (n=500)

<b>Item questions</b>	<b>mean±SD</b>	<b>Factor loading</b>	<b>Cronbach's alpha</b>
You would like to openly discuss substance with your friends and others	4.05±0.978	0.191	
You are comfortable to maintain contact with a friend who has recently been involved in substance abuse	2.74±1.211	0.698	0.364
You will feel okay to have a substance abuser as a neighbour	1.98±0.995	0.713	
The society is too tolerant towards drug abusers	3.78±1.191	0.446	
Education on substance abuse should start at primary school level	4.54±0.913	0.653	
<b>Total</b>	<b>3.418±1.0576</b>		

### 3.4 INFERENTIAL STATISTICS ON THE KNOWLEDGE OF SUBSTANCE ABUSE AMONG RESPONDENTS

Table 3.4 below shows the values of participants' response with respect to the type of family. Majority of the respondents had knowledge of substance abuse and were from nuclear families while minority who indicated not to have knowledge of substance abuse were from the extended type of family.

**Table 3.4** Inferential statistics on the knowledge of substance abuse among respondents

<b>Item questions</b>	<b>no</b>	<b>yes</b>	<b>P-value</b>	<b>Relative ratio</b>	<b>Odd ratio</b>
Do you have previous knowledge of substance abuse					
Extended family	32	49	0.0018	1.793	1.298-2.483
Nuclear family	92	326			
Did you know about it from media such as adverts					
Extended family	27	54	0.7995	0.9414	0.6740-1.315
Nuclear family	148	270			
From peer group					
Extended family	44	37	0.6237	0.9383	0.7561-1.164
Nuclear family	242	176			
From public lectures					
Extended family	36	45	0.2652	1.176	0.8950-1.545
Nuclear family	158	260			
From the internet					
Extended family	22	59	0.8931	0.9540	0.6474-1.406
Nuclear family	119	299			
From parents					
Extended family	37	44	0.1018	1.2900	0.9843-1.691
Nuclear family	148	270			
Addiction is a physical or medical illness					
Extended family	17	64	1.0000	0.9640	0.6085-1.527
Nuclear family	91	327			

Do you know that the use of psychoactive substances can cause physical effect	14	67	0.1550	0.6947	0.4193-1.151
Extended family	104	314			
Nuclear family					
Psychological effect					
Extended family	18	63	0.8863	0.9478	0.6087-1.476
Nuclear family	98	320			
Social effect					
Extended family	23	58	0.6792	1.099	0.7499-1.611
Nuclear family	108	310			
Do you consider that substance abuse is preventable or treatable once developed					
Extended family	16	65	0.3289	1.270	0.7762-2.079
Nuclear family	65	353			
Treatment should be given to drug addicts who intend to give up drugs for good	8	73	0.3384	1.529	0.7205-3.245
Extended family	27	391			
Nuclear family					
Substance abuse is the harmful use of psychoactive substances including alcohol or illegal/illicit drugs	2	79	1.0000	0.7372	0.1707-3.183
Extended family	14	404			
Nuclear family					

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### 3.5 FACTORS THAT AFFECT THE USE OF SUBSTANCES

A summary of the various factors that contribute to substance abuse as indicated by respondents is shown below. Majority of respondents indicated that all factors are very important of which ; availability of the substance formed 55.6%, cheap to purchase formed 47.6%, peer pressure 58.4%, easy to use 42.8%, influence of artistes 50.0%, divorce of parents 42.4%, lack of employment/idleness 55.6%, mental depression 59.2%, use of psychoactive substances by ones parent or guardian 52.0% and environmental influence 58.4% respectively.

**Table 3.5** Factors that affect the use of substance abuse

Item questions	Very important n(%)	moderately important n(%)	least important n(%)
Availability of the substance	278(55.6)	92(18.4)	129(25.8)
Cheap to purchase	238(47.6)	140(28.0)	122(24.4)
Peer pressure	292(58.4)	116(23.2)	92(18.4)
Easy to use	214(42.8)	155(31.0)	131(26.2)
Influence of artistes who abuse drugs	250(50.0)	123(24.6)	127(25.4)
Divorce of parents	212(42.4)	120(24.0)	168(33.6)
Lack of employment/idleness	278(55.6)	122(24.4)	100(20.0)
Mental depression	296(59.2)	110(22.0)	94(18.8)
Use of psychoactive substance by one's parent or guardian	260(52.0)	119(23.8)	121(24.2)
Environmental influence	292(58.4)	117(23.4)	91(18.2)

### 3.6 POSSIBLE WAYS OF PREVENTING SUBSTANCE ABUSE

Table 3.6 below summarizes the analysis of possible ways of preventing substance abuse by secondary school students. From the results, a majority of 73.6% strongly agreed that secondary school curriculum should be designed to provide basic knowledge of substance abuse, 31.6% indicated that sports and picnic events can provide alternative to substance abuse, 69.2% indicated that adverts and enlightenment programs on the dangers of substance abuse should be made public, 61.4% indicated that committees be set to penalize those that abuse substances while 45.8% indicated that participation in religious activities will reduce the incidence of substance abuse.

