

SUBSTANCE ABUSE AND DEVIANT ACADEMIC BEHAVIOUR AMONG SENIOR SECONDARY SCHOOL STUDENTS IN JALINGO EDUCATION ZONE, TARABA STATE – NIGERIA: IMPLICATIONS FOR COUNSELLING

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Abstract

This study investigated Substance Abuse and Deviant academic behaviour among Senior Secondary School Students in Jalingo Education zone of Taraba state, Nigeria. To guide the study one research question was raised while one hypothesis was formulated. Descriptive survey research design was used. The population of this study comprised all the SSII students of 2019/ 2020 academic session in Jalingo Education zone of Taraba State with total enrolment of four thousand, five hundred and ninety-four students. (4594). Purposeful random sampling was used to collect the sample of three hundred and six-eight (368). Research instrument titled; Substance Abuse and Deviant Academic Behaviour Questionnaire [SADABQ] was used to collect data. The reliability of instrument was established using Cronbach-alpha method. The data collected were analysed using descriptive statistics of mean and standard deviation while inferential statistics of chi-square was used to test the hypothesis at 0.05 level of significance. The instrument was pilot tested and the mean reliability index was 0.705. The findings of the study revealed that substance abuse leads to many deviant academic behavior among students. It was recommended that the Policy Makers of the State should develop a strong comprehensive policies that prohibits harmful substances especially in schools.

Keywords: Substance Abuse, Deviant Academic Behaviour

Introduction

In relation to the global trend, substance abuse in Nigeria is on the increase. An estimated 14.4 per cent (range 14 per cent - 14.8 per cent) of the population in Nigeria, or 14.3 million people between 15 and 64 years of age had used drugs, excluding alcohol and tobacco. (UNODC, 2018, Drug Report in Nigeria). This estimate includes people who had used a drug at least once in the past 12 months as well high-risk drug users. The estimates have been adjusted to account for individuals who had used more than one drug. In other words “any drug use” counts individuals only once even if they had used multiple substances in the past years.

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In the North-East zone which includes Adamawa, Bauchi, Borno, Gombe, Taraba and Yobe States, the estimated annual prevalence of drug users is 13.6 percent or over 2 million. The overall extent of drug use in the zone is comparable with the national prevalence. However, the prevalence of cannabis use in the zone is lower than the national estimates, whereas the use of opioids (tramadol, codeine, and morphine), ecstasy, and non-medical use of cough syrups is higher than the national estimates. Within the North-East zone, the highest prevalence of past year drug use is estimated for the Gombe State (21 per cent of the adult population). Annual prevalence of drug use in North-East zone (UNODC 2018).

Statistics from studies on substance abuse in Nigeria has placed the North-East region, to which Taraba State belongs, in the fifth position with the statistic of 8.54 percent. This means about nine out of 100 persons, in this region abuse substance. (Ihyongo 2018). The implication is that Jalingo Education zone which is part of this region where this study is being carried out abuse substance.

The consequences of drug abuse among Nigerian youths have become a stigma of moral bankrupt. A good number of youths are labeled as 'decadent' and 'wasted generation' that must be revitalised and collectively salvaged. This need to be done to prevent total degeneration and loss of our societal values and ideals. (Nmodu, Ojih, Okojie, Benjamin, Abba, Muazu, Elazeh, & Uzoaru, 2014).

The medical definition of drug abuse is when a substance is consumed to a point where there is an adverse effect on an individual's health or inability to function as a responsible person. Legally, the criminal use or possession of substance that interferes with a person's health or ability to do well in school or to earn an appropriate living or when there is the disruption of a person's individual or social adjustment or both. Drug abuse is a violation of a drug norm of a given society. From the above definitions, one can deduce that drug abuse consists of using drugs solely to change feeling, or in such a way as to endanger health. The excessive use of any chemical substance not prescribed by the medical practitioner that alter mood, perception or consciousness and which impairs health, social or job functioning is drug abuse. Similarly, the drug norm of a society could be legal, social, religious, political, economic, medical and otherwise.

