DOI: https://doi.org/10.67203/jhpesls.2023.xb3y1h3y

Journal of Health, Physical Education, Sports and Leisure Studies, Vol. 8, No. 1, Sept., 2023

ASSESSMENT OF KNOWLEDGE OF SCHOOL BASED DRUG ABUSE PREVENTIVE MEASURES AMONG SENIOR SECONDARY SCHOOLS STUDENTS OF JIGAWA STATE, NIGERIA

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Abstract
This study assessed student's knowledge on school based drug abuse preventive measures in senior secondary schools in Jigawa State. To achieve the purpose of this study, one (1) research questions was raised and answered. One hypothesis were formulated and tested. Descriptive design of survey type was adapted for the study. The population of this study comprised all senior secondary schools students in Jigawa Central Senatorial Zone with a population of 98095 students. Multi-stage sampling procedure was used to select 400 senior secondary school students as the sample for the study. The instrument used to collect data was a researcher developed questionnaire of four point of likert formal rating scale. Four hundred (400) copies of questionnaires were distributed by the researcher and research assistants and were duly completed, returned and used for analysis of data. Frequency count and percentage were used to organized and described demographic information of the respondents; t-test was used to test the hypothesis at 0.005 level of significance. The findings of the study revealed that Senior Secondary Schools students have knowledge school based drug preventive measures (225.617 at df=329,$p<0.05$). It was concluded based on items by items analysis that Jigawa State Senior Secondary School Students have school based drug abuse preventive measures. It was therefore recommended that school management should maintain programmes such as debate, drama, quize on educating the students on drug abuse preventive measures.
Keywords: Assessment, knowledge, school based drug abuse, preventive measures, students.

Introduction
Drug is a single or combination of natural or artificial substance other than water which is used to cure illness. Drug may either in liquid, solid or gas form. According to World Health Organization (WHO) 2010), drugs are chemical substances other than food, or water that when taken into the body will change the functional system of the body. Drugs affect the way people think, see and change the way people behave. Drug abuse is defined as self administration of any substance in a manner that diverts from approved medical or social pattern within a given culture and in a specified society (WHO, 2010).

Globally, the prevalence of drug use among students is alarming and no nation is immune to this problem. According to World Health Organization (2017), drug abuse disorders resulted in 307400 deaths in 2015 worldwide which is up and higher from 165,000 deaths in 1990 worldwide. In addition to chronic diseases that may affect abusers after many years of heavy used alcohol, it contributes to traumatic outcomes that kill or disable youth at their young age. Psychotropic drugs cause 20.30% diseases such as esophageal cancer, chirrosis of the liver, homicide, epilepsy and the increase rate of drug abuse leads to motor vehicle accidents globally.

Drug abuse is a rapidly growing global problem (Lakhanpal & Agnihotri, 2007; United Nations Office of Drugs and Crime (UNODC), 2007 & Abudu, 2008). The problem of drug abuse places a significant threat to the social, health, economic fabrics of the families, society and the entire nations (Giade, 2012; Oshodi, Aina & Onajole, 2010). Almost every country in the world is affected by one or more drug being abused by its citizens. (UNODC, 2007). The increased rate of drug abuse globally has brought problems such as increase in violence and crimes, Hepatitis B and C virus, HIV/AIDS diseases, collapse of the veins and collapse in the social structured (UNODC, 2007; Oshodi, Aina, & Onajole, 2012). Globally, there is an upsurge in substance use among youths (UNODC 2007). This could be as a result of the belief that substances potentially provide some relief from mental health concerns like depression and anxiety without considering the attendant public health implications (consequences) such as mental challenges which should be addressed (Collishaw, Maughan, Natarajan, & Pickels, 2010; Harpin, Kenyon, Kools, Bearinger, & Ireland, 2013).

Drug abuse preventive measure also known as substance abuse preventive measures are processes that are used in an attempt to prevent the onset of habitual use of drugs and limit the development of problems associated with drugs abused (National Institute of Drug Abuse (NIDA, 2011). Drug abuse prevention begins with education, spreading the words regarding the risk and dangers to one self and to the community. Effective drug abuse preventive measures are important because young people are now faced with many factors that influence them to abuse both licit and illicit drugs. Preventive measures plays a counter balancing role in shaping a normative culture of safety moderation, and informed decision making for appropriate setting of drug preventive measures such as: Focus before the belief and expectations about drug abuse, offer the most systematic way of measures accessibility and develop a broad spectrum of drug related.

