

**DRUG ABUSE AMONG TERTIARY INSTITUTION STUDENTS IN SOKOTO METROPOLIS:
IMPLICATION FOR BEHAVIOURAL COUNSELLING**

By

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Drug use and abuse is a major problem among tertiary institution students. The issue has been examined from various perspectives including the physical, psychological and social implications. This paper delved into the implications of drug abuse among tertiary institution students in terms of their behavioural counselling. The paper discussed the prevalence of drug abuse among tertiary institution students and the associated risks. Consequently, the paper reviewed existing literature on the problem, focusing on drug use, drug abuse, causes, symptoms and effects of drug abuse among students of tertiary institutions. The paper concludes that drug use in students partially mediated the effect of their externalizing behaviors on college completion, students externalizing also had direct effects on both students reading achievement and on degree completion among others. The paper therefore, suggested among others that schools and governments should create and promote-alcohol free events for students, support students club and organizations that are substance free create and promote service learning and volunteer opportunities, require community service work as part of the academic curriculum and promote consumption of non-alcoholic beverages and food at events; schools should enforce strict rules on alcohol and drug abuse by requiring all social events during orientation of first year to be alcohol free, disseminate responsible host guidelines for both on and off campus parties, install a responsible beverages service program, advertise food and activities such as dancing or sport; lastly, an effective and functional counselling unit in tertiary institutions will go a long way to play a major role in preventing and rehabilitating drug abusers.

Key words: *Drug Use, Drug Abuse, Implication for Behavioural Counselling.*

Introduction

The history of human race has also been the history of drug abuse (Igwe & Ojinnaka, 2010). In itself, the use of drugs does not constitute an evil; in fact some drugs have been a medical blessing. Since, time in memorial earliest times, herbs, roots, bark leaves have been used to relieve pain and help control diseases. History tells us that the Chinese used Opium as a cure of dysentery before the 18th century. European countries such as Britain and Holland were known to exchange opium growth in their colonies for tea and silk with China. Unfortunately, certain drugs that initially produce enticing effects, such as sense of feeling good, elation, serenity and power have evolved into a problem of dependence and abuse (Igwe & Ojinnaka, 2010).

Young people who persistently abuse substances often experience an array of problems, including academic difficulties, health-related problems, poor peer relationships and involvement with the juvenile justice system. Additionally, there are consequences for family members, the community, and the entire society like conflict between friends, family breakdown, violence, gangs, drug trafficking etc. Declining grades, absenteeism from school and other activities, and increased potential for dropping out of school are problems associated with adolescent substance abuse. Inter-American Drug Abuse Control Commission -CICAD. (2012) had research finding that low level of commitment to education and higher truancy rates appear to be related to substance use among adolescents. Again drugs abused effect the brain, this result in major decline in the functions carried out by the brain (International Narcotics Control Strategy Report – INCSR, 2012). Drugs affect the students concentration span, which is drastically reduced and boredom sets in much faster than for non-drug and substance abusers. The student will lose interest in school work including extra curriculum activities. Most of the psychoactive drugs affect the decision making process of the students, creative thinking and the development of the necessary life and social skills are stunted. They also interfere

with the awareness of an individual's unique potential and interest thus affecting their career development (Oloruntoba, 2006). The National government in Nigeria embarked on an aggressive campaign to fight drug and substances abuse. This leads to creation of (NDLEA) to enforce, control and correct abuse stakeholders established, advisory communities on the vice. The campaign, which targeted parents and students, was spearheaded by chiefs and their assistants at the grassroots level according to Kapsuya location chief Muss Kipchumba, drug abuse was becoming a disaster both in rural and urban settings, as barons target tertiary education students.

Drug abuse had hit hard on the youthful population in tertiary institutions; the older people were also resorting to substance abuse through excessive intake of alcohol, creating awareness to the public on the danger of drug abuse has become one of the key priorities in Nigeria.

