

**SELF-CONCEPT AND PARENTING STYLES AS PREDICTORS OF SUBSTANCE ABUSE
AMONG SECONDARY SCHOOL STUDENTS IN ILORIN METROPOLIS****BY****Tiamiyu, Kamoru Abidoeye (Ph.D): Department of Educational Management and Counselling, Faculty of Education, Al-Hikmah University, Kwara State****Abubakar, Abdulkareem Olalekan: Department of Educational Management and Counselling, Faculty of Education, Al-Hikmah University, Kwara State, olalekan5953@gmail.com****Kamaldeen, Rahmat Tinuke: Department of Educational Management and Counselling, Al-Hikmah University, Ilorin, Kwara State, Nigeria, kamalbidun613@gmail.com****Abstract**

This study investigated Self-concept and Parenting Styles as Predictors of Substance Abuse among Secondary Schools Students Ilorin Metropolis, Kwara State. The study adopted a correlation research design. The population for the study comprises of all senior secondary school students in Ilorin West Metropolis. Simple Random Sampling Technique was used to select 150 senior secondary school students within the Metropolis. The instruments used for the collection of data were self-developed Self-concept Scale ($r = 0.82$), Parenting Styles Scale ($r = 0.73$) and Sivester's (2014) Substance Abuse Scale ($r = 0.59$). The data collected were analysed using Pearson Product Moment Correlation and Multiple Regression. The hypotheses were tested at 0.05. The findings revealed that there was significant relationship between self-concept and substance abuse among senior secondary school students within Ilorin Metropolis (r . calculated = 0.64, $df = 198$ and $P < 0.05$); there was significant relationship between parenting styles and substance abuse among senior secondary school students within Ilorin Metropolis. (r . calculated = 0.64, $df = 198$ and $P < 0.05$); there was significant joint contribution of self-concept and parenting styles to substance abuse among senior secondary school students in Ilorin Metropolis ($AR^2 = 0.59$, $df_{2,97} = 71.13$ and $P < 0.05$) and self-concept ($\beta = 0.47$) and parenting style ($\beta = 0.46$) had significant relative contributions to the prediction of substance abuse among senior secondary school students in Ilorin Metropolis. The findings were discussed and necessary recommendations based on the findings of this study were put forward. Important suggestions on how substance abuse can be curb base on the finding of this study by subsequent efforts on this or similar studies are provided.

Keywords: *Self-concept, Parenting styles, Predictors of substance abuse, Secondary school*

Introduction

Substance abuse is defined as a maladaptive pattern of substance use leading to clinically significant impairment or distress, wherein the person may also suffer from tolerance and withdrawal (Gelder, 2018). Substance abuse is not limited to mood altering or psychoactive drugs. Activity is also considered as substance abuse when inappropriately used (as in steroids for performance enhancement in sports). Substance abuse, also known as drug abuse, is the use of a drug in amounts or by methods which are harmful to the individual or others. It is a form of substance-related disorder. Differing definitions of drug abuse are used in public health, medical and criminal justice contexts. In some cases, criminal or anti-social behaviour occurs when the person is under the influence of a drug, and long-term personality changes in individuals may also occur. In addition to possible physical, social, and psychological harm, the use of some drugs may also lead to criminal penalties, although these vary widely depending on the local jurisdiction (Pretorius, 2013).

Public health practitioners have attempted to look at substance use from a broader perspective than the individual, emphasizing the role of society, culture, and availability. Some health professionals choose to avoid the terms alcohol or drug "abuse" in favor of language considered more objective, such as "substance and alcohol type problems" or "harmful/problematic use" of drugs. The Health Officers Council of Africa in their 2015 policy discussion paper, A Public Health Approach to Drug Control in Nigeria has adopted a public health model of psychoactive substance use that challenges the simplistic black-and-white construction

of the binary (or complementary) antonyms "use" vs. "abuse". This model explicitly recognizes a spectrum of use, ranging from beneficial use to chronic dependence (Calzada, 2020)

Drugs most often associated with this term include: alcohol, amphetamines, barbiturates, benzodiazepines, cannabis, cocaine, hallucinogens, methaqualone, and opioids. The exact cause of substance abuse is not clear, but there are two predominant theories: either a genetic predisposition or a habit learned from others, which, if addiction develops, manifests itself as a chronic debilitating disease (Wearmouth, 2013). Drug misuse is a term used commonly when prescription medication with sedative, anxiolytic, analgesic, or stimulant properties are used for mood alteration or intoxication ignoring the fact that overdose of such medicines can sometimes have serious adverse effects. It sometimes involves drug diversion from the individual for whom it was prescribed. Prescription misuse has been defined differently and rather inconsistently based on status of drug prescription, the uses without a prescription, intentional use to achieve intoxicating effects, route of administration, co-ingestion with alcohol, and the presence or absence of dependence symptoms. Chronic use of certain substances leads to a change in the central nervous system known as a 'tolerance' to the medicine such that more of the substance is needed in order to produce desired effects. With some substances, stopping or reducing use can cause withdrawal symptoms to occur, but this is highly dependent on the specific substance in question (Louw, 2014).

