

Effect of Drug Abuse on the Performance of Technical College Students in Jigawa State Nigeria

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Abstract

The study looks at how drug addiction affects Jigawa State technical college students' academic performance. In particular, the study demonstrated that drug use was a contributing factor to technical college students' subpar performance. Technical college students who use drugs are more likely to experience related issues in the future. The literature review employed the differential association theory to explain the study's phenomenon. The respondents were chosen using a stratified sample random sampling technique. A structured questionnaire was employed as the data gathering tool. Descriptive statistics were used to analyse the data. Frequency counts and percentages were used to analyse the acquired data. A frequency distribution table was used to illustrate the data analysis results. The study found that among other substances, students most frequently abuse codeine, Indian hemp, and tramadol. The most frequent motivation for drug abuse is peer pressure. According to the survey, among technical college students, poor performance, lack of focus, and repeating classes are the most frequent consequences of drug consumption. Therefore, the study suggests that appropriate regulations that forbid drug misuse be put in place, such as limiting drug availability, providing effective counselling and orientation, and creating a curriculum that includes courses that educate students about the negative effects of drug abuse and the risks associated with drug use. The results of this study encourage more investigation into the relationship between drug availability and peer influence.

Keywords: Questionnaire, tramadol, consumption, statistics, stratified sample

INTRODUCTION

The nation's overall sustainable development has been plagued by drug misuse among young Nigerians. Although it is one of the major problems that affects people worldwide, especially in

developing nations like [1]. Drug usage is also a significant social, health, and personal issue. It is also thought to exacerbate economic problems, which contributes to Nigeria's poverty. Drug usage has devastated some of the youth, who are meant to be the main force behind change and growth, making them unproductive [1]. The impact that drug misuse has on Nigeria's youth and the country at large has made it a global concern. Drug misuse has a detrimental effect on technical college students' education in Nigeria [2]. The user's general health suffers, and drug-abusing activities make the abuser more likely to commit crimes and contract infectious diseases [2]. Parents, educators, and the general public are concerned about the incidence of drug addiction, its causes, and the effects students.

Drugs are manufactured for many purposes, such as maintaining mental and physical stability, preventing disease, and guaranteeing a feeling of wellbeing. There is no risk associated with contemporary medical chemicals often referred to as "medicine," many of which are derived from plants. When used appropriately, medications can benefit people in a variety of ways. While "drugs" are defined as "any substance, when taken into a living organism, limits ill-health," they can become extremely "destructive to the individual and to society at large" if they are misused. A drug is a chemical alteration of living tissues that has the potential to alter behaviour, society, and physiology [3]. Substances known as drugs have the ability to impair mood, behaviour, perception, cognition, and general bodily functions when consumed. Through its chemical activities, it can also alter biological functioning [4].

In many communities, using drugs is a regular practice for purposes like diagnosing illness and treating or reducing pain. According to studies by Kypri et al. [5], drug usage is common among youths between the ages of 15 and 18 (the current age of technical college students). According to Falco [6], long-term drug use can result in severe harm, including occasionally irreversible social and bodily harm (either temporarily or over an extended length of time). There may also be internal harm. As a result, some of these still-developing students end up going mad, becoming socially awkward in school settings, and eventually quitting school altogether.

Drug abuse includes the use of illegal narcotics, self-medication, and medication abuse [6]. When used as medications, some of these drugs make the user feel good, and some of the brain's nerves become the end user (a process known as pleasant pathways). At first, the user can find it enjoyable and want to relive the experience [7]. A "drug abuser" is a person who permits themselves to be

influenced by a psychoactive substance [8]. A person who abuses drugs develops a condition known as neurological functions, and the drugs can take over their normal functioning and well-being. They also alter their moods, perceptions, levels of energy, and consciousness [9]. Any substance used carelessly causes discomfort and dysfunction, especially those that affect awareness, such as alcohol, Indian hemp, codeine, and tramadol [8].