Concept of Drug Abuse

Drugs use and abuse can be trace as far back as ancient times when man seeks to find cure from various disease and illness. The first drugs to be made were homemade which include alcohol and wine and they are legally acceptable in many societies and used in traditional and religious rites or sacrifices, medical and scientific purposes at that time. Human beings have used drugs in various forms since pre-historic times (Ajoke & Joseph, 2013). People start to abuse the normal use and main purpose of using drugs to illegal and abusive ways which even then has serious and negative effect, as excessive use of drugs for any purposes either for consumption, religious and traditional sacrifice or even for medical purpose can sometime bring a major consequences and harm. Drug abuse is a social and psychological problem that can cause harm to everyone, everywhere, either directly or indirectly (Attah, Baba & Audu, 2016).

Drug has continued to be used and abused up to the modern time in a very modernize ways than before, so the effects and challenges have also changed and became more threat and disturbing than before (Amstrong, 2011). Drug Abuse has now become a global phenomenon, which occurs in every country, the specific drugs used and abuse differ from country to country, region to region. According to World Health Organization (WHO) worldwide, there are three main drugs that can be abused: cannabis (such as marijuana), opiates (such as heroin), and cocaine. The report further states that, the main abuses drugs at global level continue to be opiates (notably heroine) followed by cocaine. For example in most part of Europe and Asia, opiates continued to be the main abused drugs, accounting for almost 62 percent of all treatment in 2013 (WHO, 2013). Reports from a total of 95 countries indicated that drug seizures increased four-fold in 2016, and more than half of these were of cannabis (UNODC, 2017). According to a United Nations survey, the worldwide dollar value of illegal drugs is second only to the amount spent on the arms trade, the United Nations Office for Drug Control and Crime Prevention generally describes the production, trafficking and sales of illicit drugs as a \$400-billion-a-year industry (Jared, 2018).

Causes of Drug Abuse

According to Magaji (2012) the following are the main causes of drug abuse among tertiary institution students:

- i. **Experimental Curiosity:** Curiosity to experiment the unknown facts about drugs thus motivates adolescents into drug use. The first experience in drug abuse produces a state of arousal such as happiness and pleasure which in turn motivate them to continue.
- ii. **Peer Group Influence:** Peer pressure plays a major role in influencing many adolescents into drug abuse. This is because peer pressure is a fact of teenage and youth life. As they try to depend less on parents, they show more dependency on their friends. In Nigeria, as other parts of the world, one may not enjoy the company of others unless he conforms to their norms.
- iii. **Lack of parental supervision:** Many parents have no time to supervise their sons and daughters. Some parents have little or no interaction with family members, while others put pressure on their children to pass exams or perform better in their studies. These phenomena initialize and increases drug abuse.
- iv. **Personality Problems due to socio-Economic Conditions:** Adolescents with personality problems arising from social conditions have been found to abuse drugs. The social and economic status of most Nigerians is below average. Poverty is widespread, broken homes and unemployment is on the increase,

therefore our youths roam the streets looking for employment or resort to begging. These situations have been aggravated by lack of skills, opportunities for training and re-training and lack of committed action to promote job creation by private and community entrepreneurs. Frustration arising from these problems lead to recourse in drug abuse for temporarily removing the tension and problems arising from it.

- v. **The Need for Energy to Work for Long Hours:** The increasing economic deterioration that leads to poverty and disempowerment of the people has driven many parents to send their children out in search of a means of earning something for contribution to family income. These children engage in hawking, bus conducting, head loading, scavenging, serving in food canteens etc and are prone to drug taking so as to gain more energy to work for long hours.
- vi. **Availability of the Drugs:** In many countries, drugs have dropped in prices as supplies have increased.
- vii. **The Need to prevent the Occurrence of Withdrawal symptoms:** If a drug is stopped, the user experiences what is termed “withdrawal symptoms”. Pain, anxiety, excessive sweating and shaking characterize such symptoms. The inability of the drug user to tolerate the symptoms motivates him to continue (Magaji, 2012).

Reasons for Drug Abuse among Tertiary Institution Students

Drugs are often taken for experimental purposes and so the trial and error leads victims to deviant behaviours. Apart from experiment, there is the desire to satisfy certain curiosity instincts in some youths who also take to drugs through peer influence in order not to be called “ju guys.” The desire to belong therefore takes them to other deviant behaviours. Others are lured into drug abuse as they are informed that with such drugs, their inferiority complex, shyness and fear to talk to others will be cured. Others are deceived to believe that taking, injection or inhaling of such drugs will make them very assertive.

