

Drug Use and Youth Restiveness and its Implications to Students Living Within Communities of Nasarawa State University, Keffi-Nigeria

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Abstract:

This study examined drug misuse and youth restiveness and its implications on students living around communities of Nasarawa State University, Keffi, Nigeria. A research sample of 200 participants drawn from three communities around Nasarawa State University, Keffi were used; 130 male and 70 female participants were involved, their age range from 18 to 45 years. Simple random sampling technique was used to ensure equal representation. Mac Andrew Alcoholic Scale was used for the collection of data. Chi-square statistical method was used at 0.05 significant level to analyzed thus: $X^2.Cal=7.81$; $X^2.Obs=0.195$; $df=3$; $P<0.05$ for drug availability; $X^2.Cal=1.29$; $X^2.Obs=21.0$; $df=2$; $P>0.05$ for peer group pressure; and $X^2.Cal=4.02$; $X^2.Obs=3.84$; $df=3$; $P<0.05$ for economic status. The result indicated that a statistical significant relationship exists between the opinion of male and female students on drug availability and drug misuse. A significant relationship exists between the economic status of parents on drug misuse among students living around communities of Nasarawa State University, Keffi. The finding

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also reveals no significant relationship between the influence of peer pressure and age on drug misuse among students. Based on this finding, it was recommended the community leader and students' representative in collaboration with the university should invite clinical psychologist for their professional expertise on drug therapy and drug misuse among students living around this communities in order to modify behaviour.

Key words: drug, drug use, drug misuse, narcotics, sedatives, stimulants, drug availability, peer pressure, economic status.

Introduction

The issue of drug misuse is as old as mankind. The leaves that were meant to cure fever produced unpleasant effects like drowsiness, abortion and sleepiness. These leaves were perpetuated by their users because of the desirable effects, has turned out to become undesirable for their users.¹ About 1980, it was discovered that Chloroquine has the ability to cause uterine instability thereby allowing loss of pregnancies in the first timer. People who had cases of unwanted pregnancies took to the use of chloroquine injections.² Drug misuse among youth cuts across all social classes and that some drugs are experimented upon as early as 10-11 years, 12-18 and more or worse contribute a threat to the survival and effective functioning of human societies.³ Today, drug misuse has become evidently, a problem in our society especially among youth who constitutes the secondary school age 13-24 years above.⁴ Ijeoma (2007), every segment of the society cries out against this situation to be influenced by the economic status and political unrest.⁵

In our community today, the use and misuse of drugs has caused or is causing many able-bodied especially male rather than female, who are supposed to study hard for greatness to end up their lives in psychiatry and other

reformatory homes.⁶ The youth in these communities have easy access to substances like cocaine, alcohol, tobacco and even medicine like tremor. This is also as a result of proliferation of manufacturing industries of these substances that makes them available. In addition, cocaine is cultivated locally in our society today this makes it available users.⁷ Caldwell (1999) defined drug misuse as “the regular taking of drugs to produce unusual mental reaction rather than for a specific medical need”.⁸ He added, continuous drug use will lead to drug addiction which may be seen as a state in which an individual has lost the power of self-control. To Beller (1999), drug misuse is the use of drugs for purposes other than those for which they are prescribed for or recommended.⁹ The drugs misused are classified as stimulants (upper), depressants (lower), psychedelics and narcotics.¹⁰ According to another researcher, drug addiction is a condition resulting from the repeated usage of a drug for well-being which endangers some degree of psychic (mental) dependence on the effect of the drug but no physical dependence and hence no abstinence (withdrawal).⁴ Thus, any drug is said to be misused when it is not medically necessary, excessively used and against legal prohibition. Consequently, another researcher stressed the implication for guidance and counseling, and advocated for the inclusion of alcohol and drug education into the 6-3-3-4 education system to help the students establish values which will aid them to understand themselves and the society in which they live and to establish alternative behavioral patterns that will satisfy their needs rather than drugs and its negative effects.¹¹ However, most cases in our communities today are associated with misuse of drugs and most psychiatry hospitals deal with mental illness which are also related to drug misuse especially across youth aged 18 to 45 years. The situation in Nigeria is not quite different from that of other parts of the world. In Nigeria today, it is observed that most girls and boys want to live a lofty (high minded) life style, hence indulging in the misuse of drugs and even cajoling

others to join them.

