

FACTORS INFLUENCING FEMALE STUDENTS DRUGS ABUSE IN TERTIARY INSTITUTIONS IN SOKOTO METROPOLIS: A CASE STUDY OF THE UMARU ALI SHINKAFI POLYTECHNIC SOKOTO

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ABSTRACT

Drug abuse appears to be a common business among the youth in the past decades, with physical and mental health complications. Despite the known risks associated with the drugs, male and female continue using these drugs. This paper seeks to identify the factors influencing the prevalence of drug abuse among female students in tertiary institutions in Sokoto State using Umaru Ali Shinkafi Polytechnic as a case study. The research adopts descriptive survey of data collection through the distribution of structured questionnaires. Findings reveal the prevalence of female drug abusers with numerous predisposing factors including pathological family background, peer pressure, ignorance of the danger of drug abuse amongst others. The paper recommends the need to set-up guidance and counseling units across various tertiary institutions in the state with a view to facilitating proper withdrawal of suspected female students from the menace.

Keywords: Drug Abuse, Female, Tertiary Institutions, Sokoto Metropolis.

INTRODUCTION

The average Nigerian youth's vulnerability exposes him to various activities which either benefit him or otherwise. One of such negative activities is the indiscriminate use of drugs which has dangerous effects on him and the society. From alcohol to other psychoactive or performance enhancing drugs, the effect of the dependence on these drugs tend to alter responses to sensations alertness and stability of moods which are all controlled by the Central Nervous System (C.N.S). Although drug on its own could be regarded as any substance taken by a living organism to enhance work activities, its abuse, may lead to hazardous and irreversible health damage (Observer, 2015).

The consumption of illicit drugs by youths has become a nightmare for parents, government, and society as a whole. While parents and guardians have to cope with the challenges of managing youth especially female at schools and tertiary institutions of learning who become virtually intolerable due to drug use, as well as high cost of medical bills both at home and abroad, the society bears the brunt of cases of thuggery, rape pandemonium, prostitution and other social vices, no thank to drug abuse (Abdullahi, 2009).

Some of the major substances consumed by schools and tertiary institutions students include tramol and codeine. This current situation is very worrisome considering it excessiveness daily without the authority concern does something to curtail the menace. No doubt the resultant



effects of drug consumption are that youths are getting more restless and become ready-made in the sex institutions especially the female ones, and readily used by politicians and terrorist as willing to accomplices in their various schemes. The onus of fishing out the peddlers of these destructive drugs lays on the society, educationist, religious leaders, and government in particular whose duty and responsibilities are to protect and to preserve the dignity of future generation (Trust, 2015). It is against this background that this research aimed at identifying causes of female students' drugs abuse in tertiary institutions in the state to finding a solution to it.

PROBLEM STATEMENT

Over the years, the Nigerian educational system has been marred by numerous social problems which have dominated contemporary policy debates among academic and policymakers interested in the socio-economic development of the country. Precisely, the upsurge in the level of drug abuse amongst students of tertiary Institutions (mostly in their adolescent stage) in Umaru Ali Shinkafi Polytechnic is a great call for concern. Okorodudu (2004) in their research work indicated that the problem of drug abuse knows no boundaries or social class. It impedes the development of any society as it is a threat to life, health, dignity, and prosperity of all individuals.

However, previous researchers gave much emphasis only on male drugs abuse while ignoring to identify factors influencing female drugs abuse in our tertiary institutions of learning which was hitherto at a meager rate. Misuse of several substances and drugs such as Marijuana, Codeine, Tramol and Tutolin has negatively affected the academic performance of some female students in the school along with attendant social effects. Moreover, the female students in the institution who engage in the above menace ostensibly to aid academic performance are always pre-occupied with how to obtain drug of choice and crave for substance rather than concentrate on how to excel in their academic endeavor.