Still, others are lured into drug abuse because they believe that such drugs can improve their sexual ability (erection power) as others also induce sleep and reduce tension and stress.

Effects of Drug Abuse among Tertiary Institution Students

Drugs abuse has psychological, social, economic and physical effects on both the victim and the society. Psychologically, drug abuse causes personal withdrawal syndrome. The withdrawal resulting to loneliness is an indication of poor social adjustment as it also creates feelings of guilt. It can also be said that drug abuse affects one’s level of understanding and proper decision. It is also likely to cause anger leading to poor social interaction. Drug addicts can therefore easily express their frustration leading to aggression. This indicates that drug abuse is a social evil which all hands must be on deck to eradicate (Hamisu, Ahmad & Lim, 2014). Socially, the outcome of drug abuse is that one can easily take to anti-social behaviours under the influence of drug abuse; such anti-social behaviours include assassination, arson, kidnapping, fighting, rudeness, getting into trouble with the constituted authorities by reckless riding or driving, disrespect, accident or destruction, assault, promiscuity and disobedience. Another aspect of social effect of drug abuse is the exhibition of aggression. Youths and of course many drug abusers are hypersensitive to and impulsive to many issues with the influence of the drugs. Drug abuse also affects social relations as abusers lack social skills to sustain relationship of whatever kind (Volkow, Baler, Compton and Weiss, 2014). Drugs can equally make others to steal to possess the lacked materials or satisfy an urge. In some cases, some youths can be lured into suicidal ideation with the influence of drugs. Others have even attempted murder, arson or manslaughter among other delinquent acts under the influence of drugs. Physically, drug abusers are very likely to have poor appearance; some due to accidents could have injuries with body scars and others seriously disfigured (Igwe & Ojinnaka, 2010).

Mental effects of drug abuse on victims include impairment, occurrence of poor judgments and performance leading to school dropout. A drug abuse victim is usually a nuisance to his family, school and immediate community. This is because he loses the sense of social skills and the energy which could be used for good social interaction and production of goods and services (NDLEA, 2015). The economy is therefore affected by non-production of the drug abuse victims in the society. This explains why the Federal Government in 1990 put in place the National Drug Law Enforcement Agency (NDLEA), to help in curbing the production

and consumption of illegal drugs (NDLEA, 2015). Generally, McDowell and Hostetler (1996) identify effects of drug abuse under the following headings: anguish, confusion and disorientation, locus of control, depression, low self-concept, personality distortion, depression, arrested maturity, guilt and shame, remorse alienation and isolation, and despair. All these point to the fact that drug abuse has serious psycho-social effects and so has to be handled from that perspective. However, some of the direct effects of drug abuse on tertiary education students are as follows;

Influence of Drug Use of Students Discipline

According to United Nations Office of Drugs and Crime (UNODC) (2012) many people have tried drugs sometimes in their lives. He further asserts that the society becomes alarmed when a persons' use of drugs results in impairment of occupational or social functioning. The user becomes a threat to other members of society and engages in criminal activities. United Nations Office on Drug Control and Crime (2010) discovered that drugs tend to make users to have erratic mood swings, anxious and impulsive. They lead to poor social adjustment on part of the user characterized by situational hostility. A survey by the International Commission for the Prevention of Alcoholism and Drug Dependence carried out in Kenya schools between 1977 and 1978 revealed that 23.3% of the students took alcohol while 26% smoked bhang (Ahmed, 2012). Use of drugs leads to discipline problems which make students to lose a lot of learning time during punishment or under suspensions. Students who use drugs are more likely to engage in delinquent behaviors such as fighting and stealing. According to Ngesu, Ndiku and Masesi (2008) students who use drugs have unexplained mood swing, behave negatively, they are argumentative, confused, destructive, anxious over reactive to criticism, act rebellious and doesn't seem happy.