Drug Misuse in Nigeria

Although the exact mechanisms that stimulate the use of drug are not fully agreed on by experts in the field, two importance factors are apparently involved. The first is the ability of some drugs to activate areas of the brain that produce intrinsic pleasure and immediate powerful reward. The second factor involves the person's biological makeup, which includes both his or her genetic inheritance as well as the environmental influences (learning factors) that enter into the need to seek mine-altering substances to an increasing degree. Therefore drugs abuse can be defined as the taking of drugs that are not prescribed by any competent authority that is vested without medical or professional advice and direction.¹ Most often, the drug is obtained illegally and such is used in the large quantity which poses danger to the abuser. In another view, drug abuse is the harmful use of drugs that can damage the body if mixed and taken for very long periods of time or in large quantity especially for non-medical reasons.¹² Furthermore, drugs were supplied to soldiers during the World War II to reduce fatigue and in medical field to treats hyper-active children. During this period also drugs like amphetamines were given to pilots to fly for hours without becoming tired and sleepy.¹³ This practice has seemed to have popularized the use of these drugs among others with subsequent wide spread misuse among students, soldiers, Air-force, Navy etc without the doctor's prescription. Esidore (1993) stated that the issue of drug misuse in Nigeria started with the arrival of cocaine (a potent stimulant and heroine (a Narcotic drug) on our stores which are used by peers across middle and late adulthood in Nigerian Schools.¹⁴ He mentioned that it all started with the arrest of a cocaine peddler in 1982 at the Murtala Mohammed Airport in Lagos and since then thousands of cocaine and heroine traffickers

have been arrested and the country has suddenly woken up from the stage of shock to waging war against drug trafficking.

Furthermore, drug misuse came to us from the private medicine and can be classified into non-prescription and prescription drugs. The term drug misuse refers to unreasonable or inappropriate use of drug without medical advice or prescription.¹⁵ These drugs can change person's mood, perception and behaviors; including psycho-active drugs. However, there are laws made mostly against the consumption of nicotine and cannabis and neglecting the consumption of alcohol and tobacco. Thus, drug misuse is any substance that is regularly taken to produce unusual mental reactions rather than a specific medical need.

Causes of Drug Misuse

In trying to identify the causes of problem drinking, some researchers have stressed the role of genetic and biochemical factors;¹⁶ others have pointed to psychological factors,⁷ viewing problem drinking as a maladaptive pattern of adjustment to the stress of life, and still others, have emphasized socio-cultural and economic factors,¹ such as the availability of alcohol and social approval of excessive drinking as already pointed above.¹⁷ In addition, drugs are chemical agent or mixture of agent used for the cure, prevention of disease or mere alleviation of discomfort, pain or anxiety.¹⁸ These drugs can in turn be used by people because of the side effects that have been turned into desirable effects for them. Those who find it difficult to cope with like situation/circumstances like anxiety, insecurity, depression, inability to make and maintain satisfactory relationship with others, immaturity, inferiority complex, abject poverty, poor housing, chronic illness or malnutrition may turn to drug as a last resort. Another researcher opinion that students used and/or misused drugs like Amphetamines, Ephedrine, Dextromphetamine (Dexedrine), Kola-nuts, Caffeine,

and Nicotine among others are taken in small to large quantities and persistently to stay awake to read overnight for their academic pursuit.¹² Other researchers echoed that in sports, foreign substances are administered into the body through whatever route or used by healthy individuals with the main objective of increasing artificially and temporality the performance of an individual in sports competition.¹⁹ It is called “doping” in sport. “Worst of all, ladies who are athletes take certain hormonal drugs to delay the onset of their menstruation and to a point because of this result, those drugs have been perpetuated for times without number, for same purpose.”²⁰ These athletes will not mind the effects (undesirable) of these drugs provided they can gain upper hand in their performance. A U.S athlete interviewed in the Awake Magazine of November, 1980 said that if they were given pills, they would become champions but would die within one year of administration. In 2002, Nigerian athlete from Edo State said that he will not mind the effect of a drug to a point that he dies after winning in that competition.

