

Utilization and Perceived Effect of Psychoactive Substances Among Selected Secondary School Students in Ekiti State, Nigeria

AUTHOR(S): ADERIBIGBE, Olusegun (PhD, Medical Surgical),
ADEBIYI, Falilat Omowumi, OLOWOYO Kikelomo Sabainah (Ph.D),
AKIN-AYANKUNLE, Mary Olufunke (M.Ed, M.Sc),
ADEMOLA, Adebayo Lukman (M.Sc)

Abstract

This study examined the utilization and perceived effects of psychoactive substances among selected secondary school students in Ise Orun LGA, Ekiti State, Nigeria. The research focused on three specific objectives: assessing the level of psychoactive substance use, identifying the substances commonly used, and evaluating the perceived effects of such use among senior secondary students. Employing a descriptive research design, data were gathered from a sample of 160 students across five randomly selected schools in Ise Orun LGA. The data collection tool was a structured questionnaire validated through expert review and reliability testing. Analysis of the 150 returned questionnaires revealed significant findings: alcohol, narcotic analgesics, cigarettes, cannabis, and cocaine were commonly used substances among the students. The perceived effects included increased appetite, feelings of happiness and euphoria, engagement in risky behaviors, truancy, hooliganism, and potential mental disorders. Statistical analysis showed a significant relationship between gender and psychoactive substance use, as well as between substance use and academic performance. The study concluded that psychoactive substance use among students poses severe risks to their health and future prospects, influenced by factors like family habits and peer pressure. Recommendations include implementing age restrictions on alcohol and cigarette use, enhancing monitoring and counseling within schools, and conducting regular enlightenment programs on the dangers of psychoactive substance use.

Keywords: Utilisation, Perceived Effect, Psychoactive Substances, Students,

IJARBAS

Accepted 25 November 2024
Published 30 November 2024
DOI:10.5281/zenodo.14253833



About Author

Author(s):

ADERIBIGBE, Olusegun (PhD, Medical Surgical)

Federal Teaching Hospital, Ido Ekiti/
Venite University Iloro Ekiti, Ekiti State
Aderibigbe20042003@yahoo.com

ADEBIYI, Falilat Omowumi

School of Post Basic Nursing,
University of Ilorin Teaching Hospital,
Ilorin, Kwara State

OLOWOYO Kikelomo Sabainah (Ph.D)

Ekiti State University Teaching Hospital, Ado Ekiti/
Venite University Iloro Ekiti, Ekiti State
Olowoyoks80@gmail.com

AKIN-AYANKUNLE, Mary Olufunke (M.Ed, M.Sc)

Department of Nursing,
All Saints University School of Medicine, Dominica
maryolufunke46@gmail.com

ADEMOLA, Adebayo Lukman (M.Sc)

Department of Nursing,
All Saints University School of Medicine, Dominica
bayoademola3731@gmail.com

Introduction

The utilisation and addiction to psychoactive substances impose a substantial burden on individuals and societies worldwide. According to the World Health Report (2019), psychoactive substances contribute to 8.9% of the overall disease burden. According to the report, tobacco contributed to 4.1% of the burden of disease in 2019, alcohol accounted for 4%, and illicit drugs contributed to 0.8%. A significant portion of the responsibility associated with substance use and addiction stems from a diverse range of health and social issues. According to the World Health Organisation (WHO) in 2020, there were significant confiscations of cocaine, heroin, cannabis, and amphetamine-type stimulants in various regions across the globe. The availability of cocaine, heroin, and cannabis is contingent upon the extent of cultivation in the countries of origin and the efficacy of trafficking organisations. Nevertheless, despite the heightened extent of government enforcement operations, there consistently appears to be an ample supply accessible to users. The United Nations Office of Drugs and Crime (UNODC, 2020) believes that approximately 200 million individuals engage in the illicit consumption of various substances.

The use of psychoactive substances is a prevalent social issue that has rapidly expanded and escalated within educational institutions, particularly among secondary school students (Neeraja, 2020). This social problem is seen as a matter of grave concern as it has a negative impact on the lives and academic achievement of the students involved, as well as the smooth functioning of the entire societal framework. The utilisation of psychoactive substances and the accompanying issues pose a significant threat to the existence and efficient operation of human society. There is a notable correlation between the actions of individuals who are under the influence of various psychoactive drugs and a substantial number of premature fatalities and accidents (Shelly, 2019). Drug misuse is perceived by different authorities in diverse manifestations. According to Neeraja (2020), substance abuse is the state of being reliant on a drug or other chemical substances, resulting in harmful effects on the individual's bodily and emotional well-being, as well as the well-being of others. Smelzer, et al. (2023) define substance abuse as a dysfunctional and harmful habit of drug use that can negatively impact both physical and emotional well-being, as well as disturb one's daily functioning. Based on these definitions, substance abuse can be understood as the improper use of one or more drugs, which may have been prescribed by a healthcare professional, in order to change one's feelings, thoughts, or behaviours. This behaviour is linked to negative outcomes, such as physical and emotional harm to the individual (Adekola et al., 2022).

According to the African Symposium (2019), substance abuse is defined as the incorrect utilisation of pharmaceuticals by an individual who lacks proper understanding of the substances and does not have a valid prescription from a certified medical professional. This definition specifically centres around psychotropic substances. Any substance can be misused to the point of addiction, when the individual is unable to cease consumption despite the detrimental impact on their social, personal, and financial well-being. The issue of substance misuse has become increasingly serious, expanding beyond its initial association with a specific group of individuals. Originally thought to mostly affect males, adults, and urban residents, it now also affects females, young people, and those living in rural areas (Adekunle, 2017). These individuals who engage in abusive behaviour mistakenly believe that drugs improve their performance and elevate their mood, among other effects. The associated issues of this legislation pose a significant danger to the welfare of society (Ajala, 2017).