Influence of Drug Use on Students Interest in Learning

Drug users have decreased interest in class work and negative attitude which make them drop out of school before accomplishing their studies, Leadership (2004). Drug users have decreased interest in completion of task, decreased ability to perform task that require a lot of concentration and paying attention which interfere with learning, Leadership (2004). They are unmotivated, apathetic without goals or objectives and without wish to succeed in anything, Melgosa (1997). Students on drug arrive to school late and lack energy.

Influence of Drug Use on Class Attendance

Excessive drinking and drug use are both associated with short-term academic problems, students who use substances during college spend less time studying and skip more classes thereby reducing their exposure to the classroom learning environment and the beneficial experiences of interacting with faculty and other students. Longitudinal research has found that students who use alcohol and drugs are more likely to have disruptions in their enrolment in college and also fail to graduate. Associated mental health problems can exacerbate the adverse academic consequences of excessive drinking and drug use. Frequent binge drinkers bare more likely to miss a class; fall behind in their school work (Wechsler et al, 1998). The number of drinks consumed correlates positively with the number of classes missed (Alcohol Edu 2008-2009). Frequency of alcohol consumption was associated positively with absenteeism from classes disliked (Wyatt, 1992).

Influence of Drug Abuse on Time Spent Studying

Alcohol consumption has a negative productive effort on study hours under all definitions of drinking (binge, frequent binge, drunkenness and frequent drunkenness) (Walever, 2002). More frequent use of alcohol usually produces larger negative effects on study hours, with frequent drunkenness having the largest effect (Wolaver, 2002). There is a negative relationship between heavy episodic alcohol use and the time spend on academic (Porter & Pryor, 2007).

Types of Drugs

Oladele (2007) pointed out the following types of drugs used by individuals:

- a. **Caffeine:** caffeine is found in coffee, tea, cola nuts, soft drinks and chocolate. Caffeine is a stimulant that affects the central nervous system by causing a rise in blood pressure and muscular action. The major behavioural effects are increase in attentiveness and quicker respiration; more rapid heart action

and decrease in reaction time. Caffeine can also bring about improvement in mood. Overdoses or too much consumption of caffeine can result in nervousness and sleeplessness (insomnia), convulsions and in extreme cases collapse. People build up biological dependence on the drug. If they suddenly stop drinking coffee, they may experience headaches or depression.

- b. **Cocaine:** cocaine is a bitter drug made from the leaves of the coca shrubs. It is a habit-forming drug which stimulates the nervous system and increases the heart rate, blood pressure and body temperature. Cocaine is inhaled or sniffed through the nose. If injected directly into the bloodstream it takes effect immediately when taken in small quantity, cocaine produces feeling of profound psychological wellbeing, increase confidence, mood elevation, sense of energy, alertness, decreased appetite and anxiety, transient drowsiness, delayed orgasm and pleasurable sensation.

Administering the drug at very short intervals, say 30 minutes, the user thinks of nothing but cocaine – eating, sleeping, family, friends, money and even survival have no importance to him.

Continued use or overdoses of cocaine leads to sleeplessness, sever muscular twitching (sudden involuntary action of the muscle) and mental disturbance. The user also deteriorates mentally and physically, losing weight and growing suspicious of others. His blood pressure and body temperature increase. He has bizarre behavior, vivid hallucinations which may ultimately lead to death (NDLEA, 2015).

When cocaine is not available, abuser of the drug goes through three distinct phases:

First, users crash when the high disappears. They crave cocaine, feel depressed and agitated and their anxieties increase.

Second, process of withdrawal set in. initial crave cocaine is less. They feel bored and unmotivated and experience little anxiety. Apathy, general fatigue, prolonged sleep, suicidal thoughts and bizarre dreams take control.

Third, craving for cocaine is reduced and mood becomes relatively normal. Cocaine abuse has powerful and lasting consequences.

Nicotine: Tobacco is the cured and processed leaves of certain varieties of the plant, which are used in the manufacture of cigarettes, cigars, pipe tobacco, chewing tobacco and snuff. The nicotine in tobacco is a powerful poison. Cigarette smoking is also highly addictive even more addictive than heroin and cocaine. Smoking produces a mild sense of euphoria. Nicotine in cigarette smoke acts first, as a stimulant and later as a depressant (Jared, 2018).