The availability of drug and misuse, on the 28 January, 2011 at Tin Can High Land Lagos, Lagos Nigeria a container containing one hundred and sixty thousand kg (160,000kg) of cocaine and other drug was intercepted by the joint effort of NDLEA, and UK Task Force.¹⁶ This is one way by which drugs are made available in the country making youths having access to them. The lucrative nature of cocaine has turned many Nigerian into the business. Despite the huge amount of money realized from the business, the disadvantages outweigh it benefit, the survey study has discovered that local gin called Oogoro and other stimulants like Kolanuts, caffeine are sold locally in the area of study, which made it readily available for students and other youths.

The socio-economic status of most youths and parents in Nigeria is below average. Our youths roam the street looking for employment, many parent are jobless. This type of stress

has a cumulative effect on the youths which later turn to drugs as an escape from frustration and problem arising from it. Also, peer pressure is the degree to which youth influence the behavior or attitudes of others. Illicit drugs are obtained from peer group.¹⁵ NDLEA stressed that smoking family members influence the behavior of the youths in two ways: (i) it makes cigarette readily available in the house and (ii) being exposed to a model in the house increase the willingness to experiment. The youths if not of a strong will, will succumb to pressure from friends to smoke and even drink since the model is doing it. He might not see anything wrong in that.⁶

Furthermore, it was discovered that drugs are misused in Nigeria due to polygamy, large monogamous family due to very stressful sibling rivalry, unemployment, boredom and failure in life, they feel trapped by problems that seem to have no solution and thereby seek refuge or relieve from these drugs which renders the unaware of the realities of life.²¹ Parental deprivation, unemployment, emotional and psychological stress such as anxiety, economic pressure, peer group pressure, frustration of all kinds; desire to be accepted by friends or in a social circle contribute to misused of drugs in Nigeria.²⁰ In addition, *getting rich fast syndrome* (due to materialistic value in the society), boldness and enhancement of sexual satisfaction can be obtained through drug use.¹⁷ This in turn has produce high rate of social vices like prostitution, loss of lives due to reckless driving, armed robbery and the deadly act of abortion by many young girls. Students also who are being expelled from schools and even loose of jobs. A researcher added that most people took drugs in defense or revolt against parental control in company of others and not solitary affairs.²² He believes that people, especially youths misused drugs due to the following reasons: Pressure from friends, low-self concepts, feeling of not being wanted and loved by parents, loneliness, feeling high and being in a better control of the environment. This view supported the pilot study conducted for this study, where

students believed that taking drugs makes them have confidence when faced with a challenging situation like having boldness to face a wicked teacher. Atolagbe opine that the quest to westernize Nigeria and Nigerian youths have settled among other things for the misuse of drugs.¹⁶ Suggesting that to any youth having a roll of marijuana is a trip of curiosity.

Objectives of the Study

The objective of the study is to examine Drug and Youth Restiveness, its Implications among students living around Communities of Nasarawa State University, Keffi and the need for Clinical Intervention. In order to achieve this aim, the study therefore posed the following hypotheses:

- H0₁** There will be no significant relationship between students' opinion on drug availability and gender on drug misuse among students living around Nasarawa State University, Keffi.
- H0₂** There will be no significant relationship between peer pressure and age on drug misuse among students living around Nasarawa State University, Keffi.
- H0₃** There will be no significant relationship between students' opinion on economic status of parent and drugs misuse among students living around Nasarawa State University, Keffi.

Method

Research Design

The study has adopted the survey research design. This enables the researcher to interact with the participants (sample) as well as administer the instrument for the collection of data among students living in some selected communities surrounding Nasarawa State University, Keffi. Chi-square was used for the study; because the designs described the degree of association between the variables studied.

Population

The target population for the study covers the students living within three communities of Nasarawa State University, Keffi. Both male and female students within the selected communities ranging from the age of 18 to 45 years.

Sample

The participants in the study were randomly selected 130 male representing 58.3% and 70 female representing 41.7% of students living within the selected communities of Nasarawa State University, Keffi. These sampled communities for the study include High Court, Board for Cotton and Groundnut (BCG), and Angwan Lambu. Out of 200 participants; 100 from High Court, 50 from BCG and 50 from Angwan Lambu respectively. The study covered the age ranges from 18 and 45 years. Participation was on voluntary basis. Simple random sampling technique was used for the selection of the sample.

Instrumentation

A 49-item developed by Craig MacAndrew in 1965 and restandardized by Adewale Ojo in 2008 in Nigeria. The MacAndrew Alcoholic Scale (MAS) is a 49-item questionnaire-type scale that measures one's degree acceptance or rejection as it relates to the consumption of alcohol within social and economic variables.