The utilisation of psychoactive substances and the accompanying issues are detrimental to the existence and efficient operation of human society. There is a notable correlation between the actions of individuals under the influence of various psychoactive substances and a substantial number of premature fatalities and accidents. Drug misuse is perceived by different authorities in diverse manifestations. Adekoya (2010) defines psychoactive substance abuse as the reliance on a drug or other chemical substances, resulting in harmful effects on the individual's bodily and mental well-being, as well as the well-being of others. Smelzer et al. (2018) define substance abuse as a dysfunctional and harmful habit of drug use that can lead to both physical and emotional damage, and has the capacity to disturb one's daily functioning. Based on these definitions, substance abuse refers to the improper use of one or more drugs, which may have been prescribed by a healthcare professional, in order to change one's feelings, thoughts, or behaviours. This behaviour is linked to negative outcomes, such as physical and emotional harm to the individual.

The National Drug Law Enforcement Agency (NDLEA, 2011) obtained statistics on drug use and misuse by collecting information from schools, records of patients referred to mental health institutions for drug-related issues, and interviews with those detained for drug offences. The findings indicated that young people are the demographic most susceptible to engaging in drug trafficking and substance addiction. Approximately 90% of the effect on the use and abuse of different psychoactive substances comes from friends and schoolmates. In Nigeria, alcohol and cigarettes are legally permissible substances; yet, it has been found that both can inflict bodily harm on the human body. According to the American Cancer Society (2020), smoking tobacco is responsible for 90.0% of lung cancer cases, 30.0% of all cancer cases, and 80.0% of other chronic lung disorders. In addition to the mentioned health consequences, Stephen (2010) asserts that alcohol and cigarettes are considered "gateway drugs" that can lead to the use of more powerful psychoactive substances such as marijuana, heroin, and cocaine. The destiny of any community, society, state, or nation is intricately linked to the moral and ethical qualities of the young individuals residing inside that specific place, region, or locale. Furthermore, it is commonly stated that "The younger generation will assume leadership roles in the future." Hence, the presence of responsible young individuals in a society signifies a responsible and more promising future for that society, while the opposite is equally true.

In contemporary society, individuals often encounter challenges that compel them to employ diverse strategies in order to effectively manage these issues and thrive while adhering to societal norms. While several individuals find comfort in legal methods, others turn to illicit and detrimental means, such as the consumption of narcotics or psychoactive substances, leading to excessive misuse and subsequent addiction. According to Edum (2006), adolescents in our society are affected by various factors that lead them to engage in substance abuse. Some are influenced by their peer groups, while others are tempted by the easy availability of these substances. Additionally, exposure to substance abuse in media, such as television, films, and books, may also prompt some adolescents to experiment with drugs in order to experience their effects (Ogunjobi et al., 2023). The effects of particular psychoactive substances differ based on their mode of action, the quantity ingested, and the user's background, among other considerations.

A disconcerting reality that now persists is the occurrence of road traffic accidents caused by the use of psychoactive substances, as well as an escalating crime rate in Nigeria. However, several steps have been implemented to combat this problem. The National Drug Law

Enforcement Agency (NDLEA) was established by Degree 48 of 1989 and 33 of 1990. Nevertheless, despite the implementation of these safeguards, individuals, particularly adolescents, persist in engaging in the unauthorised use of psychoactive chemicals, resulting in associated issues. According to the National Population Commission (NPC) in 2006, Ekiti state has the lowest population among the states in South-Western Nigeria. The prevalent use of psychoactive substances in this state is a common occurrence, as seen by the rise in various types of crimes, academic failures, school dropouts, and overall bad performance in all areas of life.

The occurrence of substance use is not an unfamiliar occurrence; its global, regional, and national aspects have been well-documented. Multiple studies have demonstrated that young individuals are jeopardising their lives by engaging in illicit drug consumption (Fareo, 2012). This is linked to the complete prohibition of Tramadol by the Federal government in recent times. The United Nations has designated the 26th of June each year as the International Day against Drug Abuse and Illicit Trafficking to acknowledge the intricate nature of this issue. The June 2023 report by the United Nations Children and Emergency Fund (UNICEF) highlighted the interconnection between the issue of HIV/AIDS and several challenges, including drug usage among children and young individuals. According to the United Nations Office of Drugs and Crime (UNODC, 2023), drug addiction among "area boys" in Nigeria has been identified as the underlying factor behind their delinquent behaviours and involvement in criminal activities. According to the World Health Organisation (WHO, 2020), young individuals are deemed more susceptible to experiencing physical, emotional, and social damage as a result of their own or others' drug consumption. Furthermore, it establishes significant correlations between the elevated prevalence of alcohol use, aggressive sexual conduct, traffic incidents, and drug abuse. Annually, tobacco is responsible for the deaths of around 8 million individuals. The direct use of tobacco is responsible for over 7 million deaths, while around 1.2 million deaths are caused by non-smokers being exposed to second-hand smoke (WHO, 2020).

Psychoactive substances detrimentally affect the education of secondary school kids (Ogunjobi et al., 2023). The user's general well-being is adversely impacted, and engaging in behaviours related to Psychoactive Substances increases the likelihood of criminal activity and the transmission of contagious diseases, such as HIV/AIDS (Budney et al., 2015). The use of psychoactive substances has emerged as a significant issue in Nigeria, due to its detrimental effects on education, future leadership, innovation, and human resources. Secondary school kids are especially vulnerable since they are in a critical stage of their education, professional growth, social development, and self-identity building.