To this end, drug abuse is a severe problem which has slowly affected the normal development of the youth particularly female students and propelled them into social vices such as indecency, immorality, and prostitution in some cases. Hence, this is jeopardizing the purpose and public advocacy on the relevance of female education in the state. The essence to which motivated this research is due to lack of consideration by the researchers both within and outside school community to pay attention towards the attendant's consequences to portend by this menace about the development of female students in tertiary institutions in the state.

OBJECTIVES OF THE STUDY

The main objectives of this research include the following:

1. To identify the causes and consequences of female drugs abuse in tertiary institutions of learning in Sokoto State
2. To determine major drugs that are widely abused by female students in tertiary institutions in the state.



3. To find out counseling strategies for counseling to be adopted in curbing the trend of female drug abuse in the study area.

RESEARCH QUESTION

1. What are the major causes and consequences of female drugs abuse at Umaru Ali Shinkafi Polytechnic, Sokoto?
2. What are the major drugs widely abused by female students in the study area?
3. What counseling strategies can be adopted to mitigate the trend of female drugs misuse in the study area?

RESEARCH HYPOTHESIS

1. H₀: There is no significant difference between the causes and consequences of female drugs abuse at Umaru Ali Shinkafi Polytechnic, Sokoto.
H₁: There is a significant difference between the causes and consequences of female drugs abuse at Umaru Ali Shinkafi Polytechnic, Sokoto.
2. H₀: There is no significant difference among the major drugs widely abused by female students at Umaru Ali Shinkafi Polytechnic, Sokoto.
H₁: There is a significant difference among the major drugs widely abused by female students at Umaru Ali Shinkafi Polytechnic, Sokoto.
3. H₀: There is no significant difference between counseling strategies to curb female drug abuse at Umaru Ali Shinkafi Polytechnic, Sokoto.
H₁: There is a significant difference between counseling strategies to curb female drug abuse at Umaru Ali Shinkafi Polytechnic, Sokoto.

EMPIRICAL REVIEW

Some literature has extensively examined drug addiction in contemporary society. A drug refers to a substance that could bring about a change in the biological function through its chemical actions (Okeye, 2001). It is also regarded as a substance that modifies perceptions, cognition, mood, behavior and general body function (Balogun, 2006). It is considered to be chemical modifiers of the living tissues that could bring about psychological and behavioral changes (Nnachi, 2007). Odejide (2000) examined that drug is said to be abused when its use is not pharmacologically necessary especially when employed in the face of legal prohibition or when a society acceptable beverage is used excessively. According to Sambo (2008) posited that chronic use of substances could cause severe and sometimes irreversible damage to adolescent's physical and psychological development.

The word addiction means getting habitual with something. In the case of drugs when a human body gets dependent on some exciting things, and after a period, it creates a habit which means that the body has become dependent on the stimulant which is an addiction. According to World Health Organization (2005) defines a drug as a chemical substance of synthetic, semi-synthetic or natural origin intended for diagnostic, therapeutic or palliative use or for modifying



physiological functions of man and animal. A drug is a substance used for medical purposes that change the state or function of the body (Coleman, 2010).

THEORIES OF DRUG ABUSE

From the theoretical perspectives of drug addiction which indicate that some individuals depend heavily on certain drugs for their survival due to the number of factors. The main emphases highlighted in these theories are a sociocultural aspect of it that concern with the values of the society. The fact is that in some cultures, taking alcohol and other types of drugs are permitted, while to others is taboo. Another vital aspect that these theories elaborate were personality and character involved in by an individual in drug abuse. Such personality characteristics are in the ability to delay satisfaction, low tolerance for frustration, poor coping capacity and low self-esteem, poor impulse control and high emotional dependence on other people. Individuals with these personality characteristics find it difficult to abstain from drug abuse. However, some theory viewed from a particular direction of natural relation which determined by the individual's biological or genetic factors which make them vulnerable to drug addiction. Another theory is learning Theory of Drug Abuse which maintains the usage or dependence of drugs occurs as a result of learning and the learning could be using instrumental learning, conditional learning, or social learning (Oluermi, 2012)

