

EFFECT OF DRUG ABUSE ON THE ACADEMIC PERFORMANCE OF UNDERGRADUATE STUDENTS IN EDO STATE

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Abstract

The study determined the effect of drug abuse on the academic performance of undergraduate students in Edo state. Two research questions and two hypotheses were raised to guide the study. The study adopted descriptive survey research design. The population of the study was made of 9,805 final year undergraduate students from seven universities in Edo State. The simple random sampling technique was used to select 245 final year undergraduates students used for the study. The instrument for data collection was a structured questionnaire on a four (4) point rating scale. The instrument was validated by two experts from Benson Idahosa University, Benin City. Spearman rank order was used to determine the reliability of the instrument which yielded a reliability coefficient of 0.86. Out of the 245 questionnaires administered to the undergraduate student respondents, 218 copies were retrieved and used for analysis. Mean and standard deviation were the descriptive statistical tools were used to analyze the two research questions while t-test was the inferential statistics used to test the null hypotheses at 0.05 level of significance. For the research questions, the decision was based on the criterion mean of 2.50. For the hypotheses, since the calculated value of t (t-cal) was less than the table value of t (t-crit), the null hypotheses were accepted. The findings of the study revealed that the causes of drug abuse among undergraduate students are psychological, social and biological; and these have effect on students' academic performance. The study recommended among other things that Government should make drug education compulsory at all levels of the educational system as this will reduce the ignorance level of what essentially constitute drug abuse and the likely causes and effects of it among undergraduate students.

Keywords: Drug, Drug Abuse, Academic Performance, Undergraduate Students.

Introduction

Historically, herbs, leaves and plants are forms of drugs that are used to heal and control diseases. Plants have been utilised as medicines for since creation. The specific plants to be used and the methods of application for particular ailments were passed down through oral history from one generation to the other (Khalid, Zaidi, & Ahmad, 2014). There is evidence that intentionally fermented alcohol existed from as early 10,000 BC when it was used in religious worship, for recreation, medicinal use and quenching thirst by long distance travellers. Marijuana was used as medicine from 2,737BC in China then later in the 19th century, active substances used in production of drugs like cocaine and morphine were extracted and freely prescribed by physicians for various ailments and even sold over the counter (Magidson & Jessica, 2016).

Drug is referred to as a substance that could bring about a change in the biological function through its chemical actions (Chebukaka, 2017). It is also considered as a substance that modifies perceptions, cognition, mood, behaviour and general body functions (Balogun, 2016). This could thus be considered as chemical modifiers of the living tissues that could bring about psychological and behavioural changes (Nnachi, 2017). The use of drugs in itself does not constitute any danger, because drugs correctly administered have been a blessing to bring healing. Unfortunately, in contemporary times certain drugs that initially produced effects such as ecstasy, sense of feeling good, serenity and power have grown into a problem of dependence and abuse (Ekpenyong, 2012). Drugs such as tobacco, cocaine, marijuana, alcohol among others tend to stimulate the nervous system of an individual to behave in abnormal and extra ordinary manner, leading such individual to lose his/her sense of being. The abuse of drugs can cause serious irreversible damage to such individual's physical and psychological development. As

Manbe (2018) pointed out, common incidence that happens around us today is as a result of drug abuse and that if care is not taken, this could lead to mental disorders.

The World Health Organization defined drug abuse as a “state” of periodic or chronic intoxication, detrimental to the individual and to the society, produced by the repeated consumption of a drug (natural or synthetic) (WHO, 2016). Drug abuse are disorders evident in 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 (Mehta & Rouf, 2013) argued that the use of drugs like Benylin with codeine, Tutolin with codeine, for medical purposes like the whooping cough is not drug abuse but becomes abused only when it is geared towards producing some desired behaviours, physical dependency, addiction, and/or constitute a nuisance to the society. More so, drugs can be said to be abused when they are used without due authorization from formally qualified and registered persons who, according to the laws of the land, must approve their use. This observation is borne out by several studies on ill behaviours particularly among undergraduate students in tertiary institutions (Abdullahi, 2015, Obiamaka, 2014, Fawa, 2013).

