PSYCHO-SOCIAL FACTORS RESPONSIBLE FOR DRUG ABUSE AMONG UNDERGRADUATES IN AMBROSE ALLI UNIVERSITY, EKPOMA, EDO STATE

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Abstract
The study examined the psycho-social factors responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State. Three psycho-social factors namely:peer pressure, environment and emotional stability were covered. Three research questions were thereby analysed in the study. The study adopted the descriptive study design. The population of this covered all the 27,388 regular undergraduate students in Ambrose Alli University, Ekpoma. A sample size of 546 students was selected for the study. The proportional random sampling technique was used to select 2% of the total number of students across each of the faculties in the institution. The instrument that was used for the collection of data is a questionnaire developed by the researcher. The instrument was titled: Drug Abuse Causes Survey Questionnaire (DACSUQ). The test-retest reliability method was used to determine the reliability of the instrument. The reliability coefficient produced an r-value of 0.74 for peer pressure, 0.78 for environment and .72 for emotional instability. These values ($r \geq 0.70$) showed that the instrument is reliable as satisfactory for use in the main administration. Research questions 1, 2 and 3 was analysed using mean ($\bar{X}$) and standard deviation (S.D). The research questions were analysed with the aid of Statistical Package for Social Science (SPSS) (IBM Version 20).The result showed that peer pressure, environment and emotional stability are the factors responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State. It was recommended that the ministry of education (federal and state) should add to their curricular "Drug education" for both the primary, secondary and tertiary schools in Nigeria. They should always organize lectures, seminars, relies, film show etc for the Nigerian youths on the effect of drug abuse.
Keywords: Psycho-Social Factors, Drug, Drug Abuse, Undergraduates

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Introduction

The misuse of a certain substance, whether or not a medical professional has previously diagnosed it, is known as drug abuse. Misuse of substances that change consciousness is known as drug abuse. The term "problem with illegal drugs" also include the misuse of authorised prescription medications, such as when used for self-medication. However, tobacco, Indian hemp, cocaine, heroine, alcohol, epherdrine, Madras, caffeine, glue, barbiturates, amphetamines, and other substances are among the dangerous or illicit drugs (Wada, Khalid, Shitu, & Ibrahim, 2021). One of the main effects of drug usage is dependency and addiction, which is defined as compulsive drug yearning seeking conduct and use that continues despite unfavourable outcomes (Saratian, Risman, Ali, Rohman, Ramli, & Soelton, 2021). These changes are maladaptive and inappropriate for the social or environmental setting, which puts the person at risk of harm. Teenagers (ages 11 to 25) frequently experiment with drugs. As per the available data on drug abuse in Nigeria, the Northwest region has the highest prevalence of drug victims with 37.47 percent. The Southwest region is ranked second with 17.32 percent, followed by the South-East region with 13.5 percent, North-Central region with 11.71 percent, and the North-East zone with 8.54 percent of drug users nationwide (Adesida, Quadri, & Adedeji, 2022).

In Nigeria, the population's lifetime use of cannabis is estimated to be 10.8%. Psychotropic drugs such as amphetamine-type stimulants and benzodiapines are consumed by 10.6% of the population, heroin by 1.6 percent, and cocaine by 1.4 percent, in both urban and rural regions

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(Aguocha, & Nwefoh, 2021). Males appear to take drugs more frequently than females, accounting for 94.2 percent vs 5.8 percent. The age range for first use is 10 to 29 years. Volatile organic solvent usage, on the other hand, is 0.53 percent and is prevalent among women, school-age youngsters, and street children (Saratian et al., 2021). Among the pharmaceuticals that students most frequently abuse are pain relievers, sleep aids, stimulants, sex enhancers, herbal remedies, and prescription concoctions. Arousal of self-esteem, hedonism, sadness, experimental curiosity, emotional relief, peer pressure, parental pressures, and scholastic stress are some other causes of drug addiction among students (Nabofa, 2021). Many teenagers who take drugs do so mostly due to peer pressure. This is due to the fact that when young people become older, many of them have a tendency to rely more on their friends than on their parents, who may easily trick them into using dangerous substances.