From the record of drugs abuse in Nigeria, the Northwest has a statistics of 37.47 percent of the drug victims in the country, while the Southwest has been rated second with 17.32 percent, the South-East is rated third with 13.5 percent, North-central has 11.71 percent, while the North-east zone has 8.54 per cent of drug users in the country (Akannam, 2008). In Nigeria, the estimated life time consumption of cannabis among the population is 10.8 percent, followed by psychotropic substances like benzodiazepines and amphetamine-type stimulants 10.6 percent, heroin 1.6 percent, and cocaine 1.4 percent, in both urban and rural areas. Drugs abuse appears to be common among males with 94.2 percent than females 5.8 percent, and the age of first use is 10 to 29 years. The use of volatile organic solvents is 0.53 percent and is widely spread among the street children, in school youths and women. Multiple drug use happens nationwide with 7.88 percent to varying degree (Crime, 2007).

The alarming evidence of the prevalence of drug abuse, the effects, and consequences of drug addiction among students has called for concern and challenge to all helping professions to mount strategies of equipping youths with skills of living devoid of substance abuse. In Nigeria today, the impact of substance use are diverse, including acute and chronic health, social as well as psychological problems such as criminal behavior, school failure and vocational one (Oliha, 2001).

Tertiary institutions of learning in Sokoto state are not exceptional in this disturbing trend because Teenagers probably 14-19 years and even married women become addicted to Tutolin, Codeine containing cough syrup consumes at least twice a day. Some teenagers in Sokoto institutions claimed that for them to have an actual dose, two bottles per days are what their system demands or it may just shut down. (Trust, 2015) This has done great harm to their lives,



and some dropped out of school and now spends time at Mami Market in the city of Sokoto. At Mami Market, both male and female addicts mostly in their twenties have found a haven where they freely indulge in using a variety of substances to get 'high.' Recently, the National Drug Law Enforcement Agency (NDLEA) decried the increasing involvement of girl's teenagers and married women in drug abuse. From January-December 2015, the NDLEA has seized over 1,000 kilograms of the illicit drug with Codeine, 561 kilograms of Cannabis and 363 kilograms of psychotropic substances, and arrested as suspects, including females. According to NDLEA, disclosed that children now mix soft drinks, such as Coca Cola and Lacasera with Codeine because doing so intoxicate them more (Weekend, 2015)(Daily, 2015).

METHODOLOGY

The research design adopted for this study is the descriptive survey method. Daramola (2006) defined a descriptive survey as a precise description of an event in a factual manner. Thus, this method is helpful in collecting detailed and factual information that describes the nature of conditions, identifying problems and determining what others are doing with similar problems or situations. Meanwhile, the Likert scale was adopted to explore information and encourage easier access to response while hypothesis was tested using chi-square technique.

Population

The population of study comprises of 5,803 students during the 2015/2016 academic session at Umaru Ali Polytechnic of Sokoto State. The population cut across of the Seven (7) colleges in the institutions.

Sample and Size

The sample size from a total population of 5,803 was computed as 360 using the Krejcie and Morgan formula for sample size. Meanwhile, a simple random sampling technique was employed to select the respondents across the two campus of the institution i.e. College of Administration, Farfaru and Umaru Ali Shinkafi Permanent Site, Arkilla Area, Sokoto. However, only 343 questionnaires were retrieved.

Instrumentation

The instrument that was used in data collection for the study was a researcher -designed questionnaire titled "factors influencing the female students' Drugs Abuse in tertiary institutions in Sokoto State: A case study of Umaru Ali Shinkafi Polytechnic of Sokoto State Questionnaire" The questionnaire was divided into four (4) sections A, B, C, and D. Section A has five (4) items. This is drawn to elicit personal information such as age, marital status, college, and level. The other three sections B, C, and D are three different scales. The Sections were as follows:

1. Section B; Causes of female drug abuse
2. Section C; Major drugs widely abused by female students
3. Section D; Consequences of female drug abuse



DATA PRESENTATION

Table 1 represents age distribution of respondents; it was observed that 97 respondents (28.3%) were between 16-19 years, 115 respondents (33.5%) were between 20-23 years, 75 respondents (21.9%) were between 24-27 years, and 56 respondents (16.3%) were above 27 years. The majority of the respondents were within the age of 20-23 years.