People who abuse substances have the following behaviours, according to [10] they have moist eyes and noses, become unusually talkative or quiet, have erratic tempers, lose interest in school, and have a lack of concentration. Some become reckless, disregard personal cleanliness, exhibit general irresponsibility, exhibit extreme irritability or hostility towards close friends, and wear filthy clothes (or go days without changing). [11] highlight that the frequent use of illegal substances or the improper use of prescription or over-the-counter medications with unfavourable effects is known as drug abuse. The use of drugs for non-medical purposes that negatively impacts a person's social, cognitive, or physical well-being is known as drug abuse. [12] cited that person's increased propensity to argue with friends, teachers, school officials, or any other person or established authority figure can be a sign of social impacts. Cognitive impacts include memory loss and a person's inability to focus on work or academic performance [13]. Any product that alters a person's feelings, thoughts, perceptions, or behaviour—aside from food and water—is considered a drug. Because of its chemical makeup, this drug has an impact on how the body's systems function physically, mentally, and emotionally. Chewing, inhaling, smoking, drinking, touching the skin, or injecting are some of the ways it can be consumed [14]. Consequently, crime, rape, armed robbery, cultism, murder, theft, fighting, and other vices associated with drug misuse are pervasive in today's society as a whole [14]. Sociologists, political scientists, psychologists, philosophers, criminologists, and social workers have all been interested in societal issues like drug usage. In particular, social workers have been putting up a lot of effort to address the issues raised by drug usage.

However, since the goal has not been fully achieved, it is even more important to conduct additional research on the issue, especially given the facts that the issue has a significant impact on the social and health wellbeing of youth. Thus, the controversy surrounding the impact of drug addiction on Jigawa State technical college students' performance serves as the driving force behind this study.

Objectives of the Study

The specific objectives of this study will be:

1. To determine the drugs that is commonly abused by technical college students in Jigawa State
2. To ascertain the reasons why drugs are been abused by technical college students
3. To determine the implications of technical college students' involvement on drug abuse

Research Questions

The study will attempt the following questions:

1. Which drugs are commonly abused by technical college's students?
2. What is the major reason accountable for the engagement of technical college's students in drug abuse?
3. What are the likely implications of drug abuse to technical colleges' students' performance?

LITERATURE REVIEW

Theoretical framework

The study uses Different association theories to underpin the work.

Differential Association theory

Edwin Sutherland, a prominent early American sociologist, developed this idea in the late 19th century. It was Sutherland's main sociological contribution to the field of criminology. According to the differential association theory of behaviour, which is based on interactions with deviants, this theory and other criminal theories explain deviation in terms of the individual social relationship [15]. Through these associations, which vary in frequency and duration, individuals acquire not only the methods of committing various crimes but also particular justifications, motivations, and so on. The notion of differential association explains why people choose to engage in aberrant behaviour. This claim is especially helpful when describing how pressure peer affects deviant juveniles or how some criminals develop certain mechanisms [15]. According to this notion, a person is more likely to commit a crime as a result of the influence of those around him. To put it another way, behaviour develops when a person is exposed to pre social and social messages that encourage criminal behaviour [15]. Even when something is done incorrectly, a deviant individual has enough dissociation that repeated exposure to the presence or commission of the erroneous act creates the idea that it is normal behaviour that is acceptable.

Alcohol and Academic Performance

One substance of abuse that is typically more easily and affordably accessible than others is alcohol. It is also widely accepted by people in many societies, some of which openly encourage its use during specific significant ceremonial and cultural events like circumcision, marriage, and initiation. Young people are led to feel that drinking is acceptable and beneficial as a result. Some young people receive a taste of the substance during these events, and some students develop a substance addiction. These results are consistent with those of Muma [16], who studied the impact of substance misuse on indiscipline among students in Nakuru Municipality's public secondary schools. According to [16], 88.8% of guidance and counselling teachers were aware that alcohol misuse was a problem among some of their students. Almost every store in the town and every village sells cigarettes. It is frequently presented as stylish and fashionable in both print and electronic media. Because they try to emulate their idols, many young people become addicted to drugs, including some of the most powerful ones.

Furthermore, one of the main effects of drug abuse is addiction and independence, which is typified by compulsive drug craving seeking behaviour and continued use despite negative outcomes [17].