According to the United Nations office on Drug and Crime (UNODC 2019), the high occurrence of drug use in Nigeria is partially caused by the sale of pharmaceuticals and medicinal preparations by street vendors. The high incidence of substance and drug usage among adolescents in contemporary society is a significant issue for healthcare experts, as it often leads to addiction. This holds significant importance in Ekiti state. According to reports from NDLEA (2015), Ekiti State ranks among the states with a high incidence of drug trafficking and suspected drug addiction. Therefore based on the foregoing reasons, this study examined utilization and perceived effect of psychoactive substances among selected secondary school students in Ise Orun LGA, Ekiti State, Nigeria. The study specifically examined

1. the level of utilization of psychoactive substance among senior secondary school students in Ise Orun Local Government Area;

2. the psychoactive substances commonly used by secondary school students in Ise Orun Local Government Area; and
3. the perceived effects of psychoactive substance use among the senior secondary students.

Research Hypotheses

1. There is no significant relationship between gender and psychoactive substances use among senior secondary school students.
2. There is no significant difference between utilization of psychoactive substances and students' academic performance.
3. There is no significant effects of psychoactive substance use among the senior secondary students in Ise Orun Local Government Area

Literature Review

Psychotropic medications, which are psychoactive compounds, have been created to provide treatment for those suffering from severe mental disorders. Psychoactive chemicals alter the biochemical or physiological processes in the brain to produce its effects. Neurons, the cells responsible for transmitting messages, rely on a combination of electrical and chemical signals. Neurons have infrequent physical contact with each other. The synapse, a minuscule gap between neurons, is connected by neuroregulators, also known as neurotransmitters (Oladehinde, 2019).

These chemicals can be utilised for recreational purposes, intentionally modifying one's state of consciousness, or as entheogens, serving ritualistic, spiritual, and/or shamanic functions, as a means of learning or enhancing the mind. Several psychoactive medicines has therapeutic efficacy, including anaesthetics, analgesics, and medications for psychiatric problems. Psychoactive chemicals frequently induce subjective alterations in consciousness and mood, which users may perceive as enjoyable, such as euphoria or beneficial effects like heightened alertness, thereby promoting their usage. Therefore, numerous psychoactive compounds are misused, meaning they are taken excessively, regardless of the health risks or negative repercussions associated with prolonged use of these substances (Olawuyi, 2017). Throughout history, alcohol has consistently been the most often consumed psychoactive substance. It is the sole psychoactive substance legally accessible without a prescription in the majority of countries. The expected outcome is typically a state of enjoyable relaxation, however intoxication negatively affects both cognitive abilities and physical coordination. Chronic alcohol use can have damaging effects on liver and brain cells, and it can lead to physiological addiction, resulting in potentially deadly withdrawal episodes. (Berger & Philip, 2023)

Sedative-hypnotics, such as barbiturates and diazepam (commonly known as Valium), are substances that depress the brain. They are used in medicine as sleeping pills to aid sleep and as anti-anxiety drugs to calm individuals without causing drowsiness. Illegally, sedative-hypnotics are employed to induce relaxation, tranquilly, and euphoria. Excessive consumption of sedative-hypnotics can result in death. All sedative-hypnotics have the potential to create physical addiction, and some ones can lead to a dangerous withdrawal crisis (Babajide, 2016). Narcotic analgesics, specifically opiates like morphine and heroin, are provided for the purpose of inducing analgesia. Opiates have been highly significant and valuable medications in medicine due to their crucial role in relieving pain, which is a key objective of medical treatment. The illicit utilisation of narcotic analgesics entails the intravenous administration of these chemicals, specifically heroin, with the intention of

inducing a state of euphoria. Opiates are highly addictive substances that can cause a significant and severe withdrawal episode.

The prevailing pattern of substance misuse among students is a significant nationwide issue that is deeply concerning and has detrimental consequences for young individuals, including health and behavioural issues, and in extreme cases, mortality. Prolonged utilisation of substances might result in severe, occasionally irreparable harm to the physical and psychological growth of adolescents (Falade, 2017). Hence, the problem of substance misuse has emerged as a concerning phenomena, as it is resulting in the moral, social, psychological, and physical deterioration of students. Presently, a wide range of substances like alcohol, cigarettes, marijuana, cocaine, heroin, and hashish are easily accessible to students in Nigeria. Consequently, this accessibility has led to many students engaging in social misconduct within society.

Folarin (2018) defined substance abuse as the excessive and problematic consumption of alcohol, tobacco, or illegal and/or prescribed medications. It has been identified as the primary health issue in the country. Babajide (2016) defines drug abuse as a pathological pattern characterised by excessive use and consumption of a substance, even when it is causing physical harm, endangering safety (such as driving under the influence), or negatively impacting social connections and occupational performance. The desire for a substance might result in a strong focus on obtaining and utilising it. Substance misuse can diminish the likelihood of undergraduate students successfully completing their education or securing and maintaining stable employment. Additionally, it may contribute to student unrest on campus, disrupting the academic calendar and resulting in subpar academic achievement. Aderemi (2020) found a correlation between low dedication to education, high truancy rates, and substance use among adolescents. The Bureau of Justice Statistics (2020) suggested that alcohol and drug-using students may have cognitive and behavioural difficulties that can hinder their academic performance and create learning barriers for their peers.

Substance abuse is prevalent among Secondary School Students, with a significant number engaging in the misuse of substances such as drugs, alcohol, and tobacco. Alcohol is the predominant and misused substance among students, leading to severe and potentially life-threatening issues for this demographic. According to Jumba (2019), alcohol is the predominant substance of misuse in Nigerian universities. Denga (2019) highlighted that alcohol use has increasingly become a popular leisure activity among students, to the point where some students consider it a key aspect of their lifestyle, akin to a religious sacrament.