The causes of drug abuse among undergraduate students may be sociological, psychological, out of inquisitiveness, boredom, to ease fear, develop sexual and physical pleasures, or as a result of family background among other things (Ngesu, 2018). The sequence of usage ranges from tobacco, alcohol, marijuana and other higher substances. Undergraduate students are gradually engaging in prescribed drugs, particularly narcotics which are given to relieve severe pain and stimulant medications, which treat conditions like attention deficit disorder and narcolepsy (Turner in Dankano & Garba, 2020). A long-lasting effect in learning abilities of the user is common for those students who start using drugs at a younger age. Drug

abuse causes some areas of the brain not to develop properly leading to learning disabilities. Persistent abuse of drugs further leads to loss of memory and judgment. Many undergraduate students who engage in drug abuse tend to be forgetful and can hardly focus particularly in their studies; it can also lead to loss of short-term memory. Drug abuse may weaken memory by slowing down the co-ordination materials and may decrease student's ability to remember such materials that was learned prior to using the drugs (Magidson & Jessica, 2016).

In a similar vein, undergraduate students found in the acts of drug abuse are often times academically and socially less developed as they are not respected and recognized to make reasonable contributions to any development. This is because drug abuse does not only downgrade the academic performance of students, but also affects the moral, physical and general buildup of the students (Dankano & Garba, 2020). Thus, youths who are perceived as the leaders of tomorrow and are being trained in various tertiary institutions in diverse field have veered to the act of abusing drugs. This act does not in any way contribute to the development of the students and as such the expected output of these students can greatly diminish their academic performances because of their persistence to drug abuse (Staff, 2012). It is against this background that the study sought to ascertain the effect of drug abuse on the academic performance of undergraduate students in Edo State.

Statement of the Problem

Over the years, the abuse of drugs such as tobacco, sedatives, Marijuana (Indian hemp), cocoa leaves, alcohol, heroin, morphine, cocaine, inhalants (such as glue), amphetamines to mention but a few have drastically been on the increase. This is disturbing globally as well as in our circumstantial setting among undergraduate students in Edo State. It is widely believed that drug abusers are often mentally derailed and are unable to perform well in their academics. This

is more pronounced in science courses, such as computer science, medicine and allied studies, which require high attentiveness for better understanding. Profligacy in drug abuse by undergraduate students does not only tend to affect their academic performance, but also affect their cognitive quotient and thus exposing them to crime and health challenges (Jonathan & Samuel, 2018). Despite worldwide concern and education about the dangers of drug abuse, many undergraduate students ignorantly or knowingly depend on one drug or the other for their daily lifestyle. It therefore becomes necessary to carry out this study in order to determine the effect of drug abuse on academic performance of undergraduate students in Edo State.

Purpose of the Study

The main purpose of the study is to examine the effect of drug abuse on academic performance of undergraduate students in Edo State. Specifically, the study sought to;

1. find out the causes of drug abuse among undergraduate students in Edo State.
2. examine the effect of drug abuse on academic performance of undergraduate students in Edo State.

Research Questions

The following research questions were raised to guide the study.

1. What are the causes of drug abuse among undergraduate students in Edo State?
2. How does drug abuse affect on academic performance of undergraduate students in Edo State?

Hypotheses

The following hypotheses are formulated for the study:

1. There is no significant difference in the mean ratings of causes of drug abuse among undergraduate students in Edo State based on gender.

2. There is no significant relationship in the mean ratings of effect of drug abuse on academic performance of undergraduate students in Edo State based on location.

Methodology

The descriptive survey research design was applied for this study which examined effects of drug abuse on the academic performance of undergraduate students in Edo State. The population of the study was made of 9,805 final year undergraduate students from seven (7) universities in Edo State. The Universities include: University of Benin, Benin City, Ambrose Ali University, Ekpoma, Edo University Iyamo, Benson Idahosa University Okada, Samuel Adegboyega University Ogwa and Wellspring University, Irhirhi, Benin City. The simple random sampling technique was used to select 245 final year students used for the study. The instrument for data collection was a structured questionnaire on a four (4) point rating scale. The instrument was validated by two experts from Ambrose Alli University, Ekpoma. Spearman rank order was used to determine the reliability of the instrument which yielded a reliability coefficient of 0.86. Two hundred and forty five (245) copies of the questionnaire were administered to the respondents by the researcher and two other research assistants. Out of the 245 questionnaires administered, 218 copies were retrieved and used for analysis. Mean and standard deviation were descriptive statistical tools that were used to analyze the two research questions while t-test was the inferential statistics used to test the null hypotheses at 0.05 level of significance. For the research questions, the decision was based on the criterion mean of 2.50. Thus, any item whose mean value is 2.50 or above were accepted while any item having a mean value lower than 2.50 was rejected. For the hypotheses, since the calculated value of t (t-cal) was less than the table value of t (t-crit), the hypothesis was accepted.