Due to new technologies which have improved the mass production of some of these drugs, many of them have become very cheap and therefore affordable. Unfortunately, the presence of new substances of abuse are usually not detected until someone suffering from the consequences visits the hospital for treatment or law enforcement personnel intercept or seize a supply of suspected substances. Substance abuse in Nigeria as a new trend is becoming a significant medical, psychological, social and economic problem facing the nation. More worrisome is the increasing number of secondary school and tertiary institution students who are getting involved in drug abuse. These are the future leaders of Nigeria. What will the future of the nation be if it's supposedly future leaders are drug addicts?

Deviant behaviour as the case may be may represents faulty actions carried out by individuals. Odoemelam and Ajoku (2010) outlined classes of deviant behaviour to be the following:

- (i) **Psychological and Social Deviant Behaviour:** These are behaviour that contradicts the societal norms and values established for the promotion of peace and order. They include; talkativeness, laziness, pride, envy, nagging, noisy, rudeness, boisterous, rumour mongering etc.

- (ii) **Deviant Behaviour Related To Criminality:** These are deviation from the school rules and regulations as well as deviation from the 'laws' governing the lives, peace and security of the larger society. They include; stealing, hijacking, vandalism, forgery, arson, assault, fighting, arm robbery, gambling and examination malpractice.
- (iii) **Personality Deviation:** These are behaviour that are contrary to the normal personality behaviour. They include; aggression, tempers tantrums, inferiority or superiority complex, bullying, and so on. Several factors work together to trigger academic deviant behaviour among students. Ifelumni (1991), Odoemelam (1994), Adimora (1990), Odoemelam (1994), Hurlock (1972) and Kuntu and Tutoo (2002) in Apama (2013), are all of the opinion that no isolated factor causes deviant behavior among adolescent.

These authors agree that the factors are reasons for deviant behaviour among children. Deviant behaviour among children can be caused by factors within the individual as well as psychological and social factors. These two factors work together in an individual to produce a normal and well-adjusted individual. The contribution from both (nurture), influence the individual's behaviour. In a related development, disputes from these two factors give rise to deviant behaviour. A closer look at the common improper behaviour among the youths today may not be far from the results of these factors.

Statement of the Problem

The scourge of substance abuse seems to be taking a toll on students in secondary schools and other educational institutions of learning in Nigeria. Crimes and social vices are mostly associated with drug abuse. The impact is being felt by affected individuals, their families and the society. Drug abuse seems to be common among students in Jalingo Education Zone of Taraba State. Consequently, there seems to be common deviant academic behaviours among the students. Could this be as a result of substance abuse? What could the implication of this trend be if not properly tackled?

Purpose of the Study

The purpose of this study was to find out the effect of substance abuse on deviant academic behaviour of senior secondary school students in Jalingo Education Zone, Taraba State Nigeria. The study sought to: Determine the effect of drug substance abuse on academic deviant behaviour among senior secondary school in Jalingo Education zone, Taraba State, Nigeria.

Research Question

One research question was raised to guide the study.
What is the effect of drug substance abuse on academic behaviour among senior secondary school students in Jalingo Education zone, Taraba State, Nigeria?

Research Hypothesis

Drug Substance abuse has no significant effect on students' academic behaviour among senior secondary school students in Jalingo Education zone Taraba State, Nigeria.

Methodology

The research design adopted for this study was descriptive survey research design. Descriptive survey design collects information about a defined situation and condition or environment and the people. (Okogun 2016).

The population of this study comprised all the SSII students of 2019/ 2020 academic session in Jalingo Education zone of Taraba State which had 47 senior secondary schools with a total enrolment of four thousand, five hundred and Ninety four students. (TSPPMB, 2019/2020). This study was limited to SSII students because they were the most current set of students on ground and they formed the most stable class suitable for the purpose of the study.

The sample size for this study was three hundred and sixty-eight. Multi-stage sampling was used to select the sample size for the study using the Taro Yamane's (1976) formula for determining sample size representing 23.3% of the entire population.