Some parents do not have much time to spend with their kids, and those who do seldom show any interest in getting to know their classmates, the difficulties they face in school, or how they are managing. Njigwum and Echebe (2024) noted that some parents place excessive pressure on their kids to pass at all costs because they have unreasonable expectations for their academic success. They continued by saying that in order to remain up late studying, these students may turn to stimulants and dangerous drugs. Uwaibi, Omozuwa, and Agbonrofo-Eboigbe (2022) asserted that drug usage is a social issue due to its impact on students' conduct as well as a medical one due to the health risks involved.

Numerous academics have conducted studies on the psycho-social aspects that contribute to drug misuse among undergraduate students. A study on the effects of drug misuse and familial variables on sexual attitude and behaviour was carried out by Idoko, Muyiwa, and Agoha (2015) among undergraduate students at the University of Ibadan in Nigeria. The survey included 360 respondents, 182 of whom were male and 178 of whom were female, between the ages of 16 and 21. Four hypotheses were investigated with regression and analysis of variance (ANOVA) utilising a questionnaire. Findings indicated that among Nigerian undergraduate students at the University of Ibadan, drug misuse is associated with hazardous sexual activity.

The psycho-social factors of teenage drug usage among Rivers State public secondary school pupils were studied by Njigwum and Echebe (2024). An ex post facto design was used in the research. For the study, a sample of 348 students was employed. The sample was created using a proportional stratified random sampling procedure. The Psychosocial Determinants Survey (PDS) and the Substance Abuse Inventory (SAI) were the two tools utilised to gather data for this study. Using the Cronbach Alpha method, the instrument's reliability was determined. The results showed that the Substance Abuse Inventory (SAI) had a coefficient of 0.86, the Peer Pressure had a value of 0.78, the Anxiety had a coefficient of 0.92, and the Family Lifestyle had a coefficient of 0.73. The findings of the study showed that peer pressure, anxiety and family lifestyle are determinants of substance abuse among senior school students.

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To lessen the prevalence of psychoactive substances in Nigeria, Oye and Ibimiluyi (2022) looked at the psycho-social variables of teenage drug abuse. For this study, a descriptive research strategy was chosen. Using a multistage sampling approach, 500 individuals between the ages of 14 and 18 made up the sample. The proposed hypotheses were tested at the significance level of 0.5. The findings showed a strong correlation between psycho-social variables and teenage drug misuse. The results also showed that among secondary school teenagers, bad parenting is the strongest predictor of substance misuse among the three psychosocial factors studied (poor academic performance, poor parenting, and negative peer impact).

In a similar study, Yusuf (2018) looked at the variables that affect drug consumption among Nigerian undergraduate students in Osun State. One thousand and two hundred undergraduate students were chosen at random from three Osun State higher education institutions. The researcher created the Factors Influencing Substance Abuse Questionnaire (FISA) in order to gather pertinent data. Analysis of Variance (ANOVA), t-test, and simple percentage were used to analyse the data that were gathered. The study's conclusions demonstrated that the main factor affecting drug addiction among undergraduate students is peer pressure. The study also showed that there are notable differences in the factors driving drug addiction between undergraduate male and female students. The outcome also demonstrates that drug misuse among undergraduate students in Osun State, Nigeria, was caused by environmental factors.

Tuwei (2017) investigated how drug abuse affected Uasin Gishu County public university

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students' academic performance. The study specifically aimed to determine whether drug impacts were a factor in students' subpar performance at Moi University, University of Nairobi, Kisii University, Laikipia University, and University of Eldoret. drug-related issues in later life are predicted by drug use among college and university students. 18,099 respondents, or 9, college administrators and 18,090 students in Uasin Gishu County, made up the target population. There were 400 responders in the sample, including 391 students and 9 college officials. The study found that drug misuse in Uasin Gishu County's public colleges is caused by environmental factors. In 2022, Adesida, Quadri, and Adedeji conducted a study to determine the extent of drug usage among university students in Nigeria and to assess the approaches used to address the issue. A self-administered, structured questionnaire was employed to gather data from undergraduate students who were chosen at random. Male and female student proportions were 41.1% and 58.9%, respectively. Of them, sixteen percent (16%) had used marijuana and/or opioids like tramadol and codeine, and twenty percent (20%) had drunk alcohol. Of the students, 27 (11.4%) had used electronic vapour items. With the exception of hashish, none of the drugs included in the study's use was statistically significant for either gender. Of the 46 individuals (78.0%) who reported using drugs, 4 (6.7%) said their parents or other family members exposed them to the vice. Students who have taken drugs (70.4%) done so during parties. Curiosity and peer pressure (73.7%) were the two main variables driving students' usage of drugs.