Nicotine alters user's mood, and does relieve anxiety. Of the gases in tobacco smoke, carbon monoxide, hydrogen cyanide and nitrogen oxide are the most dangerous to health and life. Research has shown that smoking is a major contributor to heart attack, stroke, chronic bronchitis, and various cancers, especially lung cancer; cancers of larynx, pharynx, oral cavity, esophagus, pancreas and bladder. According to the World Health Organization, smoking kills about four million people a year (Colman, 2017). Smoking makes the breath stink and stains teeth and fingers a yellowish-brown. In men it contributes to impotence. It causes smoker's cough and shortens breath. Smokers are more likely to experience premature facial wrinkling (Abdu-Raheem, 2013). The cigarette smoke may suffocate the unborn child in a pregnant mother and damage its cells. Nicotine, carbon monoxide and other dangerous chemicals contained in cigarette smoke enter the mother's bloodstream and pass directly to the child in the womb through the placenta. The consequences include a greater likelihood of spontaneous abortions or stillbirth. Other consequences are retardation of foetal growth and development, increase in the risk of foetal and infant death and the likelihood of respiratory problems during childhood. Furthermore, nicotine may cause effects such as increase in haemoglobin rate, and elevation of blood pressure and increase in demand for oxygen by the heart (Berridge, 2014). Heavy smoker who stops smoking may experience withdrawal symptoms which include: impatience, hostility, anxiety, depression, insomnia, restlessness, increased appetite and a craving for cigarettes.

Amphetamines: Amphetamines are powerful stimulants, such as Dexedrine and Benzedrine commonly known as "speed", "uppers", "pills" etc. the drugs stimulate the central nervous system and are usually taken orally in form of tablets. Taken in small amount, amphetamines bring about sense of energy, alertness, wakefulness, heightened confidence and a mood "high". They decrease feeling of fatigue or boredom, as in

long distance driving, cramming for examination. Amphetamines also cause loss of appetite, increased anxiety and irritability. Users may lose interest in sex (Caltabiano, Sarafino & Byrne, 2015). Students have been known to use amphetamines and barbiturates drugs as a way of “escaping” the frustration and stress of the academic setting. Continued heavy use of amphetamines may cause serious misinterpretation of reality known as Paranoia. Paranoia generally has delusions. Other traits are aggressive or violent behavior, incoordination, extreme irritability, suspicious feeling so of being persecuted by others and placing blame on others. Overdoses or injection of the drug into a vein over stimulates the central nervous system which ultimately may lead to convulsions, coma and possible death (Jennifer, 2012).

Alcohol: Alcohol is a strong psychoactive drug found in alcoholic beverages. Alcohol is used by more people than any other drug. An alcoholic is a person who is unable to control his use of alcohol without complete abstinence. The claim by most people that alcohol increases their sense of sociability is not totally correct. At a very small amount in the blood, the drinker begins with release of tension and stress, feeling happiness, light headedness, relaxation and loss of inhibition, thus making the individual appear to be stimulated. As the dose or amount of alcohol increases, however, the depressive effects become more pronounced. The drinker may feel emotionally and physically unstable. He may show poor judgment and act angrily or aggressively. Memories are impaired; speech becomes slurred and incoherent, with limited attention span. He eventually drowns and sleeps off (El-Imam, 2014).

Continued and excessive drinking of alcohol (which vary from one individual to the other), can damage the nervous system, heart, stomach and liver. Bodily strength, memory and will power decline. If taken a much higher quantity, alcohol depresses the central nervous system functioning which may ultimately lead to death.

If a mother drinks excessively while pregnant her child may suffer from Foetal Alcohol Syndrome (FAS), a condition resulting in irreversible damage of foetus central nervous system, improper formation of neurons. Killing off cells; mental and growth retardation in newborn, intellectual impairment, language problems, behaviour dysfunction, limb deformities, hyperactivity. Consequent upon the aforesaid, it is advisable for women who are pregnant or planning a pregnancy not to drink any alcohol at all (Abdullahi, 2011).