Furthermore substance abuse accounts for moral decadence, displeasure and voracity which in turn lead to stealing, robbery and other related crimes. It is a thorny issue of which both the ruling and the ruled are culpable. This is also true among the educated and the uneducated. The disciplined ones are ironically regarded by the naughty ones as those who are behaving oddly. The blight is deeply rooted in all the aspects of students lives (Neill, 2015). The self-concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves. To be aware of oneself is to have a concept of oneself. Baumeister (2019) the individual's belief about himself or herself, including the person's attributes and who and what the self is. Self-concept is an overarching idea we have about who we are—physically, emotionally, socially, spiritually, and in terms of any other aspects that make up who we are. The self as the Individual knows himself, self-concept determines behaviour and is an important concept in understanding human beings and human behaviour. When studying the characteristics of substance abusers, the self-concept is frequently viewed as a central factor in the addiction. Seldin, in reviewing the literature, found that sociology, psychology, psychiatry, and social work each emphasize the immature personality development of the drug dependent male and the crucial role of the family in its formation. Riccitelli (2019) stated that alcohol provides a simple and convenient escape whenever man's security, self-esteem, or ego is threatened. According to Salaznek (2013) drugs offer magical solutions to the problems of low self-esteem, family fragmentation, educational malaise, and juvenile identity crisis. Samuels and Samuels (2017) reported that 75.5% of their sample of adolescent drug abusers considered low self-concept to be one cause of their turning to drugs.

Lack of parental guidance is the number one factor of substance abuse in the society. Most parents have this belief that their children spend more time in schools than at home and therefore the teachers are responsible for making sure that the children are disciplined (Timothy 2018). What the parents do not know is that many schools do not equip teachers for counselling roles.

Statement of the Problem

The incidences of substance abuse among secondary school students in Nigeria in general and Ilorin Metropolis in particular have tremendously increased in intensity and magnitude in recent years. Reading any daily newspaper and will show several incidents such as examination malpractice, sexual harassment, rape, cultism, truancy, fighting, destruction of school and other public property and other form of immoral behaviours involving secondary school students. This has become a source of concern to school administrators, teachers, government as well as concerned parents. However, to the best of the knowledge of the researcher, not much have been done on contribution of self-concept and parenting style as factors of substance abuse among secondary school students. The use of hard drugs by secondary students in Ilorin metropolis has become an embarrassing occurrence to parents, schools, government authorities, and the society at large. The constant abuse of drugs among students can cause psycho-social problems in society. One may hope that this hateful practice and its associated problems would not lead to the breeding of

deranged generation of youths. This fear is not speculative because of what happens to be the frequent and rampant drug crises in many secondary school students.

Students portray different effects of substance abuse behaviour among which include the following acts: boycotting of lessons, watching and practicing pornography, violence, dishonesty, disobedient to teachers, prefect and school administrators, alcohol consumption, confronting and stabbing teachers in schools, vandalism, lateness to school, cultism, indiscipline, stealing, rioting; among others. It is evident that most students' indiscipline and unrests are premeditated to cause maximum destruction. Considering the above, the researcher deemed it fit to investigate into the contributions of self-concept and parenting style to the prediction of substance abuse among secondary school students in Ilorin Metropolis, Kwara State.

Purpose of the Study

The main purpose of this study is therefore to investigate Self-concept and Parenting Style as Predictors of Substance Abuse among Secondary School Students in Ilorin Metropolis. Specifically, the study is designed to achieve the following objectives:

1. To establish the relationship between self-concept and substance abuse among secondary school students in Ilorin Metropolis.
2. To examine the relationship between parenting style and substance abuse among secondary school students in Ilorin Metropolis.
3. To unravel the joint contributions of self-concept and parenting style to the prediction of substance abuse among secondary school students in Ilorin Metropolis.
4. To investigate the relative contributions of self-concept and parenting style to the prediction of substance abuse among secondary school students in Ilorin Metropolis.

Research Questions

In order to guide the conduct of this study, the following research questions were raised.

1. Would there be relationship between self-concept and substance abuse among secondary school students in Ilorin Metropolis?
2. Would there be relationship between parenting style and substance abuse among secondary school students in Ilorin Metropolis?
3. Would there be joint contributions of self-concept and parenting style to the prediction of substance abuse among secondary school students in Ilorin Metropolis?
4. Would there be relative contributions of self-concept and parenting style to the prediction of substance abuse among secondary school students in Ilorin Metropolis?