The main instrument for this study was a questionnaire titled Substance Abuse and Deviant Academic Behaviour Questionnaire [SADABQ]. A pilot study was carried out on 40 male and female students at Government Day Secondary School Nukkai a selected school not included among sampled schools for the main study. The pilot study yielded a Cronbach alpha coefficient index of 0.705. This showed that the instrument was reliable. Inferential statistics of Chi-square was used to test the hypotheses at 0.05 levels of significance. Descriptive statistics of mean and standard deviation was used in answering the research question using the SPSS package.

Data Analysis, Results and Discussions

Research Question: What is the effect of drug substance abuse on deviant academic behaviour among senior secondary school students in Jalingo Education Zone, Taraba state?

Table 1: Means and standard deviations of effect of drug substance abuse on deviant academic behaviour among senior secondary school students in Jalingo Education Zone, Taraba State.

SN	Statements	SA	A	D	SD	Mean	SD	Dec
1.	Student who abuse drug substances always sleep in class	187	132	18	29	3.30	0.89	HI
2.	High rate of academic offences are commonly found in students who abuse drug substances	176	118	42	30	3.20	0.94	HI
3.	Disrespect of teachers is a common behaviour of student who abuse drug substances	201	103	35	27	3.31	0.92	HI
4.	Smoking of Indian hemp could impair sensory learning organs	175	125	31	35	3.20	0.95	HI
5.	Drug abuse has negative impact on students' academic performance	198	119	24	25	3.34	0.88	HI
6.	Most students with deviant academic behaviour are drugs abusers	149	107	61	49	2.97	1.05	HI
7.	Student who abuse drugs always come to school late.	146	106	61	53	2.94	1.07	HI
8.	Cultism is associated to student that abuse drug substances	170	116	32	48	3.11	1.03	HI
9.	Bullying other students are mostly carried out by students who abuse drug substances	148	122	58	38	3.04	0.99	HI
10.	Student that abuse drugs are quite often truant	167	128	37	34	3.17	0.95	HI

Grand Mean 3.16

Source: Researcher's Field Survey 2019

Table 1 reveals that drug substance abuse has significant effect on deviant academic behaviour among senior secondary school students in Jalingo Education zone of Taraba State, Nigeria. The effect could be seen on items 5, 3, 1, 2, 4, 10, 8, 9, 7 and 6 having the following mean rates of 3.34, 3.31, 3.30, 3.20, 3.20, 3.17, 3.11, 3.04, 2.97 and 2.94 respectively. This indicates that substance abuse has high effect on deviant academic behaviour among senior secondary school students in Jalingo Education zone of Taraba State, Nigeria.

Hypothesis: Drug substance abuse has no significant effect on deviant academic behaviour among senior secondary school students in Jalingo Education Zone, Taraba State

Table 2: Chi-square Test of effect of drug substance abuse and deviant academic behaviour among senior secondary school students in Jalingo Education Zone, Taraba State.

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	5.840E2 ^a	196	.000
Likelihood Ratio	314.928	196	.000
Linear-by-Linear Association	74.357	1	.000
N of Valid Cases	366		

Table 2 presents chi-square at 196 degree of freedom ($x^2 = 5.840E$, $p = .000$) this result reveals that there is statistically significant effect of drug substance abuse on deviant academic behaviour among senior secondary school students in Jalingo Education Zone, Taraba State. Thus, null hypothesis that says drug substance abuse has no significant effect on deviant academic behaviour among senior secondary school students in Jalingo Education Zone, Taraba State is here by rejected, this further revealed that there is negative effect of substance abuse and deviant academic behaviour among senior secondary school students in Jalingo Education zone, Taraba State, Nigeria.

Discussion of Findings

The findings of the study shows that the mean and standard deviation scores rating items on the perceived effect of drug substance abuse on deviant academic behaviour among senior secondary school students in Jalingo Education Zone, Taraba State is significant, all the items have mean rating score above the average mean including grand mean, the grand mean for the ten items shows that the effect of drug substance abuse on deviant academic behaviour among senior secondary school students in Jalingo Education Zone, Taraba State, Nigeria, is high, hence the grand mean and standard deviation is above criterion mean which indicate that the respondents perceived that drug substance abuse has effect on deviant academic behaviour among senior secondary school students in Jalingo Education Zone, Taraba State, Nigeria. Also hypothesis tested signifies that drug substance abuse have significant effect on students' academic performance in Jalingo Education Zone, Taraba State, Nigeria. Based on these findings, there are some implications for counselling to either cure or prevent should the consequence of drug substance abuse persist.