Table 1: Age Distribution of Respondents.

Age Category	Frequency	Percentage (%)
16-19 years	97	28.3
20-23 years	115	33.5
24-27 years	75	21.9
Above 27 years	56	16.3
Total	343	100.0%

Source: Field Survey, 2016

Table 2 shows the distribution of respondents by marital status; it proves that 234 respondents (68.22%) were single, 86 respondents (25.1%) were married and 23 respondents (6.7%) were divorced. The majority of the respondents were single during the period of the research.

Table 2: Distribution of Respondents by Marital Status

Marital Status	Frequency	Percentage (%)
Single	234	70.8
Married	86	25.1
Divorce	23	6.7
Total	343	100.0%

Source: Field Survey, 2016

Table 3 indicates the distribution of respondents by common causes of female drug abuse in Sokoto state tertiary institution. It was observed that pathological family background such as broken home and lack of parental supervision are the most prominent causes of female drug abuse with average affirmative respondents of 32.9% and 30.9% respectively. Moreover, the majority of the respondents strongly agreed and agreed to the causes highlighted in the research with 27.59% and 27.25% respectively.



Table 3: Distribution of Respondents by Causes of Female Drug Abuse

Causes of Drug Abuse		Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree	Total
S/ N		Frequency (%)	Frequency (%)	Frequency (%)	Frequency (%)	Frequency (%)	Frequency (%)
1	Personality problems due to socio-economic conditions	81 (23.6%)	89 (25.9%)	47 (13.7%)	62 (18.1%)	64 (18.7%)	343 (100%)
2	Ignorance of the danger of illegal drug abuse	99 (28.9%)	109 (31.8%)	-	68 (19.8%)	67 (19.5%)	343 (100%)
3	Pathological family background such as broken home	113 (32.9%)	115 (33.5%)	-	59 (17.2%)	56 (16.3%)	343 (100%)
4	Depression and mental illness	91 (26.5%)	70 (20.4%)	96 (28.0%)	33 (9.6%)	53 (15.5%)	343 (100%)
5	Lack of parental supervision	106 (30.9%)	95 (27.7%)	45 (13.1%)	55 (16.0%)	42 (12.2%)	343 (100%)
6	History of sexual or physical abuse	91 (26.5%)	70 (20.4%)	-	96 (28.0%)	86 (25.1%)	343 (100%)
7	Social and academic pressure	85 (24.8%)	93 (27.1%)	-	79 (23.0%)	86 (25.1%)	343 (100%)
8	The fact that these drugs are sold within the school premises	93 (27.1%)	102 (29.7%)	-	74 (21.6%)	74 (21.6%)	343 (100%)
9	Social gathering in the institution influence female students' drug abuse	94 (27.4%)	86 (32.1%)	50 (14.6%)	60 (17.5%)	53 (15.5%)	343 (100%)
10	Bad company within the school environment propagates drug abuse by female students	97 (28.3%)	89 (25.9%)	60 (17.5%)	42 (12.2%)	55 (16.0%)	343 (100%)
	Average Percentage (%)	27.59%	27.25%	8.59%	18.20%	18.55%	100%

Source: Field Survey, 2016

Table 4 shows the distribution of respondents by prominent consequences of female drug abuse in Sokoto State tertiary institution. It was indicated that physical effect such as damage to body organs and psychological effects such as sleeplessness & anxiety constitute the prominent consequences of female drug abuse among others with 34.7% and 46.4% that strongly agreed. Meanwhile, increase in crime rate, economic and psychological effects are also major implications in the long run.