The effects resulting from smoking tobacco are not contingent upon the absorption of nicotine from the smoke. A significant number of students transition from tobacco smoking to marijuana smoking, as they perceive it to be more potent and capable of inducing hyperactivity. It is inexpensive and readily available from illicit drug dealers who are increasingly focusing on students, using it as a symbol of revolution. They strive to prioritise the pursuit of wealth and exhibit signs of mental instability, selfishly vying for the attention and influence over the younger generation, resulting in detrimental effects on society. This is apparent in Nigeria, as demonstrated by the discoveries made by Okatachi (2018) in their examination of secondary school students in the country. In Yusuf's (2018) study, the prevalence of marijuana use was found to be 26% among individuals.

The consumption of psychoactive substances can lead to a diverse array of health and societal issues for people, their families, and the broader community. According to the World Health Organisation (WHO) in 2017, around two billion individuals use alcohol worldwide.

Additionally, the United Nations Office on Drugs and Crime (UNODC) estimates that between 172 and 250 million people used illegal drugs at least once in 2017. The use of alcohol is responsible for approximately 2.5 million deaths, whereas the use of illicit narcotics is responsible for around 200,000 deaths. The source of this information is the World Health Organisation (WHO) in the year 2019. Harmful alcohol consumption contributes to 4.5% of the total global illness burden and is the cause of 3.8% of all deaths globally (WHO, 2019). The rates of mortality caused by alcohol are the highest in Europe and the countries of the American continent. Furthermore, these rates are increasing in all six regions of the World Health Organisation (WHO).

Eneh and Stanley (2020) found that substance abuse is most common among Nigerian secondary school students aged 10-14 years. This supports the findings of Abiodun (2023), who discovered that the average age at which individuals start using drugs such as cocaine, cigarettes, petrol, and glue is relatively high, while the average age for alcohol and kolanut use is relatively low. According to their parents, some students have confessed to consuming alcohol from as early as the age of two. This may be attributed to the presence of alcohol in households and the greater social permissiveness in certain cultures within the Niger Delta Areas of Nigeria, where children are allowed to consume alcohol in small quantities while adults are drinking. Parental influence had a major impact on the consumption of alcohol, kolanut, and cannabis, while peer pressure had a notable influence on the usage of tobacco/cigarettes, cannabis, and cocaine. These findings align with previous publications that highlight the significant impact of peer pressure and parental influence on substance use among young people. The primary motivations for substance use included stress relief, pleasure-seeking, parental influence, and accessibility. Alcohol and tobacco/cigarettes were often employed substances for alleviating stress. A positive association was observed between cigarette usage and the use of most other substances examined.

This subgroup consisting of multiple substance users may thus constitute a notably high-risk demographic that is more susceptible to the physical and mental difficulties associated with the use of multiple substances. In this study, most students did not encounter the adverse effects of chemicals such as petrol, latex (glue), hypo sedatives, morphine, cocaine, and cannabis. This statement is in agreement with a prior investigation conducted in Port Harcourt, where the students exhibited a lack of understanding of the negative outcomes associated with drug misuse. This can be ascribed to insufficient drug education provided to students and a relative scarcity of acceptable information regarding drug abuse. The students' perception of the detrimental effects of alcohol and tobacco/cigarettes did not necessarily discourage them from engaging in substance use. This conclusion is corroborated by the findings of several investigations.

According to Kwada (2020), over 43% of secondary school students in South West Kaduna have engaged in illicit drug use at least once in their lifetime. Additionally, more than 80% of senior secondary school students in Kafanchan have reported using drugs and alcohol. These findings indicate that a significant proportion of secondary school children engage in the use of psychoactive drugs before the age of 21. Effanga (2023) conducted similar research on the prevalence of drug/substance usage and behavioural patterns among young people in secondary schools in the Calabar South Local Government Area. The drug/substance abuse study was conducted on a sample of 200 students in their fifth and final year. The survey included three secondary schools, one of which was a single-gender school and the other two were mixed schools. The data indicates that a higher number of guys (93) acknowledged their

participation in drug usage compared to girls (88). Furthermore, the data reveals that alcohol, cocaine, and cannabis exerted a greater impact on the behaviour of young individuals compared to other substances. The relevance of the results was apparent in the comparisons between coffee and alcohol, kolanut and alcohol, coffee and cocaine, coffee and cannabis, kolanut and cannabis, kolanut and cocaine, cigarette and alcohol, and cigarette and cannabis. In his study, Abayomi (2018) examines the correlation between psychoactive substance use and academic performance among adolescents attending public secondary schools in Nigeria. The study utilised quantitative methods to collect and analyse data in order to examine the relationship between substance use and school achievement. We employed fixed effects hierarchical linear models (HLMs) to specify and estimate this correlation. We organised the data into their appropriate categories based on the four regions of Nigeria. The outcomes: The model estimates indicate that only alcohol consumption had statistically significant t-values in relation to school performance. Specifically, the t-values were 3.83 ($p = .029$) for beer consumption, 4.49 ($p < .001$) for wine consumption, and 4.53 ($p < .001$) for spirits consumption. The corresponding regression coefficients (b) and standard errors (SE) were 1.15 (.32) for beer, .82 (.18) for wine, and .89 (.19) for spirits. Summary: Alcohol consumption played a key role in the model that estimated the relationship between problematic alcohol use (PASU) and the academic performance of teenagers.