Barbiturates: Barbiturates are powerful depressants, habit-forming drugs. They are synthetic drugs used as sleep inducers, or mild tranquilizers to reduce anxiety and tension. They are psychologically and physically addictive and when combined with alcohol, can be deadly, since such a combination relaxes the muscles of the diaphragm to such an extent that the user suffocates (Abdullahi, 2011). Barbiturates do not provide a true “high”. After a brief period of relaxation and apparent freedom from tension, they provide only physically and mental weakness (debility).

Excessive or overdose can result in dizziness, high blood pressure, increase in body temperature, confusion, decrease response to pains shallow respirations, weak and rapid pulse, coma and possible death. A common barbiturate is Barbitone. Barbiturates dependency is characterized by intellectual impairment, self-neglect, defective judgment, and bizarre behaviour and muscular in coordination, irritability, depression, and restlessness and vomiting. Overdose or excessive use of barbiturates may result in depressed levels of consciousness, low blood pressure, rapid heart rate, shallow breathing, convulsions coma and possible death (Abianwu, 2009). The withdrawal symptoms in barbiturate are extremely dangerous. If the continuous use of the heavy drug is stopped completely, it is followed by symptoms like nervousness, restlessness, headache, tension, muscle itching, weakness, sleeplessness and nausea.

Narcotics: Narcotics are drugs that in moderate doses produce relaxation, relieve pain and anxiety and cause sleep. Several drugs fit into this description — opium and its derivatives: heroin and morphine, which are the most powerful narcotics. Opium is smoked or swallowed; Heroin is either sniffed or injected. Morphine is taken intravenously. Opium has the effect of relaxing the body and lessening sensations of pain and anxiety. It could be used to escape boredom and Loneliness and to escape reality completely. Excessive or uncontrolled doses of opium causes; addiction, in which the user becomes physically and psychologically dependent on the doses of it can cause coma and death (Oshodi, Aina & Onajole, 2010).

Heroin: is a poisonous habit forming narcotic derived from morphine and is used medically to control severe pain. Heroin users usually inject. The drug directly into their veins with a *hypodermic needle*. Immediate effect is described as a “rush” of positive feeling similar to a sexual orgasm. Heroin produces a brief euphoria and release of tension. Used in small doses, the user of heroin feels a sense of peace of mind and wellbeing. He feels good and above, everyone else. It makes him forget his trouble, dream beautiful dreams and experience immense pleasant sensation. The changes are in mood, self-confidence, anxiety and pain reduction. Unlike alcoholic, the heroin user is seldom aggressive. A mild increase in dosage of heroin causes apathy, difficulty in concentration, slowed speech and decrease in physical activity. Withdrawal symptoms exhibited by, heroin user include: painful stiffening of the muscles (cramps), sneezing, lower back pain, irritability, sweating, anxiety and vomiting. .

Morphine: A bitter-tasting, white crystalline narcotic obtained by extraction and crystallization from opium. Soluble salts of morphine are used medically to control severe pain. Its excessive or continued use leads to addiction. Its effects and withdrawal symptom on the user are similar to those of heroin. Improper uses of narcotics are a hazard to the health and life of the user and society because such drugs cause people to be addicted or habituated to them. When the addict is unable to get more of it he experiences severe physical reaction known as withdrawal symptoms. In habituation a person craves, the drug, although his body does not develop a physiological need for it (World Health Organization, 2021).

If the individual becomes dependent on the habit it can become costly and likely to engage in illegal activities to obtain money needed to buy the drugs. Many users resort to criminal activities such as robbery, muggings, small-time drug pushing and prostitution. It may also lead to general deterioration of character. Finally, the individual dependent on drugs often makes the acquisition of drugs his primary goal, that is, drugs become a way of life, leaving little time for work or school. From the afore-said, it is very important that young people be made aware that it is extremely dangerous to take narcotics for pleasure and large dose can cause death.