Table 4: Distribution of Respondents by Consequences of Female Drug Abuse

Consequences of Female Drugs Abuse		Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree	Total
S/ N		Frequency (%)	Frequency (%)	Frequency (%)	Frequency (%)	Frequency (%)	Frequency (%)
1	Physical effect such as damage of body organs and central nervous system	119 (34.7%)	151 (44.0%)	58 (16.9%)	15 (4.4%)	-	343(100%)
2	Psychological effects such as sleeplessness and anxiety	159 (46.4%)	140 (40.8%)	44 (12.8%)	-	-	343(100%)
3	Social effect such as prostitution, violence, rape etc.	96(28.0%)	106 (30.9%)	51 (14.9%)	46 (13.4%)	44 (12.8%)	343(100%)
4	Economic effect such as extra-budgetary spending	102 (29.7%)	97 (28.3%)	43 (12.5%)	49 (14.3%)	52 (15.2%)	343(100%)
5	Increase in crime rate	87 (25.4%)	101 (29.4%)	56 (16.3%)	51 (14.9%)	48 (3.6%)	343 (100%)
	Average (%)	33.84%	35.68%	14.68%	9.40%	7.32%	100%

Source: Field Survey, 2016

Table 5: Distribution of Respondents Based on Major Drugs Misused by Female Students

Major Drugs Abused		Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree	Total
S/ N		Frequency (%)	Frequency (%)	Frequency (%)	Frequency (%)	Frequency (%)	Frequency (%)
1	Tramol is said to be widely abused by the female students	108 (31.5%)	90 (26.2%)	53 (15.5%)	49 (14.3%)	43 (12.5%)	343 (100%)
2	Codeine is commonly consumed by the female students	197 (57.4%)	142 (41.4%)	4 (1.2%)	-	-	343 (100%)
3	Tutolin is highly consumed by the female students	180 (52.5%)	158 (46.1%)	05 (1.5%)	-	-	343 (100%)
4	The consumption of Alcohol is common among female students.	79 (23.0%)	86 (25.1%)	-	84 (24.5%)	94 (27.4%)	343 (100%)
5	Valium is widely abused by female students.	88 (25.7%)	94 (27.4%)	51 (14.9%)	51 (14.9%)	59 (17.2%)	343(100%)
	Average Percentage (%)	38.02%	33.24%	6.62%	10.74%	11.42%	100%

Source: Field Survey, 2016



Table 5 represents the distribution of respondents based on the major drugs misused among female students in Sokoto state tertiary institution. It reveals that tramol, codeine, tutoring and valium constitute the most widely abused drugs with average affirmative respondents of 38.02% and 33.24% respectively. However, the use of alcohol is less prevalent in the study area with 27.4% of the respondent strongly divergent on the consumption of alcohol by female students.

Cross Tabulations and Test of Hypothesis

Hypothesis 1: H₀: There is no significant difference between the causes and consequences of female drugs abuse at Umaru Ali Shinkafi Polytechnic, Sokoto.

H₁: There is a significant difference between the causes and consequences of female drugs abuse at Umaru Ali Shinkafi Polytechnic, Sokoto.

Table 6 shows that the measure of the relationship between the observed and expected frequency (chi-square) was computed as 1188.36 with 16 as the degree of freedom. However, since the significance (p-value) i.e. 0.0000 is less than 0.05, we reject the null hypothesis which states that there is no significant difference between the causes and consequences of female drugs abuse. Therefore, we accept the alternative hypothesis and conclude that there is a significant difference between the causes and consequences of female drugs abuse at 0.05 level of significance in the study area.