The study is in agreement with the study conducted by Abdu-Raheem, (2013), on sociological factors to drug abuse and its effects on secondary school students' academic performance in Ekiti and Ondo States, Nigeria. The study discovered that there was a significant relationship between peer-group influence and drug abuse among secondary school students in Ekiti and Ondo States. In addition, the study also confirmed that there was a significant relationship between family cohesiveness and drug abuse among secondary school students in Ekiti and Ondo States. Furthermore, the study revealed that there was a significant relationship between drug abuse and students' academic performance. Emotional or psychological problems result in failure, which eventually leads to unhappiness, disapproval, non-recognition, frustration, stress, substance abuse, crime, truancy, delinquency, and many other bad lifestyles and behaviours which tend to affect academic performance of students.

The finding of this study is contrary to the findings of Nsor, Ugbang&Edu, (2016), who embarked on a study titled Effect of cultism and other social vices on the academic performance of Colleges of Education Students in the South-South Region of Nigeria. The study concluded that cultism was on the increase in our institutions of higher learning and especially in Colleges of Education in the south-south Region of Nigeria. This might be as a result of the way the society celebrates mediocre in the name of cultists and partly in the way politicians use them as ready tools to bulldoze their way to power and reward them with material gifts (cars, money appointments etc.). It is interesting to state categorically clear that the demerits of cultism outweighs its merits which is seen negatively affecting the society such as loss of lives, disruption of school calendar, poor academic performance, insecurity, loss of public reputation, stigmatization etc. These vices will ultimately lead to loss of value of an individual. The findings of this study on the other hand contradict the findings of Al-Raqqad, Al-Bourini, Al-Talahin& Elias (2017), who carried out a study Jordanian schools Hana's, study divulged that bullying existed in almost every school either public or private schools but at different levels. The research found that school bullying affected academic performance of student's either on those being bullied or those carrying out such bad behaviour.

Recommendations

Based on findings of the study, the following recommendations are made:

- (1) Policy Makers of the States should develop comprehensive policies that address learning in a wide range of spheres, including the economic, political, social, cultural, technological environmental as well as laws regarding substance abuse.
- (2) Policy Makers of the States should develop inclusive policies that address the learning needs of all students by providing equitable access to learning opportunities, and differentiated strategies without discrimination on any grounds provided that substance abusers are realized among students.
- (3) Policy Makers of the States should also develop integrated policies using interdisciplinary and inter sectorial knowledge and expertise, encompassing education and training policies and related policy areas, such as health, environment, justice, standing laws against drugs abuse and culture.

Implications for Counselling

To nurture a favourable policy environment, State Government should consider:

- (a) Raising awareness, through legislation, institutions and sustained political commitment, of substance abuse and education as an essential component of the right to education and a key pillar in the education system;
- (b) Taking measures to provide information, motivate learners and guide them towards relevant learning opportunities and demotivate them towards maladaptive behaviour;
- (c) Educational counselling needs to take place within an environment of learning.
- (e) Counselling unit and or clinic should be established in each of the Local Government Areas in the zone
- (f) Community/ Group counselling should be encouraged.
- (g) Every secondary school should have a counsellor in order to:
 - Assist students to create new, more flexible arrangement that will aid persistence, through prioritization of daily activities, especially assignments,

time spent on work, hobbies, family or friends and makes decision how to manage the time well.

- Help students to adopt behaviours that are positive through the development of attitudes that build up self-confidence.
- Assist students to see clearly the aims, goals and ideas of learning situation and be able to know, what has to be done, when to do it and how to do it. It follows up with the client to monitor the progress or attainability of the goals set.
- Assist in the promotion of advocacy as a tool for raising the profile of students and lifelong learning.
- Keep records and prepare reports related to the needs of students, which will later form baseline data for further studies.

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