Procedure

The community leaders, known as Mai-Angwa were contacted and their consents were sought. Brief interactive session was carried out involving the community leaders and youth leaders to ensure the privacy and confidentiality of the study. Data were collected using Mac Andrew Alcoholic Scale by the researchers with the assistance of volunteered community youth who are educated and students from final year (i.e., 400) level that helped in the administration and subsequent

collection of the instrument from the participants living in these selected communities. The instrument was administered on the participants on the same day and students' responses were collected on the spot to ensure maximum returns and control of extraneous variables. Participation was on voluntary basis and the students were assured of confidentiality of their responses.

Data Analysis

Parametric method and descriptive statistics were used to analyze the data. Thus, respondents first were grouped and coded, frequency distribution; simple percentage and Chi-square (X^2) were used. This enables the establishment of relationship between variables. The hypotheses were tested using X^2 . The corresponding x-table X^2 values were obtained at the 0.05 level of significance to ascertain the significance or otherwise of the computed x-values.

Results

Variable	Drug Availability		Total	X ² .Cal	X ² .Obs	df	P	Remark
	Non-Victim	Victim						
Male	2 (1.5%)	128 (98.5%)	130 (100%)	7.81	0.195	3	0.05	Significant
Female		70 (100%)	70 (100%)					
Total	2 (1%)	198 (99%)	200 (100%)					

Table 1: Below is the Summary of the X^2 statistics on the opinion of Students on drug availability and their misuse among Male and Female Students of Nasarawa State University, Keffi.

Note: The rules for X^2 states that, equal proportion (%) indicate no association while unequal proportion (%) indicate association.

Summary and Interpretation

Male Victim ($X=128$, $\%=98.5$) and Non Victims ($X=2$, $\%=1.5$)

Female Victims ($X=70$, $\%=100$) and no non victims

$X^2.Cal=7.81$; $X^2.Obs=0.195$; $df=3$; $P<0.05$.

Hence, we agree to reject the null hypothesis (H_{01})

Variable	Peer Pressure		Total	$X^2.Cal$	$X^2.Obs$	df	P	Remark
	Non-Victim	Victim						
18-30 Yrs		87 (98.5%)	87 (100%)	1.29	21.0	2	0.05	Not Significant
31-45 Yrs		113 (100%)	113 (100%)					
Total		198 (99%)	200 (100%)					

Table 2: Below is the Summary of the X^2 statistics showing the relationship between Peer Group Pressure and Age on Drug Misuse among students of Nasarawa State University, Keffi.

Summary and Interpretation

Age 18-30 Years Victims ($X=87$, $\%=100$) and no non Victims

Age 31-45 Years Victims ($X=113$, $\%=100$) and no non victims

$X^2.Cal=1.29$; $X^2.Obs=21.0$; $df=2$; $P>0.05$.

Hence, we fail to reject the null hypothesis (H_{02})

Economic Status	Drug Misuse		Total	$X^2.Cal$	$X^2.Obs$	Df	P	Remark
	Non Victims	Victims						
High Class	4 (2.7%)	141 (97.2%)	145 (100.0%)	4.02	3.84	3	0.56	Significant
Middle Class		38 (100.0%)	38 (100.0%)					
Low Class	1 (5.9%)	16 (94.1%)	17 (100.0%)					
Total	5 (2.5%)	195 (97.5%)	100 (100.0%)					

Table 3: Chi-Square (X^2) summary table showing the relationship between economic status of parent and drug misuse among students

Summary and Interpretation

High Class Victims ($X=141$, $\%=97.2\%$) and Non Victims ($X=4$, $\%=2.7\%$)

Middle Class Victims ($X=38$, $\%=100\%$) and no non victims

Low Class Victims ($X=16$, $\%=94.1\%$) and Non Victims ($X=1$,

$\%=5.9\%$)

$X^2.Cal=4.02$; $X^2.Obs=3.84$; $df=3$; $P<0.05$.

Hence, we agree to reject the null hypothesis (H_0).

Discussion

The study explored drug use and youth restiveness and its implications on students living around Nasarawa State University, Keffi, Nigeria. The study looks at the economic status (high, middle and low), age (18-30 and 31-45 years), and gender as influencing variables to drug misuse among students living in the selected communities of Nasarawa State University, Keffi.