Research Hypotheses

Based on the research questions raised, the following research hypotheses were formulated and tested:

- H₀₁:** There is no significant relationship between self-concept and substance abuse among secondary school students in Ilorin Metropolis.
- H₀₂:** There is no significant relationship between parenting style and substance abuse among secondary school students in Ilorin Metropolis.
- H₀₃:** There are no significant joint contributions of self-concept and parenting style to the prediction of the substance abuse among secondary school students in Ilorin Metropolis.
- H₀₄:** There are no significant relative contributions of self-concept and parenting style to the prediction of the substance abuse among secondary school students in Ilorin Metropolis.

Methodology

This study is basically a descriptive research design of ex-post-facto type as it attempts to find out self-concept and parenting style factors as predictors of substance abuse among secondary school students in Ilorin metropolis. the population comprised all public secondary school students in Ilorin Metropolis. Simple random sampling procedure was adopted in this study. The participants for this were randomly selected from five (5) public secondary schools in Ilorin Metropolis. A total of thirty (30) respondents were randomly selected from each school, making total of one hundred and fifty (150) respondents. Data for the study was

gathered mainly through the use of an adapted questionnaire. The questionnaire tagged Substance Abuse Among Secondary School Students Questionnaire (SAASSSQ) was responded to by the students in the sample schools. The questionnaire consists of five (5) sections. Section 'A' students Bio-data, section 'B' contain items on causes of substance abuse, Section 'C' embrace items on contribution of self-concept to substance abuse, section 'D' includes items on contributions of parenting style to substance abuse among secondary school students. The items on the questionnaire were rated using Likert type like rating scale. Where: SA = Strongly Agree, A = Agree, D = Disagree, SD = Strongly Disagree. Respondents ticked from the alternatives, options that best represent their opinions. The instrument is an adapted one, in order to ascertain the validity of the instruments, test re-test reliability approach were adopted to determine the reliability of the test. The set of two scores were correlated using Pearson Product Moment Correlation Coefficient and 0.72 reliability index was obtained. The instruments for this study were personally administered by the researchers on the respondents in the sample schools. Before the administration of the questionnaire, the researcher introduced himself to the principals of the selected schools and informed them about his mission in the schools. Upon obtaining the required permissions from the authority of each school, the researcher administered the instrument on the respondents. The completed questionnaire was collected from the respondents in each of the sample schools by the researcher. Descriptive statistics percentages were used to analyses the demographic, Pearson Product Moment Correlation (PPMC) were used for the two (2) hypotheses, while multiple regression were used for research question 1 and 2 to establish the joint and relative contributions of independent variables to dependent variable.

Results

The data presented in Table 1 shows the demographic characteristics of the respondents using frequency and percentages.

Table 1: Demographic Distribution of Respondents

Variables	Frequency	Percentage (%)
Gender		
Male	63	42.0
Female	87	58.0
Total	150	100.0
Age		
Below 15 Years	45	30.0
15-20 Years	74	49.3
21 Years and Above	31	20.7
Total	150	100.0
Religion		
African Traditional Religion	3	2.0
Christianity	30	20.0
Islam	117	78.0
Total	150	100.0
Class		
JSS	75	50.0
SSS	75	50.0
Total	150	100.0

Table 1 showed the distribution of respondents by gender, age and religion. It showed that 100 respondents participated in the study. The male participants were 63 (42.0%) while 87 (58.0%) were females; 45 (30.0%) were between below 15 years, 74 (49.3%) were in the age range of 15-20 years while 31 (20.7%) were 21 years and above. 3 (2.0%) of the respondents were from African Traditional Religion, 30 (20.0%) Christian while 117 (78.0%) were Muslims. Also, 75 (50.0%) of the respondents were in JSS and 75 (50.0%) were in SSS. The implications of this table revealed that larger percent of the respondents were female and students between 11-13 years old. . Also, larger percent of the respondents were from Islam religion while equal numbers of students were chosen from the Junior and Senior classes.

Hypotheses Testing**Research Hypothesis One:**

There is no significant relationship between self-concept and substance abuse among secondary school students.

Table 2: PPMC Table Showing Significant Relationship between Self-concept and Substance Abuse among Secondary School Students

Variable	No	Mean	SD	DF	r. Obs	P	R
Self-cncpt.	150	24.07	7.6				
Subtc. Abs.	150	25.7	9.04	298	0.73	.00	S

** (Significant at 0.05 critical region)

The table 2 above showed that there was significant relationship between self-concept and substance abuse among secondary school students ($r = .727$; $p < 0.05$). The implication of this showed that self-concept has significant influence on substance abuse among secondary school students.

Research Hypothesis Two:

There is no significant relationship between parenting style and substance abuse among secondary school students.

