# THE EFFECTS OF DRUG ABUSE AND ADDICTION ON ACADEMIC PERFORMANCE OF STUDENTS IN FEDERAL POLYTECHNIC IDAH, KOGI STATE NIGERIA

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## ABSTRACT

*Drug abuse and addiction also called substance or chemical abuse is a disorder that is characterized by a destructive pattern of applying drugs thereby leading to significant problems or distress. This phenomenon cuts across every strata of human society but more dominant among the youths. This paper, "The affects of drug abuse and addiction on academic performance of students in Federal Polytechnic Idah" is written to appraise the effects of drug abuse and addiction and how it affects the academic performance and intellectual capability of the students of Federal Polytechnic Idah, Kogi State. The research explores data from both primary and secondary sources while analysis was made using the simple percentage and Statistical Package for Social Science (SPSS). The research concludes that the academic performance of students have been hampered due to the effects of drug abuse and addiction hence recommends that public enlightenment should be carried out periodically on the dangers of drug abuse while the regulatory bodies be strengthened to carry out their functions effectively so as to curtail the trend especially in Nigeria campuses.*

*Keywords: Drug, Abuse, Addiction, Academic Performance.*

## Introduction

Drug abuse is the taking of drugs or a deliberate use of drugs for purposes other than its intended purpose without the supervision of a physician or a medical practitioner while drug addiction is the continuous uncontrolled, compulsive use of a drug not only to include intoxication but also to avoid the tortures of withdrawal.  Despite the unrelenting effort of individuals, agencies, mass media and the government at different levels against drug abuse, the prevalent practice among Post-Primary school students, Tertiary Institution, teenagers and even adults in the community has not decreased but rather continued to increase geometrically.

According to a United Nations Office on Drugs and Crime (UNODC) Report (2005), about 200 million people, or 5 percent of the world's population age between 15 and 65 have used drugs at least once in the last 12 months. Likewise, according to the World Drug (2005) reported that, the use of illicit drugs in all Nations has increased in recent years. The report goes on to note that the increasing availability of a variety of drugs to an ever widening socio-economic spectrum of consumers is disconcerting, although the main problem at the global level continues to be opiates (notably heroine) followed by cocaine. For most of Europe and Asia, opiates accounted for 62 percent of all drug treatment sought in 2003. While 3.3 to 4.1 percent of the global population admits to consuming drugs, the most worrisome trend for the UNDCP Executive Director is the younger and ages at which people are becoming addicted. In Pakistan for example, the share of those who started heroine use at 15-20 years of age has doubled to almost 24 percent. A survey in the Czech Republic showed that 37 percent of new drug users were teenagers between 15 and 19 years old. In Egypt, drug use - in particular heroin use - is becoming a serious problem and nearly 6 percent of secondary and tertiary school students admit to having experimented with drugs

The youths in Nigeria like many other countries of the world are developing addiction to psychoactive substances. In 2012, the National Drug Law Enforcement Agency (NDLEA) collected drugs use and abuse data from schools, records of patients admitted at mental health institutions for drug related problems and interview of persons arrested for drug offences. The result showed that youths constitute the high risk group for drug trafficking and abuse. Friends and school mates account for about 90% of the source of influence of the use and abuse of various psychoactive substances. In Nigeria, alcohol and cigarette are legal but these substances have also said to be "gateway drugs" to other more potent drugs like heroin and cocaine. Drug abuse/addiction has gone a long way to create several health problems and dangers in our societies. Such health problems include mental illness, cancer of the lungs, school drop-outs, and juvenile delinquency.

In Federal Polytechnic Idah, consumption of drugs on campus is very common; student take these drug to give them boldness to chase the opposite sex which most of them cannot ordinarily do without the use of some drugs, the timid types purposely take some drugs especially during social gathering to enable them fell on top.

Odejide (2014) observed that the reasons advanced by the students for taking drug are: to feel on top like adults, to feel good, to get excited, to be like friends and to be like stars. The abuse of these drugs which leads to addiction among these students gradually progresses to affect their academic performance and cause a host of evil happenings on the campus and in our society, such as incessant occurrence of road traffic accidents as a result of effects of these substances, in fact some students indulge  in exam-malpractices while others breakdown during examinations leading to failure and eventual drop-outs, some become rude and arrogant to lecturers and parents and occasionally causing riots and chaos on the campuses while some grow up to become criminal in the society leading  them into prison-yards. However, the main objective of the work is to study the causes, effects of drug abuse and addiction on the academic performances of students in Federal Polytechnic Idah. Consequently the study shall make sound recommendation that will improve the academic performances of the student in the study Area.