Marijuana and academic performance

Young people in Nigeria abuse drugs because they think it's the only way to fit in with the jet age subculture. Research shows that the choice to consume alcohol, smoke cigarettes, or consume Indian hemp is a curiosity-driven one [18]. Likewise, sociological and psychological factors, along with the availability of drugs, have been found to be predisposing factors for drug use. However, those who use drugs to the point of abuse have different reasons for doing so and all of which cannot be said to be bad [19]. Similarly, [20] claims that boredom with household chores or academic work is another factor that leads students to take drugs. Additionally, teachers do not like students who perform poorly in school because they become easily bored and exhausted by their studies [20]. Therefore, people utilise hard drugs to distract themselves with pleasant ideas and activities. Another vital factor that leads students to take drugs is peer pressure. The effects of drugs on students are not implausible; most students who lack self-esteem always prefer to hang out with powerful people.

Why Drugs are been Abused by Technical College Students

The electronic and print media around the world have recognised and disseminated the factors that contribute to substance misuse among youngsters, which include unstable low income, poor marital relationships, conflicts, divorce, separation, single parenthood, long work hours for family members, little family time, poor communication, easy access to drugs in the immediate neighbourhood, lack of academic success, boredom, unwanted peer pressure, intergenerational addiction to the media, and negative peer pressure, such as a drug-abusing boyfriend [21]. Nevertheless, the following are some of the main causes of drug usage among technical college students:

Peer Group Influence: When it comes to a child's socialisation, the parents are the most important group. By the time kids reach puberty, parents and their peer group appear to be given nearly equal weight. Therefore, a peer group is a group made up of individuals who are equals, and it offers the child a wide choice of behaviour and cultural and subcultural values [22]. Someone may ask, "If adults use tobacco, take pills, and get wasted, why I shouldn't enjoy myself by smoking marijuana or using drugs?" They think that taking drugs will make life more enjoyable. Substance misuse is a significant issue in Nigerian schools, colleges, and universities, according to the country's National Drug Law Enforcement Agency [23]. Since students learn from and emulate their peers, many of these student behaviours are closely related to peer culture.

The need to feel high: Drug abuse among university students in Nigeria cause them to change or modify their feelings in an attempt to feel better or happier, to avoid pain or frustration, to forget or remember, to be accepted or sociable, occasionally to relieve stress or simply to satiate curiosity [24]. Adolescents who utilise illegal drugs fare worse academically. There are an estimated 1.5 million drug-using adolescents enrolled in Nigerian universities today [24]. In Nigeria, neither students nor academic institutions are truly exempt [25]. Some teenagers take illegal drugs as a way to cope with the pressures they face on a daily basis. It represents a rebellion against established norms and a self-discovery.

Social structural influence: Adolescent substance use is a common and potentially dangerous behaviour that raises the chance of dependency, abuse, and other negative physical and psychological effects [26]. Research indicates that social and environmental factors, as opposed to hereditary ones, have an impact on substance use and initiation [27]. Additionally, drug misuse is strongly influenced by family and community (societal) ills such poverty, antisocial behaviour,

depression, anxiety, and low self-esteem. These issues cause inefficiency and uncertainty in society and have a detrimental impact on the quality of life of its members [28]. Early onset drug use is linked to increased long-term harm and dependency, as well as a higher chance of continuing [29].

Implication of drug abuse by technical College students

Drug misuse appears to have become a major social issue in Nigeria, particularly among technical college students. Drug usage poses a substantial risk to the health of those who abuse it. The brain, kidney, liver, pancreas, heart, and lungs are all negatively impacted by drug misuse, which makes them more susceptible to illness [30]. It also causes additional bodily problems such as hepatitis, hepatic failure, TB in connection with alcohol consumption, infection, and emaciation. [31].

Drug addiction has a number of negative social, economic, psychological, cultural, physical, moral, and health effects that can cause abusers to become poor, disabled, maladjusted, or even die. In addition to chronic illnesses that might strike drinkers after years of frequent use, [32]. Drug addiction risk is now one of the factors influencing the growth of the burden of diseases [1]. A study affirmed that it is anticipated to cause roughly 20–30% of esophageal cancer worldwide [1]. It was also mentioned that behaviours that started in youth can be linked to one-third of the adult disease burden [29].