Velga, Elmars, and Millere (2018) investigate personality traits that are associated with emotional stability and the competences that make it up. The study tool was the Bar-On

Emotional Quotient Inventory, or EQ-i 3, which was modified for use in Latvia by A. Gaitniece-Putane. It consists of five variables and fifteen corresponding scales. The study's target population consisted of 241 SUD patients, 154 (63,9%) males and 87 (36,1%) women, respectively, from two departments of the Riga Centre of Psychiatry and Addiction Disorders. The men's average age was 38.5 (SD=10.6), while the women's average age was 37.4 (SD=11.4; t=0,49; p=0.63). In the participant group, there were 58 drug addicts and 183 alcoholics.In two EI variables (Adaptation and Interpersonal) and on five measures (Self-actualization, Empathy, Social Responsibility, Problem Solving, and Impulse Control measures), there were statistically significant differences between drug users and alcoholics. The outcome showed that drug misuse is caused by factors related to emotional stability.

In Edo State, Nigeria, Uwaibi, Omozuwa, and Agbonrofo-Eboigbe (2022) ascertained the frequency and sociodemographic traits linked to substance misuse among the youth. 412 study participants who provided informed consent were included in the study using a descriptive cross-sectional study design and a multi-stage sampling procedure. A structured interviewer conducted the questionnaire. The research subjects' mean age (SD) was 19.03(3.09) years. The age range where drug usage was greatest was 19–22 years old. Male individuals (10.8%) were more likely than female subjects (6.2%) to be substance abusers. Overall, 29 respondents, or 8.3%, met the requirements for being classified as substance abusers. With 86 cases (20.9%), cannabis was the most often misused drug, followed by alcohol (19.7%) and tramadol (11.2%).

Out of all the substances that were misused, alcohol accounted for 17 (58.6%). Trailed closely by Tramadol (41.4%). 52.4% of those surveyed were unaware of what constitutes substance addiction. A little over 32.3% of the participants learned about substance misuse via friends. Peer pressure was the most frequent cause of illicit drug usage, cited by 50% of respondents.

The social, health, and economic foundations of families, society, and entire countries are seriously threatened by the problem of drug misuse among students (Giade, 2021). Global drug misuse has led to an increase in violence and criminality, Hepatitis B and C virus infections, HIV/AIDS infections, vein collapse, and social structure collapse, among other issues. Adorable youth activities are so common in Nigeria that they are causing a great deal of anxiety for the country's stakeholders, government, and society at large (Oye & Ibimiluyi, 2022). Peers in primary schools participate in organised crime and interfere with normal classroom instruction. It is well known that in recent years, incidents of teacher violence in secondary schools have posed a risk to students' safety and property (Abudu, 2020). Adolescent drug consumption in Nigeria has been linked to a generation that is morally bankrupt, corrupt, and wasteful, as well as the erosion of society norms and aspirations. Researchers have recently conducted a number of research on drug misuse and secondary school learners behavioural patterns. Drug misuse was found to be a common problem among undergraduate students in Edo State's higher institutions by Oliha (2014), who conducted an investigation into the matter. In Uvwie Local Government Area, Delta State, Nigeria, Okarie and Alutu (2021) looked into the factors that predispose secondary school adolescents to indiscipline behaviour. Hence, a

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knowledge gap exists. Furthermore, the study was carried out among undergraduates in tertiary institutions while learners in secondary schools were not included in the study. To fill this gap, this paper examined the psycho-social factors responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State.

Research Questions

The following research questionswere answered in the study:

1) How do students rate peer pressure as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State?

2) What is the rating of environment as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State?

3) What is the rating of emotional stability as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State?