Table 6 shows that the measure of the relationship between the observed and expected frequency

		Social effect such as prostitution, violence, rape etc					Total
		Strongly Agreed	Agreed	Undecided	Disagreed	Strongly Disagreed	
Lack of parental supervision	Strongly agreed	96 (27.99%)	10 (2.92%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	106 (30.90%)
	Agreed	0 (0.00%)	95 (27.70%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	95 (27.70%)
	Undecided	0 (0.00%)	1 (0.29%)	44 (12.83%)	0 (0.00%)	0 (0.00%)	45 (13.12%)
	Disagreed	0 (0.00%)	0 (0.00%)	7 (2.04%)	46 (13.41%)	2 (0.58%)	55 (16.03%)
	Strongly disagreed	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	42 (12.24%)	42 (12.24%)
Total		96 (27.99%)	106 (30.90%)	51 (14.87%)	46 (13.41%)	44 (12.83%)	343 (100.00%)
Chi – square = 1188.36			D.f = 16		Sig. (p-value) =0.0000		

Source: SPSS output

Hypothesis 2: H₀: There is no significant difference among the major drugs widely abused by female students at Umaru Ali Shinkafi Polytechnic, Sokoto.

H₁: There is a significant difference among the major drugs widely abused by female students at Umaru Ali Shinkafi Polytechnic, Sokoto.



Table 7 shows that the measure of discrepancies between the expected and observed frequency is given by 270.64 with six as the degree of freedom. However, since the significance (p-value) i.e. 0.0000 is less than 0.05, we reject the null hypothesis which states that There is no significant difference among the major drugs widely abused by female students. Therefore, we accept the alternative hypothesis and conclude that there is a significant difference among the major drugs widely abused by female students at 0.05 level of significance in the study area.

Table 7 shows that the measure of discrepancies between the expected and observed frequency

		Tutolin is highly consumed by the female students				Total
		Strongly Agreed	Agreed	Undecided	Disagree	
Codeine is commonly used by the female students	Strongly agreed	119 (34.69%)	78 (22.74%)	0 (0.00%)	0 (0.00%)	197 (57.43%)
	Agreed	0 (0.00%)	73 (21.28%)	58 (16.91%)	11 (3.21%)	142 (41.40%)
	Undecided	0 (0.00%)	0 (0.00%)	0 (0.00%)	4 (1.17%)	4 (1.17%)
Total		119 (34.69%)	151 (44.02%)	58 (16.91%)	15 (4.37%)	343 (100.00%)
Chi – square = 270.64			D.f = 6		Sig. (p-value) =0.0000	

Source: SPSS output

NOTE: During cross-tabulations, some options without absolute values will be missing completely. Hence, the reductions in the number of Likert scale response in some cases.

Hypothesis 3: H₀: There is no significant difference between counseling strategies to curb female drug abuse at Umaru Ali Shinkafi Polytechnic, Sokoto.

H₁: There is a significant difference between counseling strategies to curb female drug abuse at Umaru Ali Shinkafi Polytechnic, Sokoto.

Table 8 indicates that the discrepancy between the observed and expected frequencies (chi-square) was computed as 402.62 with six as the degree of freedom. Since the significance (p-value) i.e. 0.0000 is less than 0.05, we reject the null hypothesis which states that there is no significant difference between counseling strategies to curb female drug abuse. Therefore, we accept the alternative hypothesis and conclude that there is an important difference between counseling strategies to curb female drug misuse in the study area at 0.05 level of significance.



Table 8 indicates that the discrepancy between the observed and expected frequencies (chi-square) was computed as 402.62 with six as the degree of freedom

		Psychological effects such as sleeplessness and anxiety			Total
		Strongly Agreed	Agreed	Undecided	
Ignorance of the danger of illegal drug abuse	Strongly agreed	99(28.86%)	0 (0.00%)	0 (0.00%)	99 (28.86%)
	Agreed	60 (17.49%)	49 (14.29%)	0 (0.00%)	109 (31.78%)
	Disagreed	0 (0.00%)	24 (7.00%)	44 (12.83%)	68 (19.83%)
	Strongly disagreed	0 (0.00%)	67 (19.53%)	0 (0.00%)	67 (19.53%)
Total		159 (46.36%)	140 (40.82%)	44 (12.83%)	343(100.00%)
Chi – square = 402.62			D.f = 6	Sig. (p-value) =0.0000	