Presentation of Results

Research Question 1: What are the causes of drug abuse among undergraduate students in Edo State?

Table 1: Mean and Standard Deviation Scores of Responses on the causes of drug abuse among undergraduate students in Edo State?

S/N	STATEMENTS	SA	A	D	SD	\bar{x}	S.D	REMARK
1.	Peer pressure is most likely to drive students into drug abuse under the false impression that same drugs stimulate appetite for food, increase strength and give wisdom as well as courage to face life.	120	85	11	2	3.48	0.64	Agree
2.	Parental neglect is most likely to lead undergraduate students into drug abuse.	209	8	1	0	3.95	0.23	Agree
3.	Influence of role models from movie stars to musicians or television personalities abusing drugs tend to drive undergraduate students into drug abuse.	119	76	15	8	3.40	0.77	Agree
4.	Low grades tend to create negative feelings among undergraduate students, and so to ease the pain and low morale, they resort to drug abuse as a remedy to their failures in effort to gain self-confidence.	18	3	176	21	2.08	0.66	Disagree
5.	Students may abuse drugs for reasons like relaxation, relieving stress, showing independence, getting rid of boredom, being included in a social group, curiosity among others.	88	101	14	15	3.20	0.84	Agree
Grand Mean						3.22	0.63	Agree

Source: Researcher's field survey data, 2022.

From table1, the grand mean of 3.22 which is clearly above the cut-off point of 2.50 (agree) as well as standard deviation of 0.63 indicated that the respondents agreed that peer pressure, parental neglect, influence of role models, as well as relaxation, relieving stress, showing independence, getting rid of boredom, being included in a social group, curiosity among others are causes of drug abuse among undergraduate students in Edo State.

Research Question 2: How does drug abuse affect academic performance of undergraduate students in Edo State?

Table 2: Mean and Standard Deviation Scores of Responses on how Drug Abuse affect on academic performance of undergraduate students in Edo State.

S/N	STATEMENTS	SA	A	D	SD	\bar{x}	SD	REMARK
1.	Undergraduate students are most likely to stay away from lessons and classes due to effect of drug abuse and this could lead to poor academic performance.	192	23	3	0	3.87	0.38	Agree
2.	Drug abuse is most likely to make undergraduate students less serious in their academic work leading to poor performance.	183	29	3	3	3.80	0.52	Agree
3.	Drug abuse has negative effect on the memory and cognitive capacity of the students as they tend to forget what was taught previously.	123	77	18	0	3.48	0.64	Agree
4.	Drug abuse tends to give room for poor scores and results due to students inability to keep up with their studies.	117	101	0	0	3.54	0.50	Agree
5.	Drug abuse such as heavy drinking may lower undergraduate students' expectations about their academic performance which could lead to dropping out of school.	198	11	9	0	3.87	0.44	Agree
Grand Mean						3.71	0.50	Agree

Source: Researcher's field survey data, 2022.

From the table 2, the grand mean of 3.71 which is above the cut-off mark of 2.50 (agree) as well as standard deviation of 0.50 showed that the respondents are in unison that drug abuse affect negatively the academic performance of undergraduate students in Edo State.

Hypotheses

Ho₁: There is no significant difference in the mean ratings of causes of drug abuse among undergraduate students in Edo State based on gender..

Table 3: T-test Analysis of Undergraduate Students on the Causes of Drug Abuse among Undergraduate Students in Edo State Based on Gender.

Respondents	N	\bar{x}	S ²	Df	t.cal	t.crit	α	Remark
Male	103	3.65	0.62	216	0.497	1.971	0.05	Retain Ho
Female	115	3.61	0.56					

Source: Researcher’s field survey data, 2022.

From the t-test table in table 3 since t-cal (1.41) < t-crit (1.97), we retain Ho. The null hypothesis is hereby retained that there is no significant difference in the mean ratings of undergraduate students on the causes of drug abuse among undergraduate students in Edo State based on gender.