Methods

This study adopted the descriptive study design. The population covered all the 27,388 regular undergraduate students in Ambrose Alli University, Ekpoma. A sample size of 546 students was selected for the study. The proportional random sampling technique would be used to select 2% of the total number of students across each of the faculties in the institution. The proportionate random was used in other to drawn a sample from a homogenous group or stratum (which represents faculties in this study). The instrument that was used for the collection of data was a questionnaire developed by the researcher. The instrument was titled:

Drug Abuse Causes Survey Questionnaire (DACSUQ). The instrument was divided into Sections A and B. Section A contains information on the personal data of students like name of their department. Section B contains 15 item statements bordering on the causes of drug abuse namely: Peer pressure (items 1-5), environment(items 6-10) and emotional instability(items 11-15) respectively. Each of the items was rated on a four point likert scale type: Strongly Agree - 4; Agree - 3; Disagree -2 and Strongly Agree - 1.A mean score of 2.50 was set as the criterion mean. This was obtained by adding up the four (4) likert scales (Strongly Agree – 4, Agree – 3, Disagree – 2 and Strongly Disagree – 1) and dividing the sum (10) by the total number of scales (4) to give 2.50. Hence, item with a mean score of 2.50 or higher was considered to have been agreed upon as a cause of drug abuse while any below 2.50 was taken otherwise.

The face and content validity of the instrument was carried out by the researcher who gave copies of the questionnaire to two experts in the Guidance and Counselling. The test-retest reliability method was used to determine the reliability of the instrument. This procedure was carried out by administering copies of the instrument to 30 students from University of Benin, Benin City. Hence, 30 students constituted the participants included in the pilot study of the instrument. This sample of students outside the study sample were used to ensure sentiment and possible biases are not introduced in the main administration of the instrument. Their responses in the first and second test were correlated using the Pearson's Product Moment Correlation technique. The result of the coefficient produced an r-value of 0.74 for peer

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pressure, 0.78 for environment and .72 for emotional instability. These values (r ≥ 0.70) showed that the instrument is reliable as satisfactory for use in the main administration. The researcher personally administered copies of the questionnaire to students before or after their lecture periods in their various faculties. Research questions 1, 2 and 3 was analysed using mean ($\overline{X}$) and standard deviation (S.D). A mean score of 2.50 was used as the criterion mean for determining students' rating on the items. This was obtained by adding up the four (4) likert scales (Strongly Agree – 4, Agree – 3, Disagree – 2 and Strongly Disagree – 1) and dividing the sum (10) by the total number of scales (4) to give 2.50. The research questions were analysed with the aid of Statistical Package for Social Science (SPSS) (IBM Version 20).

Results

The results of the analysis of research question and test of hypothesis 1 and 2 are presented below

Research Question 1: How do students rate peer pressure as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State?

Table 1: Analysis on Peer Pressure as a Factor responsible for Drug Abuse among Undergraduates in Ambrose Alli University Ekpoma Edo State

S/n	Items on Peer pressure	N	Mean	Std.dev.	Remark
1.	My friends tell me to use drugs even before I feel the symptoms of any ailment	546	2.70	1.039	Agreed
2.	I do what my peers do by taking more than the prescribed dosage of drug	546	2.68	.969	Agreed
3.	I use drugs that only my peers tells me works effectively	546	2.68	1.027	Agreed
4.	I use drugs locally prepared from herbs by my peers	546	2.52	1.063	Agreed
5.	I do not always follow the dosage prescription of medical experts but follow that of my peers	546	2.55	1.086	Agreed
	Overall mean = 2.63				

* Significant mean ($\overline{X} \geq 2.50$)

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Result in Table 1 shows that majority of the studentsagreed on all the items at a mean score rangingfrom 2.52 to 2.70. Furthermore, the overall/average mean score of 2.63 is greater than the criterion mean of 2.50. Hence, it is concluded that studentsratedon peer pressure high as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State.

Research Question 2: What is the rating of environment as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State?

Table 2: Analysis onEnvironment as a Factor Responsible for Drug Abuse among Undergraduates in Ambrose Alli University Ekpoma, Edo State

S/n	Items on Environment Influence	N	Mean	Std.dev.	Remark
1.	People within my community suggest to me to use drugs even before I feel the symptoms of any ailment	546	2.46	1.138	Disagreed
2.	My neighbors take more than the prescribed dosage of drug and so I do the same	546	2.28	.987	Disagreed
3.	I use drugs that only people within my environment tells me works effectively	546	2.64	1.068	Agreed
4.	I consume drugs locally prepared from herbs that I see my neighbors use	546	2.48	1.067	Disagreed
5.	The environment I live influences my decision on consuming what is contrarily to the drug prescription of medical experts	546	2.36	1.096	Disagreed
	Overall mean =2.44				

Significant mean ($\bar{\bar{X}} \geq 2.50$)

Result in Table 2 shows that majority of the students agreed on item 1 at a mean score of 2.64 but disagreed on items 1, 2, 4 and 5 at a mean score of 2.28 to 2.46. Furthermore, the overall/average mean score of 2.44 is lesser than the criterion mean of 2.50. Hence, it is concluded that students rated on environment high as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State.