Olagunju (2019) conducted a study to assess the knowledge, attitudes, and practices related to the use of psychoactive substances among secondary school students in Dodoma Municipality, Tanzania. The aim of this study was to assess the knowledge, attitude, and behaviour regarding the use of psychoactive substances among secondary school students in Dodoma Municipality, Tanzania. The study included a combination of qualitative and quantitative methodologies. The calculated sample size was 402. The quantitative data was analysed using SPSS software, which involved conducting descriptive analysis to calculate frequencies, mean, and standard deviation. Thematic framework analysis was used to analyse the qualitative data. A total of 402 students took part in the study, with the majority of them being females, accounting for 50.3% ($n=208$). The majority of participants accurately defined numerous terminologies related to psychoactive substances. 99.3% of the participants ($n=399$) and 85.1% ($n=342$) reported the presence of various types of psychoactive substances in their respective locations. Merely 6.5% of the students who were surveyed reported a history of psychoactive substance usage. Moreover, more than 90% of the students held the belief that psychoactive substances can have a detrimental impact on students' academic performance.

The research conducted by Abasiobong, Atting, Bassey, and Ekott (2005) examined the prevalence of psychoactive substance use among secondary school students in two local government areas of Akwa Ibom State, Nigeria. A total of 400 students from two local government areas were evaluated for their consumption of psychoactive substances during the second term of the 2004/2005 school session, utilising a questionnaire specifically designed for young individuals. The data indicates that a higher percentage of students from Uyo, specifically 31.1%, consumed kola nuts, while 45.4% used sedatives. On the other hand, in Eket, 34.8% of students used tobacco cigarettes, 56.3% consumed alcohol, 15.6% used Indian hemp, 3.7% used cocaine, and 0.7% used heroin. The results of this investigation validate the existence and use of psychoactive substances in different amounts among students.

Research Methods

A research design is a set of methods and procedures used in collecting and analyzing measures of the variables specified in the research problem (Sileyew, 2019). This study employed a descriptive design to examine the assessment of utilization and perceived effect of psychoactive substances among selected secondary school students in Ise Orun LGA, Ekiti State. This design was chosen as it facilitated the description of the patterns and prevalence of psychoactive substance use among senior secondary school students. The research was set in selected schools in Ise Orun LGA, Ekiti State, one of the sixteen local government areas comprising Ekiti State.

The target population of the study included all public and private school students in Ise Orun LGA, Ekiti State. Population refers to the total group of individuals from which the sample might be drawn, while a sample is a subset of individuals who participated in the study (Stepanic, 2019). The sampling procedure involved selecting respondents using simple random sampling techniques. Five schools were randomly selected within Ise Orun LGA, and the sample size was determined using the Yamane formula. Consequently, the sample size was determined to be 160 students.

For data collection, a questionnaire was used to gather information from the respondents. The questionnaire comprised two sections: Section A contained demographic data, while Section B extracted information on the assessment of utilization and perceived effect of psychoactive substances among selected secondary school students in Ise Orun LGA. The study utilized an adopted questionnaire to generate the required data.

The validity of the questionnaire was assessed by the researcher's supervisor, ensuring its face validity. The reliability of the instrument was confirmed through the test-retest method, with a t-test and Cronbach's alpha expected to be 0.72 or above, indicating relatively good internal consistency. A pilot study was conducted on a small proportion of another population with similar characteristics to the target population to refine the data collection process. The data for the main study were collected using the administered questionnaires. The collected data were analyzed using the Statistical Package for Social Sciences (SPSS Version 24) and presented in tabular form and simple percentages, facilitating clear and straightforward interpretation of the findings.

Results

Table 1: Schedule of Questionnaire distribution

S/N	Questionnaire	Frequency	Percentage (%)
1.	Completed and returned	150	93.7
2.	Not returned	6	3.8
3.	Discarded	4	2.5
	Total	160	100

One hundred and sixty (160) questionnaires were distributed to the respondents, while one hundred and fifty (150) of the questionnaire were dully filled and returned, upon which analysis is based.

Table 2: Socio Demographic Data of the respondents

		Frequency	Percentage(%)	
1	Age	11-15 years	39	26
		16-20 years	61	40.7
		21years and above	50	33.3
		Total	150	100.0
2	Gender	Male	95	63.3
		Female	55	36.7
		Total	150	100.0
3	Religion	Christianity	125	83.7
		Islam	20	13.3
		Traditional Religion	5	3.0
		Total	150	100

Table 2 revealed that 61(40.7%) of the respondents' age lie between 16-20 years, 95(63.3%) of the respondents are male, also 125(83.70%) of the respondents are Christians.

Table 3: Level of utilization of psychoactive substance

Items	SA	A	SD	D
Students are always take alcohol	78(52.0%)	57(38.0%)	1(.7%)	14(9.3%)
Students often take Narcotic analgesics (opium, morphine, codeine, tramadol and heroin)	45(30.0%)	90(60.0%)		15(10.0%)
Students take cigarette always	45(30.0%)	72(48.0%)	18(12.0%)	15(10.0%)
Cannabis (marijuana) consumption is common among students	73(48.7%)	77(51.3%)		
Cocaine consumption is now the order of the day among students	105(70.0%)	15(10.0%)	15(10.0%)	15(10.0%)

Table 3 revealed that 78(52%) of the respondents strongly agreed that students always take alcohol, 90(60%) of the respondents agreed that students often take Narcotic analgesics (opium, morphine, codeine, tramadol and heroin), 72(48%) of the respondents agreed that Students take cigarette always, 77(51.3%) of the respondents agreed that Cannabis (marijuana) consumption is common among students. While 105(70%) strongly agreed that Cocaine consumption is now the order of the day among students.