**Hypothesis**

The following hypothetical statement shall be tested.
Ho: Drug abuse and addiction do not affect the academic performances of students in Federal
     Polytechnic Idah.

Hi: Drug abuse and addiction have significant effect on the academic performance of students in Federal Polytechnic Idah.

**Significant of the study**

This research will be of utmost benefits to students and authority of the Federal Polytechnic Idah as it serves as a blue print in curtailing the consumption of drugs in the campus. Moreso, the paper will be relevant to those who will want to carry out a similar research topic as it has contributed to the existing literature. Finally, the paper will be relevance to the National Drug Law Enforcement Agency (NDLEA) and other relevant bodies in combating drug abuse and addiction on our campuses.

**Literature Review**

Drug is a substance used for medical purposes that change the function of the body. Carroll (1989) sees drug as any substance which upon entering the body changes the body function and structure. Drug abuse is the substance abuse or disorder that is characterized by a destructive pattern of using a substance that leads to significant problem or distress (Njoku 2004). Coleman (2010) sees drug abuse as the scenario when drug is taken more than it is prescribed. It could also be seen as the use of illicit drugs, or the abuse of prescription or over – the – counter drugs.

Carroll (1989) further noted that drug abuse as the deliberate use of chemical substances for reasons other than intended medical purposes and which occasioned physical, mental, emotional or social impairment to the users.

Drug addiction also called substance dependent or chemical dependency is a disease that is characterized by a destructive pattern of drug abuse that leads to significant problems involving tolerance, to or withdrawal from the substance, as well as other problems that use of the substance can cause to sufferer, either socially or in terms of their work or school performance (Akus 2010). A drug addict is said to be someone whose life has become dependent on drugs, hence drugs abuse (Obaje 2009). Drug addiction is dependence on a legal or illegal drug or medication, drug addiction can cause serious, long- term consequences, including problems with physical and mental health, relationship, and the law (Moronkola 2003).

Academic performance is the outcome of education, the extent to which a student, teacher or institution has achieved their educational goals. Academic performance is commonly measured by examination or continuous assessment but there is no general agreement on how it is best tested or which aspects are most important, procedural knowledge such as skills or declarative knowledge such as facts (Annie, Howard, Mildred 1996). The academic performance of students is greatly affected by drug abuse and addiction.  Hence Cole man (2010) concludes that drug abuse and addiction is detrimental to the socio-economic and intellectual advancement of the nation.

Drug use by students has hampered education and management in Nigerian secondary schools. In Nigeria, recent statistics suggest that one in every three secondary school students consumes alcohol. Another 8.3% smoke cigarettes while almost one in every ten (9.1%) chew Miraa. About 3% smoke bhang and use hard drugs like heroin, cocaine, mandrax and tranquilizers (The DailyTimes, 2004). In Nigeria a report by NAFDAC (2008) found that alcohol is also the most commonly abused drug with about 61% of the population engaging in its use. The same report indicated that 40.9% of students were abusing alcohol in Nairobi Province and 26.3% in Central Province. According to Perkinson (2002), alcohol is a central nervous system depressant and dulls the brain making learning a difficult task. When students abuse alcohol their reasoning

becomes impaired and education becomes of less priority in their life. Drug abuse also affects the brain, resulting in a major decline in its functions.

Drugs can affect a student's concentration and thus interest in school and extracurricular activities. This leads to increased absenteeism and drop outs. Most psychoactive drugs affect the decision making process of students, their creative thinking and the development of necessary life and social skills. Drugs also interfere with an individual's awareness of their unique potential and thus their interest in their career development (Louw, 2001). This gradually leads to social, emotional and physical problems and new feelings of guilt, despair and helplessness.

**Causes of Drug Abuse and Addiction**

Drug abuse and addiction have no single cause. However, American psychiatric association (2000) observed that there are number of causes such as;

I.   Biological factor: most substance abuse professionals recognize a genetic to the risk of drug addiction.
II.  Psychological factor: this includes mood disorder, depression, anxiety, and personality disorder.
III. Social factor: this include gender, marital status, Lower Socio-Economic status

More so, Abuh and Akus (2009) identified two primary causes of drug abuse and addiction such as: peer pressure and depression.