**Table 3.6** Possible ways of preventing substance abuse

Item questions	Strongly agree n(%)	Agree n(%)	Not sure n(%)	Disagree n(%)	Strongly disagree n(%)
Secondary school curriculum should be designed to provide basic knowledge of substance abuse	368(73.6)	108(21.6)	8(1.6)	10(2.0)	6(1.2)
Sports and picnic events can provide an alternative to substance abuse	158(31.6)	172(34.4)	75(15.0)	62(12.4)	33(6.6)
Adverts and enlightenment programs on the dangers of substance abuse should be made public	346(69.2)	107(21.4)	20(4.0)	18(3.6)	9(1.8)
Setting up committees in schools that would penalize those	307(61.4)	137(27.4)	28(5.6)	21(4.2)	7(1.4)

abusing drugs will help to stop  
substance abuse

Participation in religious activities will reduce the incidence of substance abuse	229(45.8)	146(29.2)	70(14.0)	41(8.2)	14(2.8)
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## CHAPTER FOUR

### DISCUSSION

Analysis of the socio-demographic data revealed that majority of participants were above 15 years of age and from the SSS3 class, christian by religion who reside in urban region. Majority of respondents live with their parents and were from Oredo local government area in Benin city.

In the above research, a good number of participants were very much acquainted with the term substance abuse and its ill effects. This knowledge was obtained from various sources including; the internet, from parents, from peer groups, from media and public lectures. The internet was revealed to be the dominant source of knowledge accounting for 356(71.8%) of participants. The ill effects of substance abuse as revealed by the students were; sleeping or drowsiness, aggression, poor attention span in school and at work, insomnia, death as a result of fatal accidents among others. These findings with regards to knowledge is similar to the study conducted by Billali SF, where participants had good knowledge about substance abuse while 35% had inadequate knowledge (Katherine Riva et al (2018 ). Prevalence and predictors of alcohol and drug use among secondary school students in Botswana: a cross-sectional study BMC public health, 18:1396).

Participants in the study revealed a negative attitude towards substance abuse as 188(37.6%) strongly disagreed to feel okay having a substance abuser as a neighbour. About 170(34.0%) participants were not sure if they would feel comfortable to maintain contact with a friend who recently abused substances. Also 198(39.6%) and 358(71.6%) participants strongly agreed to openly discuss substance abuse with their friends and that education on substance abuse should be introduced at primary school level, while

199(39.8%) participants disagreed to the idea of the the society being too tolerant towards drug abusers.

Factors that contribute to the abuse of substances as revealed by the study include; mental depression, peer pressure, environmental influence, availability of the substance, lack of employment or idleness and use of psychoactive substances by one's parent or guardian. The reasons for increase in substance abuse despite apparent knowledge may also be attributed to idleness especially since most youths are jobless; as well as social and peer pressure. Parental influence may also be a factor responsible for substance abuse; as children tend to mimic the habits of their parent hence, there is a tendency for a child whose parents abuse drugs to also do likewise. Peer pressure is a well known predictor of substance use among youths. The finding of this study as well as previous researches confirm that resistance to peer pressure will reduce the risk of engaging in substance use as peers learn to practise substance use with one another as an expression of independence from parental control (Jessor, 2001). This is also supported by the fact that a desire to be part of "something" places a huge amount of pressure on adolescent to behave in a particular way (Allen et al., 2012; Hansen & Graham, 1991; Westling, 2008).

In terms of prevalence, this study also revealed alcohol to be the most commonly abused substance by more than half of the respondents. Alcohol is one of the substances of abuse that is generally more readily and cheaply available when compared to other substances. It is also accepted by people in many cultures some of which openly promote its use during particular important cultural and ceremonial occasions like marriage, initiations and birthday parties.

Possible ways of preventing substance abuse as revealed by the study include designing secondary school curriculum to provide basic knowledge of substance abuse by 368(73.6%) respondents. About 346(69.2%) of respondents recommended that advertisements and enlightenment programs on the dangers of substance abuse should be made public while 307(61.4%) of students recommended setting up committees in schools to penalize those abusing drugs. Minority of students, about 158(31.6) and 229(45.8%), suggested sports and picnic events as alternative to substance abuse and participation in religious activities respectively

## **CHAPTER FIVE**

### **CONCLUSION**

The above study showed that majority of the students had knowledge of substance abuse with negative attitude towards substance use. Alcohol was the most abused substance. Mental depression, peer pressure and availability of substances were revealed to be the chief contributory factors to substance use. Recommendations to prevent further use of substances include but not limited to designing secondary school curriculum to provide basic knowledge of substance abuse, making public the dangers of substance abuse and setting up committees in schools that would penalize students who abuse drugs.