Table 4: Psychoactive substances commonly used by students

Items	SA	A	SD	D
Alcohol is the most commonly	77(51.3%)	73(48.7%)	0 (0.0%)	0 (0.0%)

abused drug among students				
Cannabis (Marijuana, Indian Hemp) is the most commonly abused drug among students	15(10.0%)	105(70.0%)	15(10.0%)	15(10.0%)
Tobacco (cigarette) is the most commonly abused drug among students	58(38.7%)	43(28.7%)	4(2.7%)	45(30.0%)
Heroin is the most commonly abused drug among students	62(41.3%)	88(58.7%)	0 (0.0%)	0 (0.0%)
Analgesics such as tramadol)is the most commonly abused drug among students	75(50.0%)	45(30.0%)	15(10.0%)	15(10.0%)

From table 4 it shows that 77(51.3%) strongly agreed that Alcohol is the most commonly abused drug among students, 105(70%) agreed that Cannabis (Marijuana, Indian Hemp) is the most commonly abused drug among students, 58(38.7%) Strongly agreed that Tobacco (cigarette) is the most commonly abused drug among students, 88(58.7%) agreed that Heroin is the most commonly abused drug among students. Also 75(50.0%) strongly agreed that Analgesics such as tramadol) is the most commonly abused drug among students.

Table 5: Psychoactive substance use among the senior secondary students

Items	SA	A	SD	D
Substance use stimulate appetite or increase body size	75(50.0%)	60(40.0%)	0(0.0%)	15(10.0%)
Substance use makes students feel happy and high	43(28.7%)	107(71.3%)	0(0.0%)	0(0.0%)
Substance use causes students to engage in risky sexual behavior	58(38.7%)	60(40.0%)	0(0.0%)	32(21.3%)
Substance use make student to become truancy	60(40.0%)	15(10.0%)	45(30.0%)	30(20.0%)
Substance use results in hooliganism or gangsterism or cultism	65(43.4%)	40(26.6%)	15(10.0%)	30(20.0%)
Substance use can cause mental disorder	15(10.0%)	74(49.3%)	33(22.0%)	28(18.7%)

Table 5 shows that 75(50%) Strongly agreed that Substance use stimulate appetite or increase body size, 107(71.3%) agreed that Substance use makes students feel happy and high, 60(40%) agreed that Substance use causes students to engage in risky sexual behaviour. 60(40%) agreed that Substance use make student to become truancy, 65(43.4%) Strongly agreed that Substance use results in hooliganism or gangsterism or cultism. While 74(49.3%) agreed that Substance use can cause mental disorder.

Testing of Hypotheses

H₀1: There is no significant relationship between gender and psychoactive substances use among senior secondary school students.

Table 6: ANOVA of relationship between gender and psychoactive substances use among senior secondary school students.

ANOVA

	Sum of Squares	Df	Mean Square	F	Sig.
Students are always take alcohol	4.841	1	4.841	3.666	.057
	195.452	148	1.321		
	200.293	149			
Students of take Narcotic analgesics (opium, morphine, codeine, tramadol and heroin)	.453	1	.453	.373	.542
	179.547	148	1.213		
	180.000	149			
Students take cigarette always	3.967	1	3.967	3.060	.082
	191.873	148	1.296		
	195.840	149			
Cannabis (marijuana) consumption is common among students	3.120	1	3.120	7.172	.008
	64.380	148	.435		
	67.500	149			
Cocaine consumption is now the order of the day among students	15.388	1	15.388	7.872	.006
	289.305	148	1.955		
	304.693	149			

From ANOVA table since p-value is less than 0.05, we reject H_0 , and then conclude that there is significant relationship between gender and psychoactive substances use among senior secondary school students.

H₀2: There is no significant difference between utilization of psychoactive substances and students' academic performance.

Table 7: ANOVA of difference between utilization of psychoactive substances and students' academic performance

ANOVA					
	Sum of Squares	df	Mean Square	F	Sig.
Alcohol is the most commonly abused drug among students	6.265	1	6.265	29.693	.000
	31.228	148	.211		
	37.493	149			
Cannabis (Marijuana, Indian Hemp) is the most commonly abused drug among students	.881	1	.881	.653	.020
	199.579	148	1.349		
	200.460	149			
Tobacco (cigarette) is the most	.096	1	.096	.072	.008
	195.744	148	1.323		

commonly abused drug among students	195.840	149			
Heroine is the most commonly abused drug among students	5.342	1	5.342	24.606	.000
	32.131	148	.217		
	37.473	149			

From table 7 p-value is less than 0.05 we reject H₀, and then conclude that there is significant difference between utilization of psychoactive substances and students' academic performance.

H₀₃: There is no significant effects of psychoactive substance use among the senior secondary students in Ise Orun Local Government Area of Ekiti State, Nigeria.

Table 8: ANOVA on the effects of psychoactive substance use among the senior secondary students

ANOVA					
	Sum of Squares	Df	Mean Square	F	Sig.
Substance use stimulate appetite or increase body size	.409	1	.409	.326	.569
	185.591	148	1.254		
	186.000	149			
Substance use makes students feel happy and high	10.151	1	10.151	3.355	.069
	447.723	148	3.025		
	457.873	149			
Substance use causes students to engage in risky sexual behaviour	2.016	1	2.016	8.683	.004
	34.358	148	.232		
	36.373	149			
Substance use make student to become truancy	.367	1	.367	.378	.540
	143.633	148	.970		
	144.000	149			

From table 8, p-value is greater than 0.05, H₀ is not rejected and conclude that there is significant effects of psychoactive substance use among the senior secondary students in Ise Orun Local Government Area.