Hallucinogens: Psychedelic Drugs: Hallucinogens are drugs capable of producing hallucinations or changes in the perceptual process. They are named psychedelic or hallucinogenic drugs because a major feature of their use is the production of hallucinations, or an error in perception in which a person sees, hears, feels or smells something that is not there, but that present only in individual mind. For example, a person may hear voices when no one is speaking, or feel something touch him in an empty room. The most commonly used hallucinogens today are Marijuana and Lysergic Acid Diethylamide (LSD), popularly called “acid”.

Lysergic Acid Diethylamide (LSD)

One of the best known strongest hallucinogens is LSD. LSD affects the brain causing alterations in the brain cell activity and perception, LSD does not seem to have a constant effect, i.e. the resultant effects may produce “good”, adverse or “bad trip” in any user, even those who have had many pleasant experiences (Muhammad, 2014).

LSD produces vivid or clear hallucinatory experiences which can also include delusions, perceptions of colours, sounds and shapes are altered such as looking at the knots in a wooden table can seem moving and exciting. Others have mystical or semi-religious experiences. Time perception may be distorted, and objects and people may be viewed in a new way, with some users claiming that LSD increases their understanding of the world; other effects on users are vision and depth distortions, heightened sensitivity to faces and gestures. Some have terribly frightening experience, particularly if the users have had emotional difficulties in the past. In addition, people can experience repeated flashbacks, in which they hallucinate long after they initially used the drug (Staff, 2012).

The effects of adverse or overdose include nausea and chills; increased pulse, temperature and blood pressure; trembling, deep breathing; loss of appetite, insomnia, inducing bizarre experiences and dangerous behaviour. Withdrawal symptoms have not been reported.

Marijuana: A mild, widespread hallucinogen, derived from the hemp plant (*Cannabis sativa*). Its street labels are *hashish, pot, grass or ganja, ganye, smoke, tafun or Igbo*. The users typically sniff or eat the leaves of marijuana plant in pepper soup or yam potato or drink them as tea. Taken orally in small doses, a mild “high” of brief duration is produced. Large doses produce severe and higher reactions, such as panic, fatigue,

bizarre and dangerous behaviour. The effects of marijuana vary with its strength and to a great extent the state of mind of the user. Typically the effects consist of feelings of excitement, euphoria, general well-being and distortions of reality e.g. distortions of space and time sense. A person's sense or self-confidence seems to grow. There is relaxed inhibition and increased appetite (Muhammad, 2014).

The drug can heighten unpleasant experience as well as pleasant one. For instance, the individual who takes marijuana when feeling depressed can end up even more depressed, since the drug tends to magnify; both good and bad feelings. Marijuana is not addictive, psychological dependence upon the drug can be a serious problem for the users. Marijuana reactions are similar to that of alcohol. The reactions often occur in two stages: a period of sedation and tranquility, and with higher doses, sleep. Withdrawal symptoms of marijuana user include *hyperactivity, insomnia, decrease appetite and anxiety* (Oshodi, Aina & Onajele, 2010).

After alcohol and tobacco, marijuana is the most widely used drug. The use of marijuana like other intoxicants, such as alcohol can be dangerous to a person driving a car or taking part in other activity.

Symptoms of Drug Abuse

Drug abuse affects people from all walks of life and all socioeconomic status. Whether a person starts taking drugs because of peer pressure or stress relief or whether he or she abuses prescribed drugs, it can be easy to become addicted. Drug abuse or addiction is not always obvious. Many people are ashamed of it and will deny it if confronted, or they may genuinely not know they are addicted. According to Bolarin and Badejo (2009), various signs are exhibited by people who are hooked on drugs. This include: drastic change in behaviour. The person may start going out at random or staying out late;

- i. Absentmindedness
- ii. Moodiness
- iii. His kind of company peer group changes
- iv. Change in mode of dressing;
- v. Academic performance drops;
- vi. Change in eating habit. He may eat more or less or not at all.
- vii. Red, watery eyes, runny nose.