I.   Pressure group: youths associates with different types of people otherwise known as friends. Through the pressure from these friends children tend to have a taste of these drugs and once this is done, they continue to take it and become addicted to it at the long run.
II.  Depression: another primary cause of drug abuse and addiction is depression, when certain things happen to someone that is considered very sad and disheartening, the person started thinking of the best way to become happy once more hence the use of hard drugs will come in, this later on turns to an habit, hence drug abuse.

Another major cause of drug abuse is said to be the rate of unemployment among the youth. Furthermore, drugs can be said to be abused when youths do not keep to the prescribed dosage and the continued use of particular drug for long time without doctors approval. This kind of abuse is associated with soft drugs. Other factors according to Ballas (2006) include the following; curiosity, social rebellions, early initiation, poor control, low self-esteem, poor stress management, to escape reality, genetic predisposition, withdrawal effects and craving, sensation felling.

**Effects of Drug Abuse and Addiction on the Academic Performance of Students**

The effects of drug abuse and addiction on the academic performance of students are viewed by Akers (1991), Ballas (2006) and Akus (2010) to include:

1. It deadens the nervous system
2. It increase the heart beat
3. It cause the blood vessels to dilate
4. It causes bad digestion notably of vitamin B especially when taken on empty stomach.
5. It interferes with the power of judgment and poisons the higher brain and nerve centre.
6. Aggressiveness
7. Hopelessness
8. Selfishness

9.  Impotence
10. Chest or lung pain
11. Frequent illness
12. Frequent hangovers.

More so, the hard drug makes the student hyperactive at the point of taking the drug which prompt abnormal behaviors therefore lead them to commit crime. The student spends much money on the purchase of these drugs at the detriment of purchase their academic books.

Finally, it makes the student becomes unstable, the student tend to go mad and started behaving abnormally, hence infiltrate a lot of diseases into the system of the student and may eventually lead to death.

**Commonly Abused Drugs in Nigeria**

| S/No | Category & Names | Commercial & Street Names | Effect/health Risk | How Administered |
|---|---|---|---|---|
| 01 | Nicotine | Found in Cigarettes, cigars, bidis, and smokeless Tobacco (Snuff, Spit Tobacco, Chew) | Increased blood pressure and heart rate. Chronic Lung Disease, cardiovascular disease; stroke; cancers of the mouth; pancreas, cervix, kidney, bladder problems etc. | Smoked, snorted, shewed. |
| 02 | Alcohol (ethyl alcohol) | Found in Liquor, beer, and wine | In low doses: euphoria, mild stimulation, relaxation, lowered inhibition; in higher doses: drowsiness, slurred speech, nausea, emotional volatility. Increased risk of injuries, hypertension; liver and heart disease, fetal damage (in pregnant women) depression, neurologic deficits; | Swallowed. |
| 03 | Marijuana and Hashish | Ganja, grass, green trees, smoke weed, boom, gangster, hemp hesh oil | Euphoria, distorted sensory perception; increased heart rate and appetite; impaired learning, memory; panic attacks; psychosis cough, frequent respiratory infections; possible mental health decline; addiction. | Smoked, swallowed. |
| 04 | Inhelants | Aerosoh propellants, laughing gas, poppers, snappers, wippets, | Stimulation; loss of inhibition; headache; slurred speech loss of motor coordination; wheezing | Inhaled through nose or mouth. |
| 05 | Anabolic Steroids | Anadrol, Oxandrim, equipoise, pumpers, juice, gym candy, pumpers. | No intoxication effects. But the health risks are:- hypertension; blood clothing and cholesterol changes; liver cysts; reduced sperm production, in females-menstrial irregularities. | Injected, swallowed, applied to skin. |
| 06 | Tramadol | | Abdominal or stomach pain, agitation, anxiety, cough constipation, loss of memory, blood pressure increase, irregular heartbeat, difficult urination, convulsions (seizures) change in consciousness, week-erection. High blood pressure. | Swallowed. |
| 07 | Cocaine | Cocaine hydrochloride; blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot etc. | Nasal damage snorting, loss of memory. Mental problem, increased heart rate, blood pressure, feelings of exhilaration cardiovascular complications | Snorted, smoked, injected. |
| 08 | Heroin | Smack, horse, brown sugar, dope, H, junk, skag, skunk, white horse, china white, cheese | Euphoria, drowsiness, impaired coordination, slowed or arrested breathing, constipation, endocarditis, heppatilis. | Injected, smoked, Snorted. |
| 09 | Flunitrazepam | Forget-me pill, Mexican valium, R2, roach, rophies rope, roofinol, | Sedation, muscle relaxation, confusion, memory loss; dizziness, impaired coordination, addiction. | Swallowed, snorted |
| 10 | MDMA (Methylene-dioxy-Methamph-etamin) | Ecstasy, Adam, clarity, Eve, Lover's speed, peace, uppers. | Mild hallucinogenic effect; increased tactile sensitivity, teeth clenching, depression, impaired memory, hyperthermia addition. | Swallowed; snorted, injected. |
| 11 | GHB | Gamma-hydroxybuty rate: G, Georgia home boy, liquid ecstasy, soap, scoop, goop, liquid X. | Drowsiness; nausea; headache, disorientation; loss of coordination, memory loss, unconsciousness; seizures; coma. | Swallowed. |