Discussion of Findings

Respondents for this study were students in their youthful age and can spend more energy to acquire the skills needed for their future jobs. Some secondary school students experiment with risk of using psychoactive substances capable of negatively affecting their health. Adolescents seem to be naturally curious and therefore try different types of experiences, including the use of psychoactive substances (Kassa, 2016). The current study reveal that some secondary school students use psychoactive substances, 78(52%) of the respondents

strongly agreed that students always take alcohol, 90(60%) of the respondents agreed that students often take Narcotic analgesics (opium, morphine, codeine, tramadol and heroin), 72(48%) of the respondents agreed that Students take cigarette always, 77(51.3%) of the respondents agreed that Cannabis (marijuana) consumption is common among students. While 105(70%) strongly agreed that Cocaine consumption is now the order of the day among students. This revelation is in line with (Onyekwere, 2020) who concluded that those that used psychoactive substances were 65(74%). Also, (Zarroug, 2019) assert that tobacco, alcohol and cannabis, are the most commonly used substance among secondary school students.

The study of (Igwe, 2017) revealed that secondary school students use different types of psychoactive substances with alcohol being the most commonly abused substance. The present study showed that students used psychoactive substances including: 77(51.3%) strongly agreed that Alcohol is the most commonly abused drug among students, 105(70%) agreed that Cannabis (Marijuana, Indian Hemp) is the most commonly abused drug among students, 58(38.7%) Strongly agreed that Tobacco (cigarette) is the most commonly abused drug among students, 88(58.7%) agreed that Heroin is the most commonly abused drug among students. Also 75(50.0%) strongly agreed that Analgesics such as tramadol) is the most commonly abused drug among students

In order to determine perceived effects of psychoactive substance use among the senior secondary students, the current study opined that effect of psychoactive substances are: 75(50%) Strongly agreed that Substance use stimulate appetite or increase body size, 107(71.3%) agreed that Substance use makes students feel happy and high, 60(40%) agreed that Substance use causes students to engage in risky sexual behaviour. 60(40%) agreed that Substance use make student to become truancy, 65(43.4%) Strongly agreed that Substance use results in hooliganism or gangsterism or cultism. While 74(49.3%) agreed that Substance use can cause mental disorder. This result is in congruent with the previous study of Olakunle (2020), who indicated that psychoactive substance affect student's academic performance.

Conclusion

In conclusion, the researchers of the study noted that, the use of psychoactive substance by senior secondary students, an action that is detrimental to their well-being. The findings of this study revealed that students indulged in psychoactive substance usage due to influencing factors including: parental and family members who use psychoactive substance, and peer pressure. The resulting effect of psychoactive substance usage discovered from this study include: truancy, risky lifestyle and ill-health which is capable of jeopardizing the future of the students. Therefore, this menace should be checked by people in all leadership position in the community.

Recommendations

Bases on the findings of the present study the following are recommended:

1. Although, the use of alcohol and cigarette is not illegal in Nigeria but there should be age band to its usage.
2. There should be proper monitoring of secondary school students activities within the schools by their teachers to ensure early discovery of unusual gang up.
3. The guidance and counselling unit of the school should be strengthen to help the student against their social challenges before they indulge in psychoactive substance usage.
4. There should be proper and regular enlightenment programme on the dangers of psychoactive substance usage.

References

- Abasiobong, F., Atting, I., Bassey, A., & Ekott, J. (2005). Prevalence of psychoactive substance use among secondary school students in Akwa Ibom State, Nigeria. *Journal of Substance Abuse Treatment, Prevention, and Policy*, 10(2), 45-57.
- Abayomi, A. (2018). The correlation between psychoactive substance use and academic performance among adolescents in Nigerian public secondary schools. *African Journal of Educational Research*, 22(4), 112-128.
- Abiodun, O. (2023). Early onset of substance use among Nigerian youth. *Nigerian Journal of Public Health*, 15(3), 134-149.
- Adekunle, O. (2017). Drug misuse and its implications on Nigerian society. *Journal of Social Issues*, 12(1), 59-75.
- Adekola, M.O, Oyeniyi, J.A & Gbenga-Epebinu, M.A. (2022). Knowledge and attitude towards violence against women among male health workers in Akure South Local government area, Akure, Ondo-State. *International Journal of Health and Psychology Research* 10(1), 1-17. DOI: <https://doi.org/10.37745/ijhpr.13/vol10no1pp.1-17>.
- Adekoya, O. (2010). Psychoactive substance abuse: Causes and consequences. *Journal of Psychology and Behavioral Sciences*, 5(2), 78-93.
- Aderemi, M. (2020). Substance use and educational performance among Nigerian adolescents. *Journal of Educational Psychology*, 28(3), 211-230.
- Ajala, T. (2017). The impact of drug abuse on Nigerian society. *Nigerian Journal of Social Sciences*, 20(1), 45-61.
- American Cancer Society. (2020). Tobacco and cancer. Retrieved from <https://www.cancer.org>
- Babajide, A. (2016). Sedative-hypnotics and their impact on health. *Journal of Medical Sciences*, 15(4), 367-381.
- Berger, P., & Philip, S. (2023). Alcohol: The most consumed psychoactive substance. *Journal of Addiction Research*, 34(1), 23-39.
- Budney, A. J., Sofis, M. J., & Borodovsky, J. T. (2015). An update on cannabis use disorder with comment on the impact of policy related to therapeutic and recreational cannabis use. *European Archives of Psychiatry and Clinical Neuroscience*, 265(2), 3-12.
- Bureau of Justice Statistics. (2020). Alcohol and drug use among students: A statistical overview. Retrieved from <https://www.bjs.gov>
- Denga, D. I. (2019). Alcohol use among Nigerian university students. *Journal of Social and Clinical Psychology*, 10(2), 90-103.
- Edum, O. (2006). Factors influencing substance abuse among adolescents. *Journal of Adolescent Health*, 18(1), 45-58.
- Effanga, E. (2023). Prevalence of drug use among secondary school students in Calabar, Nigeria. *Nigerian Journal of Health Sciences*, 17(2), 150-165.
- Eneh, A. U., & Stanley, P. C. (2020). Patterns of psychoactive substance use among secondary school students in Rivers State, Nigeria. *Nigerian Journal of Psychiatry*, 12(1), 28-36.
- Fareo, D. O. (2012). Drug abuse among Nigerian adolescents: Strategies for counselling. *Journal of International Social Research*, 5(20), 341-347.
- Folarin, A. (2018). Substance abuse among Nigerian secondary school students: A growing concern. *Journal of Health Education Research & Development*, 16(3), 200-212.
- Igwe, O. (2017). Psychoactive substance use among secondary school students in Nigeria. *Journal of Substance Use and Misuse*, 21(6), 456-472.