METHODOLOGY

The study adopted survey design method; survey design is the best method available to social scientists who are interested in collecting original data for the purpose of describing the population which is too large to observe directly [33].

The area of this study was technical colleges in Jigawa State. The target population was 150 students from the three Technical Colleges in Jigawa State. This enables the researchers to get the much-needed data for the effective analysis on effects of drugs on students' academic performance. The sampling technique used in this study was the stratified random sampling technique while Krejcie and Morgan (1970) was used to determine the number of samples needed [34]. The data collection instrument used was questionnaire. The questionnaire focused on students from NTC 1-3. The instrument was subjected to face validity and content by expert. To determine the internal consistency of the instrument was obtained using Statistical Package for Social Science (SPSS Version 24.0) the Cronbach's alpha yielded a reliability coefficient of 0.63.

RESULTS

Socio-Demographic Data of Respondents in three Technical Schools

Table 1: Distribution of bio-demographic characteristic of the respondents

VARIABLES	FREQUENCY	PERCENT.
13-17 Years	30	30
15-18 Years	40	40
18 and above	30	30
Total	100	100

Table 1 shows the age distribution of the respondents out of which 30% are within the age of 13-17 years which constitute the lowest response and 40% are at age of 15-18 years which constitute the highest response. And 30% are at the age of 18% and above.

VARIABLES	FREQUENCY	PERCENT.
Class level		
Technical 1	20	20
Technical 2	40	40
Technical 3	40	40
Total.	100	100.

The distribution of respondents' class level where the majority were in Technical 2 and 3 having 40% each and 20% were those in technical 1 is the lowest.

VARIABLES	FREQUENCY	PERCENT.
School attended		
GTC Ringim	33	33
GTC Birnin kudu	33	33
GTC Karkarna	34	34

The distribution of respondents according to school attending, defects that those who attend GTC Ringim and GTC Birnin Kudu, the percentage of 33%, GTC Karkarna constitute 34%.

Findings of the study

Commonly abused drugs in Technical College in Jigawa state.

This section present information based on the most commonly abuse drugs by technical colleges student. Knowledge of the most frequently by student was regarded as important in recommending possible prevention and intervention measures. The assumption was that cheap drugs are more frequently abused. The variable considers in this include the types of drugs their sources and availability.

Table 2: Distribution of respondents on used of drugs other than for medicinal purposes

VARIABLES.	FREQUENCY	PERCENT.
Not at all	20	20
Once	10	10
Some times	60	60
Frequently	10	10
Total	100	100

Table 2 revealed that the use of drugs other than for medicinal reasons among technical colleges in the study area was minimal as indicated by 20% respondents. Considering such number of users of abused drugs in the area, one can say that such phenomenon is alarming bearing in mind the age categories of the victims.

Table 3: Distribution of respondents on how long respondents abuses drugs

VARIABLES.	FREQUENCY	PERCENT.
1-2 Years	60	60
2-3 Years	30	30
3-4 Years	5	5
More than 4 years.	5	5
Total	100	100

According to table 3, 60% of the respondents used drugs for 1-2 years which constitute the majority while only 5% of the total respondents used drugs for more than 4 years. It was revealed that majority of the respondents are not deeply involved or do not abused drugs for a long period of time as shown by the duration of usage, which shows that it will be easier to counsel them about the effect of drug abuse compare to the few ones who take or abuse drugs for long.

Table 4: Distribution of respondents on commonly abuse drugs among technical colleges

Students in Jigawa State

VARIABLES.	FREQUENCY	PERCENT.
Tramadol	50	50
Indian hemp	10	10
Codeine	20	20
Pacaline	10	10
Cigratte	5	5
Totolin	2	2
Others	3	3
Total	100	100

Table 4 shows the type of drug that is mostly abuse by technical colleges students in Jigawa. The commonly abuse drugs among technical school students are tramadol (50%), Indian hemp (10%), codeine (20%), and pacaline (10%), while the use of Cigarette, totolin and other abuse drugs least among this category.