**Survey Research, 2016**

## Methodology

The population for this study consisted of the entire students' in the Federal Polytechnic Idah which is fourteen thousand four hundred and thirty two (14,432). However, sample size of two hundred and one (201) respondents was used for the study and the formula that guides the researcher in selecting the sample size is Yaro Yameni statistical technique (2003). The researchers applied 0.07 as the error margin.

## Research Instrument

The research explores data from both primary and secondary sources, and these include the use of questionnaire, interview, daily news paper and Journals to elicit information from the respondents. However, two hundred and one (201) questionnaires were designed and distributed to the students but only one hundred and ninety two questionnaires were returned giving 96% retrieval rate. The questionnaire was divided into three parts; the first part consisted of information on demography, while the other parts contained information on predisposing factors, drugs use and abuse respectively. Analyses were made using the simple percentage and table and SPSS statistical package.

**Statistical Analysis**
**Table 1. Gender of Respondents**

| Gender | Frequency | Percentage (%) |
|--------|-----------|----------------|
| Male | 146 | 76 |
| Female | 46 | 24 |
| Total | 192 | 100 |

**Source:** Research survey (2015)

The table above shows gender of the respondents in the school, it has clearly shown that the majority of the respondents are male giving 146(76%) while 46 (24%) are female.

**Table 2: Age of the respondents**

| Age (in years) | Frequency | Percentage (%) |
|----------------|-----------|----------------|
| 15-25 | 72 | 38% |
| 26-35 | 83 | 42% |
| 36-45 | 37 | 20% |
| 46 above | - | 0 |
| Total | 192 | 100 |

**Source:** Research survey (2015)

The table above shows the age of the respondents.72 (38%) age between the ages of 15-25 years, 83(42%) are between the age of 26-35 years, 37(20%) are between the age 35-46 years and none is of age 46 years above. Therefore, majority of the respondents are between the ages of 26-35 years.

## Table 3: Family background

| Option | Frequency | Percentage (%) |
|--------|-----------|----------------|
| Monogamy | 68 | 36% |
| Polygamy | 80 | 42% |
| Divorced | 20 | 10% |
| Separated | 18 | 9% |
| Orphan | 02 | 1% |
| Others | 04 | 2% |
| Total | 192 | 100% |

**Source:** Research survey (2015)

Striking relationship between drug use and abuse is demonstrated in the table above. The family type shown in the table indicated that the type of family the respondents came from could have impact on drug use and abuse. 68 (36%) respondents are from monogamous home, 80(42%) are polygamy, 20(10%) are divorced, 18(9%) are separated, 2(1%) are orphan while 4(2%) fall under other family circumstances.

**Table 4: Occupation of Parents**

| Occupation | Frequency | Percentage (%) |
|---|---|---|
| Unskilled | 20 | 10% |
| Semi-skilled | 30 | 16% |
| Highly skilled | 24 | 13% |
| Trading | 13 | 17% |
| Government | 56 | 29% |
| Private | 43 | 22% |
| Others | 06 | 3% |
| Total | 192 | 100% |

**Source:** Research survey (2015)

Occupation classification of parents in table above shows that majority of students came from low income homes. This is represented by unskilled, semi-skilled, highly skilled and trading: i.e. 87(46%) of the students came from low income homes. The frequency of drug abuse by students from low income homes is low compared to students from high income home. Which is represented by 105 (54%). This fact is revealed by the amount of monthly allowances given to the students by their parents as up keeps in the school. Therefore, income factor play a major role in determining the students predisposition to drug abuse.