Source: SPSS output

SUMMARY OF MAJOR FINDINGS

Pathological family background such as broken homes (33.5%) and lack of adequate parental supervision (30.9%) constitutes the major causes of female drug abuse, while physical (44.0%) and psychological effect (46.4%) represents the predominant consequences of female drug abuse in Umaru Ali Shinkafi Polytechnic, Sokoto. Codeine (57.4%) and tutolin (52.0%) represents the prominent drugs abused. However, the study indicates that the consumption alcohol is quite negligible in the study area.

Finally, ignorance of the dangers of illegal drug abuse (31.8%) serves as a good pointer on the importance of counseling education on drug abuse with the study area. The Chi-square test of hypotheses at 0.05 level of significance proves that there is a significant difference between the causes and consequences of female drugs abuse. Moreover, it was established that there is significant difference among the major drugs widely abused by female students while counseling strategies have their respective contribution to curb female drug misuse in the study.

CONCLUSION

The abuse of drugs and other substances constitutes one of the most detrimental risk behavior among our youth is in a tertiary institution, particularly female students. There is no gainsaying that, drug abuse is an undesirable feature of our culture, and it is also important to emphasize the fact that, the drug use and addiction are not peculiar to any social class due to the factors responsible for the abuse.

Results from oral interviews revealed that female students were willing to have information concerning the inhibitory effects of drug abuse. It was further indicated that most female students were unaware of who a counselor is and what role he/she performs. It is thus appropriate to have more counselors in a bid to apply the necessary technique(s) in ameliorating the ugly trend.



IMPLICATIONS FOR COUNSELING

Establishment of Family Education on Drugs: The family is the nucleus of the social organization. Parents should give their children appropriate education on drug use. They should be encouraged by health authorities to offer family education on drug abuse to their children. They should inform them of the dangers of drug abuse and dependence on their health, society and the nation.

Establishment of Counseling Centres for Drug Control: Counseling centers should be established in every community by the government or private individuals. Qualified health counselor should be employed in helping drug addicts or those dependent on drugs by giving them special advice on how to go about the withdrawal system. Designing Curricula on Drug Education: Ministry of education (State and Federal) should as matters of urgency add to the curricula- drug education at all levels of education.

The campaign against Drug Abuse: National Drug Law Enforcement Agency (NDLEA) should intensify their campaigns on anti-drug to have a drug free society. The campaign against the use of certain drugs and misuse of drugs should be more intensified at the secondary school level because it is the peak of an adolescent. Also, government and other relevant authorities should launch out campaigns against drug abuse as well as dependence.

Effective study Habit for Students: An effective study is that which centers on a well-planned scheme of study involving sufficient recreational activities, enough resting time and sleep. Thus, such well-planned time table of study habits that make adequate provision for rest will enhance good study habit without necessarily resorting to use of drugs to keep students artificially awake.

Establishment of Drug Awareness Units: Drug awareness units to be set up in all states and moderated by the federal state and local governments. It should not be a panel established to try people who use drugs as criminals but to help solve their socio-psychological problem

RECOMMENDATIONS

1. The government should intensify public enlightenment programs at various levels in a bid to address marital conflict and sensitize the female youth on the implications and consequences of drug abuse to the society.
2. The government should formulate policies and measures to frustrate the illegal sales of drugs widely consumed by female youth in the society while parents should also monitor the movement of their children and the company they keep to ensure that children develop and maintain acceptable relationships amongst themselves.
3. Just as there is a concerted effort to include sex education in the curriculum of secondary schools, drug, and alcohol education should be considered.
4. There is also need to set-up guidance and counseling units across various tertiary institutions in the state with a view to facilitating proper withdrawal of suspected female students from the menace.



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