Why Students Engage in Drug Abuse in Technical Colleges

Table 5: Distribution of respondents on why students engage in drug abuse

VARIABLES.	FREQUENCY	PERCENT
Academic problems.	10	10
Peer influence.	60	60
For leisure.	10	10
To perform well.	20	20
Total	100	100

The above table answers the question on the major reasons why student engage in drugs. The result indicated that 60% of the respondents believed that is due to peer group influence they engage in drug abuse while only 20% of the respondents agree that they engage in drug abuse in order to perform well in class other variables that carry weight here include the need for leisure, i.e. energy to roam around and the quest to cope academic problems. the table imply that large percentage of

the respondents are in agreement that peer group have a strong influence or play a vital role in their life thus becoming the most advance reason for their involvement in drug abuse.

Table 6: Distribution of respondents based on whether their association with others influence them (respondent) to take drugs

VARIABLES.	FREQUENCY	PERCENT.
Strongly agreed.	60	30
Agree.	20	40
Disagree.	10	60
Strongly disagree.	10	10
Total	100	100

In reference to table 6, it shows that students association with other exert great influence in the use of abuse drugs as indicated by 60%. This further confirm their view in the views in table 46. However, only 10% of the respondents choose to be disagree for reasons base known to them.

Table 7: Distribution of respondents on of drug habit of students are associated with drug habit of their parents.

VARIABLES.	FREQUENCY	PERCENT.
Strongly agreed.	30	30
Agree.	20	20
Disagree	30	30
Strongly Disagree.	20	20
Total	100	100

In reference to table 7, it shows the distribution of respondents on whether technical college students, drugs habit is associated with that of their parent. 30% indicated strongly agree, while 30% indicated disagree. It was revealed by the majority of the respondents agree that the drug habit of their parents is not associated to their current attitude toward drugs habit of their parents. This table is in the agreement with table 5 and table 6 which shows that the most of the respondents' drugs habit were as a result of their peer group influence.

Implications/consequences of drug abuse in technical college students in Jigawa state

Table 8: Distribution of respondents on how do students who are engage in drug abuse behave

VARIABLES.	FREQUENCY	PERCENT.
Stubborn.	10	10
Truant	10	10
Abberant.	10	10
Insult teacher.	70	70
Total	100	100

Table 8 defects that 70% of the respondents agree that student who engage in drug abuse the insult teacher which constitute the highest while only 10% of the total respondents are in different to the question. The table implies that some of the respondents have good knowledge of the effect of drug abuse while few of them do not have a knowledge, thus, they should be enlightened about the effect of drug abuse.

Table 9: Distribution of respondents on how drug abuse affects academic performance of technical college students in Jigawa

VARIABLES.	FREQUENCY	PERCENT.
Poor grade in school.	40	40
Repeating same class	30	30
Not attending class.	20	20
Suspension.	10	10
Total	100	100

The data in table 9 indicate that poor grade in school (40%) and repeating same class (30%), are the most damaging effects of drugs on students’ academic performance. It should be noted other factors such as; not attending class and suspension from school are also significant base on the above responses. The table implies that drug abusers are highly liable of having poor grades in school due to the negative effect of the drugs they consume or abuse.

Table 10: Distribution of respondents on the level at which drug abuse has affected the students’ academic performance

VARIABLES.	FREQUENCY	PERCENT.
Very low.	10	10
Low.	20	20
Average.	40	40
High.	30	30
Total	100	100

Table 10 try to ascertain the extent to which the abuse of drugs has influence student academic performance in the study area. Responses collected reveals that the abuse of drugs by this category affects their performance averagely as indicated by 40% of the total respondents. However, the used of abused drugs has also exerted low influence on some significant number of students as revealed in the table.

Discussion of Findings.