NIDA (2011) list ways to prevent drug abuse as follows; understand how substance abuse develop, avoid temptation and peer pressure, seek help for mental illness, examine risk factors, keep a well balanced life. Amadi & Eric (2018) list three (3) types of strategies to prevent drug abuse as follow; primary preventive strategies, secondary preventive strategies and tertiary preventive strategies. For a student to say no drug abuse, following effective ways should be followed; make an excuse, use a little humor, change the subject, offer to be designated driver, act like you are too busy, explain the dangers of drugs and be honest and keep saying no.

In Africa, as no nation is immune to drug abuse, this continent is in fore front as it occupies second position worldwide in drug trafficking and consumption of illegal drugs. According to United Nation Statistics (2013), 37,000 people in Africa die annually from disease associated with the consumption of illegal drugs and estimated that there are 28 million drug users in Africa which the figure is expected to be higher than the figure of the United States and Canada's figure of 32 million illegal drug users (Leylah & Robert, 1995). The trafficking and abuse of cocaine and heroin are the most recent developments in some African countries that had never experienced these drugs. With all effort made and implementing drug abuse assessment programmes to determine the raw problems and to monitor it trained lack of funds and shortage of adequately trained personnel have made it difficult to control drug abuse in Africa. It is very likely that the drug problems in African counties will be worse in future unless more effective measures are implemented to arrest the current situation (World Health Organization, 2009).The situation in South Africa is worrisome because substance use in form of illegal drugs doubles the world norm, with about 60% of crimes resulting from drug use (Thomson, 2013). Scholars have argued that youths indulge in substance use in order to reduce lifetime prevalence of depression and anxiety that has been put at 5%-70% worldwide and South Africa contributes more to these statistics.

In Nigeria, the issue of drug abuse has become a serious matter that need attention as students who are more prone to and are away from their family are more vulnerable as opined by Amadi & Eric (2018) that the future of any nations or societies depend largely on the quality of her youth. It is therefore highly regrettable that the youth are exposed to the dangers inherent in drug abuse in their formative years. Drug abuse is viewed as a matter of great concern and required the attention of education stakeholders and other professionals in various disciplines. Drug abuse in Nigeria is sensitive challenges that need urgent attention as the alarming rate of involvement by students is increasing (NDLEA, 2020).

The issue on drug abuse preventive measure should start from secondary school from were the youth would be graduated in to higher institution from were they would be ready to serve the nation. Similarly, addressing drugs abused should start from assessing the students knowledge. Drug abuse has hampered the educational system and management of education in Nigerian secondary schools. A nationwide recent statistics reported that the rate of drug abuse in Nigeria is increasing as there is an increase in alcohol and codeine consumption, cigarette smoking, tramadol, shisha, and chewing of miraa (Daily Times 2019). This was supported by Ajayi and Onajile (2010) who stated that students in southern part of Nigeria started from the gateway drug substance as they grow older they seek new thrills and growly go into hard drug abuse as they are growing older. Base on report by National Bureau of statistics NBS (2019) 15% of the considerable and identified level of rate of drug abuse estimate among students which is much higher than the global average of 5.6.

In Jigawa State, drug abuse among Secondary Schools students has become an embarrassing factor to parents, school authorities, society, government and non-

governmental organization where a total of seven hundred and fifty three (753) persons were convicted to various jail terms. Also, 6.12 tones of assorted drugs were destroyed in six months in 2019 (NDLEA, 2020).

Similarly National Agency of Food Drugs and Administration Control (NAFDAC), 2017) reported that Jigawa State is among the three states in northern part of Nigeria consuming higher percentage of codeine. A study by Santuraki (2018) revealed that there has been a sharp increase in the number of people especially youth with drug related cases seen at various correctional homes (previously known as prison) in every corner of the state. The issue of drug abuse did not stop at the above level alone; the seventh senate in one of its penury in 2014 noted the growing trend of drug abuse among youths especially in the nineteen northern states Jigawa State inclusive. Drug abuse is an issue that affects all people regardless of gender, race, ethnicity, age, or socioeconomic status. It is associated with a range of physical, social, and economic consequences at both individual and community levels. Community involvement is necessary for effective drug abuse prevention. Communities need to be ready for such involvement. Drug abuse continues to be the major risk behaviour among youth and adolescents, with physical and mental health complications. Despite the known risks associated with the drugs, adolescents continue using these drugs (NDLEA, 2020). The basic drug abuse preventive measures are classified into: family based drug abuse preventive measures, school based drug abuse preventive measures and community based drug abuse preventive measures.