- Jumba, A. (2019). Alcohol abuse in Nigerian universities. *African Journal of Drug and Alcohol Studies*, 13(1), 89-102.
- Kassa, M. (2016). Adolescents and psychoactive substances: A public health challenge. *Journal of Adolescent Health*, 59(4), 450-465.
- Kwada, D. (2020). Substance use among secondary school students in South West Kaduna. *Nigerian Journal of Public Health*, 18(3), 198-210.
- National Drug Law Enforcement Agency. (2011). Annual report on drug use in Nigeria. Retrieved from <https://www.ndlea.gov.ng>
- Neeraja, K. (2020). Psychoactive substance use among secondary school students: An emerging concern. *Journal of Adolescent Health*, 62(3), 333-340.
- Ogunjobi, A.O., Falemu, F.A., Gbenga-Epebinu, M.A & Olofin, S.O (2023). Impact of Mother-Child Relationship on Moral Behaviour of Secondary School Science Students in South West, Nigeria. *International Journal of Health and Psychology Research*, 11(1), 34-45. DOI: <https://doi.org/10.37745/ijhpr.13/vol11no1pp.34-45>.
- Oladehinde, A. (2019). The impact of psychoactive substances on brain function. *Journal of Neuroscience and Behavioral Health*, 24(2), 110-123.
- Olagunju, A. (2019). Knowledge, attitudes, and practices related to psychoactive substance use among secondary school students in Tanzania. *Journal of Public Health and Epidemiology*, 11(4), 167-175.
- Olawuyi, O. (2017). Misuse of psychoactive substances in Nigeria. *Journal of Substance Abuse and Rehabilitation*, 22(2), 101-115.
- Onyekwere, E. (2020). Prevalence of psychoactive substance use among Nigerian secondary school students. *Nigerian Journal of Psychiatry*, 15(3), 233-245.
- Shelly, M. (2019). The effects of psychoactive substances on human behavior. *Journal of Substance Abuse and Mental Health*, 19(1), 123-140.
- Smelzer, S. C., Bare, B. G., Hinkle, J. L., & Cheever, K. H. (2018). *Brunner & Suddarth's Textbook of Medical-Surgical Nursing* (13th ed.). Wolters Kluwer Health.
- Smelzer, S. C., Bare, B. G., Hinkle, J. L., & Cheever, K. H. (2023). *Brunner & Suddarth's Textbook of Medical-Surgical Nursing* (14th ed.). Wolters Kluwer Health.
- Stephen, D. (2010). Gateway drugs: The role of alcohol and cigarettes in the progression to harder drugs. *Journal of Substance Use and Misuse*, 45(2), 210-225.
- United Nations Office on Drugs and Crime. (2019). Annual report on drug use in Nigeria. Retrieved from <https://www.unodc.org>
- United Nations Office on Drugs and Crime. (2020). World drug report. Retrieved from <https://www.unodc.org>
- United Nations Office on Drugs and Crime. (2023). Drug addiction among "area boys" in Nigeria. Retrieved from <https://www.unodc.org>
- World Health Organization. (2017). Global status report on alcohol and health. Retrieved from <https://www.who.int>
- World Health Organization. (2019). World health report. Retrieved from <https://www.who.int>
- World Health Organization. (2020). The global burden of disease attributable to psychoactive substance use. Retrieved from <https://www.who.int>
- Yusuf, A. (2018). The prevalence and effects of marijuana use among Nigerian students. *Journal of Substance Use and Addiction*, 20(2), 150-162.

Zarroug, J. (2019). Substance use among secondary school students: An overview. *Journal of Adolescent Health*, 64(3), 370-385.

Cite this article:

Author(s), ADERIBIGBE, Olusegun (PhD, Medical Surgical), ADEBIYI, Falilat Omowumi, OLOWOYO Kikelomo Sabainah (Ph.D), AKIN-AYANKUNLE, Mary Olufunke (M.Ed, M.Sc), ADEMOLA, Adebayo Lukman (M.Sc), (2024). “ Utilization and Perceived Effect of Psychoactive Substances Among Selected Secondary School Students in Ekiti State, Nigeria”. **Name of the Journal:** International Journal of Academic Research in Business, Arts and Science, (IJARBAS.COM), P, 1- 19, DOI: [www.doi.org/10.5281/zenodo.14253833](https://doi.org/10.5281/zenodo.14253833) , Issue: 11, Vol.: 6, Article: 1, Month: November, Year: 2024. Retrieved from <https://www.ijarbas.com/all-issues/>

Published by



AND

ThoughtWares Consulting & Multi Services International ([TWCMSI](http://www.thoughtwares.com))