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## APPENDIX

### SUBSTANCE ABUSE AMONG FEMALE SECONDARY SCHOOL STUDENTS IN BENIN CITY

#### SECTION A: DEMOGRAPHIC DATA

1. Age in years: \_\_\_\_\_
2. Sex: \_\_\_\_\_
3. Class: (a) SSS 1 (b) SSS 2 (c) SSS 3
4. Religion: (a) Christian (b) Muslim (c) Others \_\_\_\_\_
5. Place of residence: (a) Urban area (b) Rural area
6. Type of family: (a) Extended (b) Nuclear
7. Living with: (a) Parents (b) Grand parents (c) Relatives (d) In hostel
8. Local government area: (a) Egor (b) Oredo (c) Ovia north east (d) Others \_\_\_\_\_

#### SECTION B: KNOWLEDGE OF SUBSTANCE ABUSE

QUESTION	YES	NO
1. Do you have previous knowledge of substance abuse ?		
2. Did you know about it from media such as adverts?		
From peer group?		
From public lectures?		
From the internet?		
From parents?		
3. Addiction is a physical or medical illness		
4. Do you know that the use of psychoactive substances can cause physical effect?		
Psychological effect?		
Social effect?		
5. Do you consider that substance abuse is preventable or treatable once developed		
6. Treatment should be given to drug addicts who intend to give up drugs for good		
7. Substance abuse is the harmful use of psychoactive substances including alcohol or illegal/illicit drugs		

QUESTION	STRONGLY AGREE	AGREE	NOT SURE	DISAGREE	STRONGLY DISAGREE
1. You would like to openly discuss substance abuse with your friends and others					
2. You are comfortable to maintain contact with a friend who has recently been involved in substance abuse					
3. You will feel okay to have a substance abuser as a neighbor					
4. The society is too tolerant towards drug abusers					
5. Education on substance abuse should start at primary school level					

#### SECTION D: FACTORS THAT AFFECT THE USE OF SUBSTANCE ABUSE

FACTORS	LEAST IMPORTANT	MODERATELY IMPORTANT	VERY IMPORTANT
1. Availability of the substance			
2. Cheap to purchase			
3. Peer pressure			
4. Easy to use			
5. Influence of artists who abuse drugs			
6. Divorce of parents			
7. Lack of employment/Idleness			
8. Mental depression			
9. Use of any psychoactive substance by one's parent or guardian			
10. Environmental influence			

2. What substances have you seen been abused around your community and friends? (You can choose more than one option)

(a) Alcohol (b) Caffeine (present in coffee) (c) Shisha (d) Tramadol (e) Marijuana (f) Cannabis (g) Amphetamine (h) Cocaine (i) Skushy (j) crack (k) Others (Please write it down)\_\_\_\_\_

3. What age range of people have you seen commonly abuse drugs?

(a) Below 15 (b) 16 - 20 (c) 21 - 25 (d) 26 - 30 (e) 30 - 35 (f) 36 - 40 (g) 41 and above

4. In what occasions have you seen people use drugs?

(a) Before exams (b) Before doing sports (c) On the street (d) At parties (e) At home (f) At place of work (g) Others (Please write down)\_\_\_\_\_

5. Which of these effects have you seen in people abusing drugs?

(a) Increased sleeping or drowsiness (b) Poor attention span in school and at work (c) Inability to breathe properly (d) Staggering and sluggishness (e) Sadness (f) Happiness or Euphoria (g) Aggression (h) Loss of sanity or madness (i) Organ damage like kidney failure, lung cancer etc. (j) Insomnia or inability to sleep (k) Death caused by accident (l) Inability to concentrate and read for long (m) High energy to

walk, work, run etc. (n) Others (please write down) \_\_\_\_\_

**SECTION E: POSSIBLE WAYS OF PREVENTING SUBSTANCE ABUSE**

<b>QUESTIONS</b>	<b>Strongly agree</b>	<b>Agree</b>	<b>Neutral</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
1. Secondary school curriculum should be designed to provide basic knowledge of substance abuse					
2. Sports and picnic events can provide an alternative to substance abuse					
3. Adverts and enlightenment programs on the dangers of substance abuse should be made public					
4. Setting up committees in school that would penalize those abusing drugs will help to stop substance abuse					
5. Participation in religious activities will reduce the incidence of substance abuse					