In Jigawa, youths tend to use some inducement drugs such as psychoactive substances. To enable them face their farming activities effectively. These youths seems to apply the same in every situations they find themselves, which resulted in the lynching of security personnel's and wanton destruction of lives and properties The students being part of the larger community seems to apply the same in the school, which may be connected with the frustration resulting from academic demands in school and social stresses experienced by them. Some of these students who are in the stage of experimentation, exploration and curiosity of being away from home become particularly prone to much destructive behaviour such as drug abuse. This situation is much more pronounced among youths aged 16 to 25 years (NDLEA, 2020).

Drug abuse is a major social problem in many societies which destroys lives and communities, undermining sustainable human development and generates crime. According to National Drugs Law Enforcement Agency (NDLEA, 2020). Students in Jigawa State Senior Secondary Schools have easy route and access to drugs dealers. This was supported by Federal Government College, Kiyawa's press club (2006) which stated that the student are caught during the teachers patrol. At the same time, the researcher being a secondary school teacher observed cases of drug abuse at the back of the male students' hostel in many of secondary schools in Jigawa State such as Government Senior Secondary School Aujara, Commercial Secondary School Dutse, Federal Government College Kiyawa among others.

The issue of drug abuse in secondary schools of Jigawa State leads to riot and other crises among the students and between the students and staff. For example, in Federal Government College Kiyawa in 2006, there was a crisis between the students and staff which led to vandalization of school properties and some students were injured. Also in 2009 at Government College Birnin Kudu, there was a riot among the students were school properties were damaged and students were injured. The gang leaders of all these riots were drug addict. As an attempt and effort by school based management committee and the state government through school authority measures such as fencing of school premises, patrol by the staff and senior students and anti-drug clubs were created.

Research Question:
Do jigawa state senior secondary School students have knowledge of school based drug abuse preventive measures.

Hypothesis
Jigawa State Senior Secondary Schools Students do not have significant knowledge of school bases drug abuse preventive measures.

Methodology
This study adopted descriptive design of survey type, as Akuezuilo (2003) explained it as a kind of descriptive research design in which group of people or items are studied by collecting and analyzing data from few people or items considered to be representative of the entire group. With regards to this descriptive research design, it will be more appropriate for this study. Since the study sought the opinion of the respondents on the students' knowledge of drug abuse preventive measure in Jigawa State Senior Secondary Schools. The population for this study comprised all Senior Secondary School Students in Jigawa Central Senatorial Zone with a total of Ninety Eighty Thousand and Ninety Five (98,095) students (Jigawa State Ministry of Education Science and Technology, 2022/2023). The sample size for this study was 400 Senior Secondary School Students. This is in line with Dada (2006) who suggested that any population of a study between 90,000 to 110,000, the sample size should not be less than 390. 400 participants was used as the sample for this study. The techniques adopted for the selection of the sample was multi stage sampling technique of simple random sampling, proportionate sampling and systematic sampling technique.

For the purpose of this study, researchers' developed questionnaire was used. The questionnaire consist of two sections, section A: contains the demographic information of the respondents, section B: sought information about students' knowledge on school based drug abuse preventive measures.Frequency count and percentage was used to organize and describe the demographic information of the respondents while one sample t-test was used to test the formulated hypotheses at 0.05 level of significance.

Results

Table 1: Demographic Information of the Respondents

Variables	Frequency	Percentage (%)
Age range		
16 - 20 years old	258	64.5
21 – 25 years old	131	32.8
26 years old & above	11	2.7
Total	**400**	**100**
Gender		
Male	266	66.5
Female	134	33.5
Total	**400**	**100**
Religious		
Islam	335	83.8
Christianity	58	14.5
Other	7	1.7
Total	**400**	**100**

Table 1 shows that 258 (64.5%) of the respondents were between the age of 16 – 20 years **old**, 131 (32.8) were within the age of 21-25 years **old**, while only 11 (2.7%) of the respondents were age 26 years old and above. Hence, majority of the respondents were between the age of 16-20 years. With regards to gender 266 (66.3%) of the students were male while 134 (33.5%) were female which shows that majority of the respondents were males. 335 (83.8%) of the respondents were Muslims, 58 (14.5%) were Christian and 7 (1.7%) were from other religions which shows that majority of the respondents were Muslims.