Ho₂: There is no significant relationship in the mean ratings of undergraduate students on the effect of drug abuse on academic performance of undergraduate students in Edo State based on location.

Table 4: T-test Analysis of Undergraduate Students on the Effect of Drug Abuse on Academic Performance of Undergraduate Students in Edo State Based on Location.

Respondents	N	\bar{x}	S²	Df	t.cal	t.crit	α	Remark
Urban	120	3.71	0.62	216	0.249	1.971	0.05	Retain Ho
Rural	98	3.69	0.56					

Source: Researcher's field survey data, 2022.

From the t-test result in table 4 $t\text{-cal} (1.41) < t\text{-crit} (1.97)$, we retain H_0 . The null hypothesis is hereby retained that there is no significant relationship in the mean ratings on the effect of drug abuse on academic performance of undergraduate students in Edo State based on location.

Discussion of Findings

Research Question 1 sought to find out the causes of drug abuse among undergraduate students in Edo State. The finding of the study revealed that the causes of drug abuse among undergraduate students include: influence of peer pressure into drug abuse under the false impression that some drugs stimulate appetite for food, increase strength and give wisdom as well as courage to face life. Parental neglect which has driven undergraduate students into drug abuse; influence of role models from movie stars to musicians or television personalities abusing drugs; low academic grades which create negative feelings among undergraduate students has also contributed. Other causes of drug abuse among undergraduate students include: relieving stress, being included in a social group, showing independence, relaxation, getting rid of boredom, and curiosity. This finding is in consonant with Ngesu (2018) who submitted that the causes of drug abuse among undergraduate students may be sociological, psychological, boredom, out of curiosity, to alleviate fear, derive sexual and physical pleasures, or as a result of family background among other things.

Research Question 2 sought to examine how drug abuse affects the academic performance of undergraduate students in Edo State. The finding of the study as shown in table 2 revealed that drug abuse impact negatively on academic performance of undergraduate students in Edo State. This is buttressed by the fact that undergraduate students due to the effects of drug abuse stay away from lessons and classes; become less serious in their academic work; develop low memory and cognitive capacity leading to forgetfulness of previously taught lessons; unable to keep up with their studies; as well as low expectations about their academic performance which could lead to dropping out of school. This finding is in line with the findings of Dankano and Garba (2020) which revealed that drug abuse does not only downgrade the academic performance of students, but also affects the moral, physical and general buildup of the students

Hypothesis 1 focused on the t-test analysis of undergraduate students on the causes of drug abuse among undergraduate students in Edo State Based on Gender. The analysis revealed that the null hypothesis (H_{01}) was accepted that there is no significant difference in the mean ratings of undergraduate students on the causes of drug abuse among undergraduate students in Edo State based on gender. While hypothesis 2 focused on the t-test analysis of undergraduate students on the effect of drug abuse on academic performance of undergraduate students in Edo State based on location. The analysis revealed that the null hypothesis (H_{02}) was accepted that there is no significant relationship in the mean ratings of undergraduate students on the effect of drug abuse on academic performance of undergraduate students in Edo State based on location.

Conclusion

This study focused on the effects of drug abuse on the academic performance of undergraduate students in Edo State, Nigeria. From the findings of the study, it can be concluded

that there are various causes of drug abuse among undergraduate students and its effect is numerous. Some of the causes are psychological, others are social and biological, more so, drug abuse has negative effect on undergraduate students' academic performance because it makes them stay away from lessons and classes, become less serious in their academic work as well as make them unable to keep up with their studies and all these factors leads to poor academic performance, indiscipline, mental imbalance, school dropout and so on.

Recommendations

From the findings of the study, the following recommendations were put forward.

1. Government should make drug education compulsory at all levels of our educational system. This will reduce the ignorance level of what actually constitute drug abuse and the likely causes and effects.
2. Parents and religious bodies should inculcate the habit of constant monitoring and advising their wards on the implications and effects of taking hard drugs.
3. Government at all levels as well as other stake holders should run constant awareness programmes on the threats of drug abuse on the academic performance of students starting from fresher's to those in their final year.
4. Mass media should be a driving force in carrying out jingles and campaigns on the effect of drug abuse.

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