Coalition against drug abuse (2014) classifies some of the most noticeable symptom of drug abuse in to:

- a. Medical symptoms
- b. Behavioural symptoms
- c. Symptoms of specific substances of Abuse

Behavioural Symptoms

Drug abuse negatively affects a person's behavioural habits as he or she becomes more dependent on the drug itself can alter the brain's ability to focus and form coherent thoughts, depending on the substance:

Change in behaviour, such as:

1. Increased aggression, lethargy or sudden changes in a social network
2. Alcohol, for example, can make a person more aggressive and prone to getting into fights or making impulsive decisions.
3. As the compulsion for using drugs overtakes a person life, performance at school or work will suffer because of a lack of focus and shifting priorities. He or she may decide to skip class to smoke marijuana or call out of work due to a severe hangover.
4. Financial matters are also a concern for example, addiction causes irresponsible spending in order to get the next fix of a drug. This can extend to selling valuable personal possessions.
5. Drug abuse also can lead to criminal behaviours, such as home robbery and thuggery. Elegbede, Mumuni and Ogungbe (2019).

Behavioural Counselling Implications

Drugs may be a way of adjusting to the environment to some individuals. Being a negative coping strategy, it is expected that counseling can step in to help the individuals adjust more properly. Strategies in the school to help curb drug abuse include school counseling and home interaction. Here, counselors can visit homes to check and know whether certain homes are breeding homes for drug abuse.

Apart from visits, parents and students could be exposed to the dangers of drug abuse through lectures during the Parents-Teachers Association (PTA) meetings of the school. The National Drug Law Enforcement Agency (NDLEA) could be invited to schools periodically to discuss drug abuse and its effects on the abusers and society at large. Apart from this, the school can organize seminars, public lectures and workshops or debates and essay competition in the school or in general community halls on drug abuse.

In view of the above, the paper suggest formation of drug enforcement clubs in schools and communities. Their role should be advisory and to help advocate a drug free society. Education stakeholders must properly enlighten their respective communities on drugs and their negative effects. Good relationship should exist between parents and their offspring, between teachers and students as well as among the students. This will reduce cases of drug abuse and its consistence on students' behavior.

Drug abuse is a serious juvenile act which government, through the use of counseling and psychologists needs to give adequate attention to as it has many negative effects on both the victims and society.

Conclusion

The use of substance among students in tertiary institutions may directly impair academic activities which limits their academic performance for most students who use drugs at a lower level, however, drug use may serve as a maturational "snare" that keeps some students engaged in deviant peer groups as others move on to more normative groups, thus having a long term direct effect on educational attainment. Other studies have discussed similar processes, in which differential pathways to problematic outcome are determined, in part, by the level of multiple risk behaviors. If it is believed that multiple mechanisms are operating, then it follows that preventive interventions aimed at improving academic engagement should broaden their focus beyond drug use in students. Community and family risk factors should also be targets of intervention. Our findings shows that drug use in students partially mediated the effect of their externalizing behaviors on college , completion, students externalizing also had direct effects on both students reading achievement and on degree completion. This implies that a powerful target of intervention should be externalizing behavior, especially for time that have not yet developed heavy or problematic level of alcohol and or drug use.

Suggestions

The following suggestions were made:

1. First year students typically have exaggerated ideas about how much college students drink. Wanting to fit in and being free from parental control for the first time, there students can be led by this misperception into a pattern of heavy drinking that increases their risk of academic failure, serious injury, sexual assault and even death. Social norms marketing campaigns should be rolled out in universities and colleges to try to counteract these false beliefs by conveying accurate survey data about students drinking norms. The idea is that once students learn that far fewer students are drinking heavily than they once thought, they will feel less social pressure to drink and, therefore, moderate their alcohol use.
2. The schools and country governments should create and promote-alcohol free events for students, support students club and organizations that are substance free create and promote service learning and volunteer opportunities, require community service work as part of the academic curriculum and promote consumption of non-alcoholic beverages and food at events.
3. Schools should enforce strict rules on alcohol and drug abuse by requiring all social events during orientation of first year to be alcohol free, disseminate responsible host guidelines for both on and off campus parties, install a responsible beverages service program, eliminate residence hall delivery of alcohol purchases, advertise food and activities such as dancing or sport, rather than drinking as the focus of the event.
4. Lastly, an effective and functional counselling unit in tertiary institutions will go a long way to play a major role in preventing and rehabilitating drug abusers.

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