Research Question:Do jigawa state senior secondary School students have knowledge of school based drug abuse preventive measures.

Table 2: Mean score on student's knowledge of school based drug abuse preventive measures.

S/N	ITEM	MEAN	SD
1	Drug education helps students to understand the concept of drug abuse preventive measures	4.09	0.96
2	Teaching of how to handle aggression is a component of drug abuse preventive measures	4.05	0.774
3	School based drug abuse preventive measures teach drug abuse resistance skills	3.99	0.832
4.	Monitoring of students activities is part of school based drug abuse preventive measures	3.88	0.826
5	Teaching students of coping strategies of academic demand is part of school based drug abuse preventive measures	3.95	0.823
	Aggregate mean	**3.99**	

Average mean = 2.50

From Table 2; Item 1 revealed that students know that drug education helps students to understand the concept of drug abuse prevention measures as indicated by the mean score of 4.09 which is greater than the average mean 2.50. Item 2 showed that respondents know that teaching how to handle aggression is a component of drug abuse preventive measures as indicated by the mean score of 4.05 which is greater than the average mean of 2.50. Item 3 showed that students know that school based drug abuse preventive measures teaches drug abuse resistance skills, as indicted by the mean score of 3.99 which is greater than average mean of 2.50. Item 4 showed that respondents do not know that monitoring school activities is part of school based drug abuse preventive measures. As indicated by the mean score of 3.88 which is greater than the average mean of 2.50. Item 5 showed that respondents know that teaching students coping strategies of academic demand is part of school based drug abuse preventive measure as indicated by the mean score of 3.95 which is greater than the average mean of 2.50.

Conclusively, Senior Secondary School Students have knowledge of school based drug abuse preventive measures since the aggregate mean of 3.99 is more than the average mean (2.50).

Hypothesis: Jigawa state senior secondary School students do not have significant knowledge of school based drug abuse preventive measures.

Table 3: t-test summary on school based drug abuse preventive measures.

Variable	N	Mean	SD	Df	t-value	Prob.
School	400	3.99	1.32	329	225.617	0.001
Fixed mean	400	2.50				

P – Value o.01< 0.05

Table 3 shows t-test summery on school based drug abuse preventive measures of Jigawa State senior secondary school students. The result indicated t-call of 225.617 (df – 399 and P-Value 0.001 as such the null hypothesis which stated that Jigawa State senior secondary school students do not have significant knowledge of school based drug abuse preventive measure is here by rejected on the account that Jigawa State senior secondary school students have significant knowledge of school based drug abuse preventive measures.

Discussion

The findings on item by item on research question two revealed that Senior Secondary School Students have knowledge of school based drug abuse preventive measures since the aggregate mean of 3.99 is more than the average mean (2.50). The finding of sub-hypothesis two shows that Jigawa State senior secondary school students have knowledge of school based drug abuse preventive measures. This finding in support of the findings of Haddad, Shotar, Umlauf and Al-Zyoud (2010) in Jordanian adolescent which showed that

students in secondary schools were knowledgeable about the concept of drug abuse preventive measures, this finding also supports the finding of Billalli, Paramesh and Prasannakumar (2017) which stated that majority 65% of the students had adequate knowledge 35% had moderate knowledge regarding drug abuse preventive measures. This findings is not in line with findings Adetemola (2019) on students knowledge on drug abuse preventions among primary school students shows that students are not knowledgeable of drug abuse preventive measures of school based the finding revealed that 27% had poor knowledge concerning drug abuse preventive measures of school. The difference and contradiction between these studies may due to the difference in the level of education.

Conclusion

Based on the findings of this study it was concluded that Senior secondary schools students of Jigawa State are knowledgeable of school based drug abuse preventive measures.

Recommendation

Based on the finding of this study it was recommended that the school managements of senior secondary schools in Jigawa states should maintain the programmes such as dramas, quiz, debate on educating the students on drug abuse preventive measures.

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