Research Question 3: What is the rating of emotional stability as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State?

Table 3: Analysis onEmotional Stability as a Factor responsible for Drug Abuse among Undergraduates in Ambrose Alli University Ekpoma Edo State

S/n	Items on Emotional stability	N	Mean	Std.dev.	Remark
1.	I use drugs even before I feel the symptoms of any ailment whenever I am stressed out at school	546	2.33	1.031	Disagreed
2.	I take more than the prescribed dosage of drug when I an angry about an event	546	2.59	1.089	Agreed
3.	I use more than the prescribed dosage of drug when i do not make the desired grade on a subject	546	2.62	1.147	Agreed
4.	I use drugs locally prepared from herbs to relief myself from worries	546	2.51	1.082	Agreed
5.	I ignore the dosage prescription of medical experts when I feel frustrated with my academics	546	2.59	1.085	Agreed
	Overall mean = 2.53*				

* Significant mean ($\bar{X} \geq 2.50$)

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Result in Table 3 shows that majority of the students agreed on items 2, 3, 4 and 5 at a mean score range of 2.51 to 2.62 but disagreed on item 1 at a mean score of 2.33. Furthermore, the overall/average mean score of 2.53 is greater than the criterion mean of 2.50. Hence, it is concluded that students rated on emotional stability high as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State.

Discussions

The result shows that students have high rating on peer pressure as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State. The findings are consistent with those of Idoko, Muyiwa, and Agoha (2015), who observed that drug misuse among undergraduate students at the University of Ibadan, Nigeria, is predicted by peer pressure. The findings support those of Oye and Ibimiluyi (2022), who pointed out that peer pressure plays a role in teenage drug addiction. The findings align with those of Magu, Wanzala, Mutugi, Ndahi, and Peter (2012), who determined that peer pressure accounted for a substantial portion of the control variable variance in drug addiction. The findings are consistent with Flannery and Ellingson's (2021) findings that peer pressure plays a role in drug usage.

The result shows that students rated low environment high as a factor responsible for drug abuse among undergraduates in Ambrose Alli University Ekpoma Edo State.The findings are consistent with Yusuf's (2018) observation that drug misuse among undergraduate students in Osun State, Nigeria, was caused by environmental factors. The outcome is consistent with that

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of Tuwei (2017), who found that drug usage in public universities in Uasin Gishu County is caused by environmental influences. The findings are consistent with those of Jorge (2016), who pointed out that drug misuse among teenagers in Brazil is caused by environmental factors. The findings corroborate those of Obikeze and Obi (2015), who claimed that drug misuse among teenagers enrolled in senior secondary schools in Anambra State is caused by environmental factors.

The findings demonstrate that Ambrose Alli University in Ekpoma, Edo State, undergraduate drug abusers rate their emotional stability highly. The findings corroborate those of Nabofa (2021), who observed that drug misuse among students in Rivers State might be attributed to emotional stability. The outcome is consistent with the findings of Velga, Elmars, and Millere (2018), who discovered that emotional stability plays a role in drug misuse. The findings support Nayak's (2014) assertion that drug misuse among students in the Southeast area of India is influenced by emotional stability.

Conclusion

The willful over-dependence on or misuse of a certain substance, with or without a prior medical diagnosis by licenced healthcare professionals, is known as drug abuse. Based on the results, it was determined that Ambrose Alli University in Ekpoma, Edo State undergraduate drug addiction is largely caused by peer pressure, environment, and emotional stability.

Recommendations

The following are the recommendations for the study:

1) Since it's true that charity starts at home, parents should teach their kids to fear the Lord and the detrimental impact that drug addiction has on society, their health, and human dignity.

2) Nigeria's elementary, secondary, and university education ministries of education (federal and state) ought to incorporate "drug education" into their curricula. The youth of Nigeria ought to regularly attend lectures, workshops, movie screenings, and other events that discuss the negative effects of drug abuse.

3) The Nigerian government as a whole should always be educating the public on the dangers of drugs abused through awareness, programme for the Nigerian youths etc.

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