Among the substances that are abused, tramadol is one that is typically more easily and affordably accessible than others. According to these findings, several instructors and guidance staff were aware that some of the pupils in their schools were abusing alcohol. Tramadol is the most commonly abused drug among technical college students, according to 50% of the respondents in this survey. Almost every store in the town and every community sells cigarettes. Both print and electronic media frequently present it as stylish and up-to-date. Many young people become addicted to abuse substances as a result of attempting to use some of the highly influential personalities that are being used to sell the substance, especially in electronic media. These results are consistent with those of [16] who studied how substance usage affected students' behaviour in public secondary schools in Nakuru Primary Municipality. The guidance and counselling instructors admitted to knowing that cigarettes were being abused in their schools, according to his findings. Some societies and religions consider that miraa is to be permissible, and men in particular chew it as a way to kill time. Because it intoxicates slowly and even when it does, it is highly addicting and is preferred by people who abuse it. Unlike other narcotics of abuse that cause people to stage-speak profanities at the top of their lungs, its toxication is not as obvious.

In the second objective, which aims to identify the causes of drug addiction among students, it was found that 55% of all respondents cited peer pressure as the most important factor influencing their views on drugs. Additionally, the study revealed no correlation between students' attitudes towards

drugs and their parents' attitudes. These results support their original reaction because Jigawa technical college students are likely to develop addictions in the future if they are not given the right support and direction. Additionally, the results suggest that technical college Jigawa students rely on their friends for information regarding drugs because they lack pertinent understanding about them. According to the results, some of the main causes of drug use worldwide influence from peers, to get authority to move around, and to deal with academic issues. These results concurred with [35] findings, which emphasized how many of these kids' behaviours are closely linked to peer culture since students learn from and emulate their favourite and most admired peers. Adolescence is a time when wanting to be liked by others becomes very essential. This element has a big role in the development of eating disorders, alcohol use, nicotine and drug use, and vulnerability to damage, among other behaviours. Teens who participate in such dangerous activities frequently have poor self-control and high levels of conflict with their parents, which may indicate that they use these behaviours as a coping mechanism for a difficult life.

The third objective is to determine the effects or ramifications of drug addiction among Jigawa technical college students. It has been shown that drugs are typically associated with noticeably worse academic performance. According to this survey, 40% of all respondents who misused drugs received lower academic marks (table 9). Likewise, it was discovered that a major effect of drug abuse on students' academic performance is that they repeat the same class because frequent drug use impairs brain function, which results in subpar performance. It's possible that some of the substances that students abuse cause them to feel lightheaded, tired, sleep during class, and unfocused, all of which have a detrimental effect on their academic performance.

The aforementioned results were consistent with those of [36] who discovered that the negative causal relationship between heavy drinking and academic performance is still significant when a large vector of covariates is introduced to account for heterogeneity between alcohol consumers and non-consumers. According to [37], heavy drinking has a detrimental effect on academic performance by cutting down on study time. Additionally, it may hinder students' achievement by decreasing their likelihood of attending classes and maintaining their academic progress. Lastly, psychologists argue that excessive drinking may cause people to have lower expectations for their academic achievement [38].

The results show that stringent school regulations have not had a significant impact on many Jigawa technical college students, despite the fact that this is a tactic that, with proper application, might have an even bigger effect. This tactic successfully deters students from engaging in drug usage. The fact that young people themselves notify other young people about the sanctions imposed on drug-abusing students makes this approach incredibly successful in thwarting peer pressure. In several technical colleges in Jigawa, the use of quest speakers has not become as widespread as the stringent school regulations. If any of the people invited to speak at the institution are former drug addicts, the effect of this tactic would be considerably greater. The young are successfully given pertinent information by this technique, which enables them to make informed decisions to abstain from substance misuse.

Conclusion

The study confirmed that there was a positive and statistically significant association between drug addiction and academic achievement. Therefore, this is a clear sign that academic performance will enhance if the various forms of drug usage are controlled and adequately managed, while it will deteriorate if that is not the case.

Recommendations

The following recommendations are determined by the research:

1. To prevent instances of a persistent drop in academic performance, technical colleges should have appropriate policies and procedures that forbid drug use and misuse.
2. Students should be prevented from accessing drugs in order to deter them from misusing and utilising them.
3. Students should be educated about the dangers of drugs and how they can be abused in order to deter them from taking and abusing them.
4. The technical colleges should work with the parents' and teachers' association to set up appropriate orientation and quality counselling. (PTA)
5. The government ought to offer a revised curriculum that includes courses that instruct pupils on the consequences of drug abuse.

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