The finding from the first hypothesis on table 1 above indicates that there was a significant relationship between the opinion of male and female students on drug availability and their misuse among students living in around Nasarawa State University, Keffi. They are reflected as thus: Male Student Victims ($X=128$, $\%=98.5\%$) and Non Victims ($X=2$, $\%=1.5\%$); and Female Student Victims ($X=70$, $\%=100$) and no non victims. Consequently, having the summary presented thus: (X^2 Obs=0.195, X^2 Cal=7.81, $df=3$, $P<0.5$). The X^2 Crit. (observed) is less than the X^2 Cal. Hence, we agree to reject the null hypothesis. This result concurred with the result provided by NDLEA, which suggest that drug misuse is high among male than female.⁶ moreover, substance like cocaine, alcohol, tobacco and medicine like tremor are misused by College students which result to psychological and psychiatric cases.⁷ In addition, both male and female students get addicted and lost self-control and this endangers some degree of psychic (mental) dependence on the effect of the drug but no physical dependence and hence no abstinence (withdrawal).⁴

The second hypothesis, which states that there will be no significant relationship between peer pressure and age on drug misuse among students living around Nasarawa State

University, Keffi. Hence, the calculation also revealed no relationship. This is reflected as thus: Age 18-30 Years Victims (X=87, %=100%) and Age 31-45 Years Victims (X=113, %=100%). Going by the rule stated, it indicates that the table above showed no significant relationship between Peer Pressure and Age on drug misuse ($X^2.Cal=1.29$, $X^2.Obs=21.0$, $df=3$, $P>0.5$). The X^2 Crit (observed) is greater than the X^2 Cal. We therefore fail to reject the null hypothesis. The result of this study is supported by Esidore which states that cocaine (a Narcotic drug) is a potent stimulant used during middle and late adulthood.¹⁴ However, the current study reveals higher influence of drug misuse across age 31 to 45 years, which concurred with the middle adulthood hypothesized by previous study.¹⁴ In addition, NDLEA stressed that smoking family members influences the behavior of the youths.⁶ However, the finding of current study revealed no significant relationship between peer pressure and age on drug misused among students living around communities of Nasarawa State University, Keffi.

The third hypothesis, which states that there will be no significant relationship between students' opinion on economic status of parent and drugs misuse among students living around Nasarawa State University, Keffi was agreed to be rejected. This implies that the calculation obtained from table-3 above showed no significant outcome. They are reflected as thus: High Class Victims (X=141, %=97.2%) and Non Victims (X=4, %=2.7%); Middle Class Victims (X=38, %=100%), no non victims; and Low Class Victims (X=16, %=94.1%) and Non Victims (X=1, %=5.9%). Going by the rules stated, it indicate that the table above showed significant relationship between students' opinion on economic status of parents and drug misuse around communities of Nasarawa State University, Keffi ($X^2.Cal=4.02$; $X^2.Obs=3.84$; $df=3$; $P<0.05$). The X^2 Crit. (observed) is less than the X^2 Cal. Hence, we agree to reject the null hypothesis. The result of the current study is supported by

previous study, stressing unemployment, parental deprivation, and economic pressure among other variables to be influencing the formation of social circle which in turn are influences the individual vulnerability to drug misuse.²⁰ other researchers maintained that the economic status of parents lead most Nigerian students to develop a materialistic quest of *getting rich fast syndrome* which lead them to other social vices including prostitution and drug abuse.¹⁷ This concurred with the findings of the current study. Moreover, the formation of a large polygamous family also determines the economic status of parents which influences drug misuse among family members.²¹ Students from such families tend to misuse drug even within the school environment.

Conclusion

This study provided available research findings on drug availability, peer group influence and economic status of parents among some selected communities of Nasarawa State University, Keffi, Nigeria. This suggests a significant relationship between the availability of drug and their misuse among students living around aforementioned communities. Peer group influence and economic status of parents also serve as contributory factor to drug misused in Nigerian universities. This causes psychological and mental effects on the individual as well as the community. Causes of restiveness by youth and other antisocial behaviour are attributed to the menace of drug misuse. Community leaders have a great role in fighting against the availability of drug and the reformation of drug misused behaviours across the aforementioned communities (Angwan Lambu, High court, BCG), which were the set target of this study. Clinical intervention through drug education, and their effect on mental health and the need for policy foundation by the school management and government at large will serve as a solution to remedies for the menace.

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