**Table 5: Type of Drug use and Abuse**

| Drug | Frequency | Percentage % |
|---|---|---|
| Brewed alcohol | 30 | 16% |
| Cocaine | 06 | 3% |
| Heroin | 04 | 2% |
| Cigarette | 49 | 26% |
| Kola nut | 30 | 16% |
| Aspirin | 20 | 10% |
| Codeine | 12 | 6% |
| Local brewed Alcohol | 18 | 9% |
| Cannabis | 09 | 5% |
| Others | 14 | 7% |
| Total | 192 | 100% |

**Source:** Research Survey (2015)

Table 5 above shows the type of drugs abuse by students. It has clearly shown that student abuse Brewed alcohol 30(16%), Cocaine accounted for 6(3%), Heroin 4(2%), Cigarette 49(26%). Information generated also shows the wide spread of Kola nut as a stimulant 30(16%), Aspirin 20(10%), Codeine 12(6%), Local brewed alcohol 18(9%), Cannabis 9(5%) while 14(7%) accounted for other stimulant.

**Table 6: Reasons for Drug use and Abuse**

| Options | Frequency | Percentage % |
|---|---|---|
| Reduce stress | 20 | 10% |
| Build-up self esteem | 44 | 23% |
| Ability to increase performance | 14 | 7% |
| Provide esoteric insight in the nature of self and the word of reality | 13 | 7% |
| Poverty and unemployment | 06 | 3% |
| Frustration | 22 | 11% |
| Hedonism | 09 | 5% |
| Reduce fear | 39 | 20% |
| Sense of euphoria | 18 | 9% |
| Relaxation prior to social event | 7 | 4% |
| Total | 192 | 100% |

**Source:** Research survey (2015)

The table above revealed that 06 (3%) of the respondents believed that the use of drug could assuage their state of mind in combating the stress associated with poverty and unemployment, 18(9%) respondents see it as a source of euphoria while 44 (23%) also believed that it help them to build-up self esteem. Hence, it is obvious that factors motivating students to abuse drug is quite in significant.

Having screened the data collected respectively. The analysis borders on the causes and effect of drug abuse and addiction in Federal Polytechnic Idah, Kogi State.

N = 10
Minimum = 6.0
Maximum = 44
Mean =    19.2
Standard Deviation =177.73
Median = 16.0
Skewness = 1.117
Kurtosis = 0.2965
F – Value = 0.96
Correlation coefficient (r) = 0.94
Coefficient of Determination ($r^2$) = 0.088

From the data above, there are ten variables and the minimum value is 6.1 while the maximum value is 44.0. The mean, standard deviation and variance are 19.2, 12.95 and 167.73 respectively. More so, since standard deviation is a more accurate and detailed estimate of dispersion, the median also shows the value of 16.0. More so, if a distribution is skewed to the right , the mean lies to the right which shows a positive skew while negatively skewed value is to the left. Hence, the variable showed a positive skewness from the above. The kurtosis shows a value of 0.2965 and F-value is 0.96. Finally, the correlation coefficient and coefficient of determination are 0.94 and 0.088 respectively. Therefore there is strong correlation between drug abuse and academic performance of students in the Federal Polytechnic Idah.

**Discussion of Findings**

From the research, the papers observed that majority of the drug users were male even though the involvement of female was also evident. Students from wealthy homes tend to command the highest number involved in drug use and abuse due to access to financial allowance given to them

by their parents. The participation of students from low income families was minimal but it revealed the low level of self control from such students.

The research also shows that most of the student that involved in drug use and abuse fall between the age bracket of 26-35 years and these findings correspond with the view of Obot (1992) that many drug abusers are experts in their 20s and 30s. The study also revealed that family size contributes immensely to the inability of the parents to control their children thereby making them vulnerable to all forms of criminality in the society.

Finally, the research revealed that most reason given for drug abuse are highly insignificant and do not have any moral and social justification as it rather lead to demoralization and social disorder in the society.

## Conclusion and Recommendations

From empirical evidence and feed-back from the respondents, the papers have revealed that drug abuse and addiction have adversely affected the academic performance of students. More so, the social and psychological implications of drug abuse and addiction have resulted into student lateness to class exam-malpractices, absenteeism and other form of criminality both within and outside the school environment.

Consequently, the paper recommends that:
1. Government should prevent the cultivation/sales of Indian Helm and other deadly herbs that encourage drug abuse.
2. Government should strictly enforce its existing laws against drug abuse through its regulatory agencies.
3. Parents and guardians should Endeavour to monitor their children and wards so that they do not engage in drug abuse.
4. Campus security should be heightened and regular check should be carried out.
5. Counseling education should be introduced in campuses to revive those who have already been engaging in the act.
6. Drug free clubs should be established in campuses
7. Effort of the school authority should be geared towards intensive use of print and electronic media for public enlightenment.

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