Table 3: PPMC Table Showing Significant Relationship between Parenting Style and Substance Abuse among Secondary School Students

Variable	No	Mean	SD	DF	r. Obs	P	R
Prntng. Styl.	150	22.98	7.69				
Subtc. Abse.	150	25.7	9.04	298	0.7	.00	S

The table 3 above showed that there was significant relationship between parenting style and substance abuse among secondary school students ($r = .696$; $p < 0.05$). The implication of this revealed that parenting style has significant influence on substance abuse among secondary school students.

Hypothesis Three:

There are no significant joint contributions of self-concept and parenting style to the prediction of substance abuse among secondary school students.

Table 4: Multiple Regression Analysis of Self-concept and Parenting Styles as Predictors of Substance Abuse among Secondary School Students

Multiple R (adjusted) = .827				
Multiple R ² (adjusted) = .680				
Standard error of estimate = 5.111				
Analysis of variance				
	Sum of Square (SS)	DF	Mean square	F
Regression	8331.25	2	4165.63	159.46
Residual	3840.25	147	26.12	
Total	12171.50	149		

The Table 4 above shows that the independent variables (self-concept and parenting style) enhance substance abuse among secondary school students. The value of R (adjusted) = .827 and R² (adjusted) = .680. The analysis of variance performed on the multiple regressions yielded an F-ratio value of 159.46 and was found to be significant at 0.05 level.

Hypothesis Four:

There are no significant relative contributions of self-concept and parenting style as predictors of substance abuse among secondary school students

Table 5: Relative Contribution of Independent Variables to the Prediction of the Dependent Variable

Model	Unstandardized coefficients	Standardized coefficients		T	P
	B	Standard error	Beta		
Constant	-1.086	1.557		-.697	0.487
Self-concept	.608	.063	.511	9.662	0.00
Parenting Style	.529	.062	.450	8.513	0.00

The Table above shows that each of the independent variables (self-concept and parenting style) made a significant contribution to the prediction of substance abuse among secondary school students. In term of magnitude of contribution, parenting style made the most significant contribution (Beta= .511; t= 9.662; $p < 0.05$) to the prediction follow by self-concept (Beta= .450; t= 8.513; $p < 0.05$).

Discussion

The first research hypothesis revealed that there was significant relationship between parenting style and substance abuse among secondary school students. The implication of this showed that parenting style has significant influence on substance abuse among secondary school students. This is in line with the finding of Pretorius (2013), that authorities on the child behaviour development generally accepted the assumption that parents, as primary caregivers exert the original perhaps the more significance influence on the development of the child. A child development is therefore strongly influence by the parenting style, his environment and culture in which they grow (Louw, 2014). Therefore relationship between parent and children is utmost important. The nature of interaction, discipline and dealing with the child behaviour and emotions has explicit impact on child development. The example set by parents is extremely important as a basis for interpersonal relation and social behaviour. Furthermore, numerous research has documented the inter-generational continuity of parenting indicative of that present day parent tend to use similar parenting strategies or practices that they themselves received in their child hood (Bifulco, 2012). Children behaviour are action in response to many internal and external influences (Osborne & Fincham, 2016).

The second research hypothesis revealed that there was significant relationship between self-concept and substance abuse among secondary school students. The implication of this revealed that self-concept has significant influence on substance abuse among secondary school students. This is in support of the finding of Levin and Nolan (2017) that teaching is the use of pre-planned behaviours. In the words of the writers, the single most important factor in determining the learning environment is self-concept. Intentionally or unintentionally individual personalities verbal and nonverbal influence behaviours. The third research hypothesis revealed that the independent variables (self-concept and parenting style) influence substance abuse among secondary school students. The analysis of variance performed on the multiple regressions yielded an F- ratio value of and was found to be significant at 0.05 level with independent variables contributing 68% to substance abuse among secondary school students. This is in collaboration with the finding of Tyler et al. (2012); Wearmouth, (2013); Arends, (2019) students by virtue of their differences in upbringing or cultural background exhibit a variety of behavioural characteristics in schools which need to be managed in order for schools to function as effective learning institutions. Likewise teachers, by virtue of their personal and professional qualities affect the behaviour of students in a multitude of ways (Rubie-Davies et al. 2016). As teachers perceive student behaviour in different ways (Borg, 2017), students too tend to have varying degrees of expectations and perceptions about their teacher behaviour (Tatar and Yahav, 2011). Inevitably the interaction of both parent and students tend to jointly determine the substance abuse milieu in schools (Kyriacou, 2016). When parent expectations and student interests do not go hand in hand, there is a strong tendency for the occurrence of problems or a rift in the relationship between the two groups (Yoon, 2018) which is clearly a cause of concern for behavioural management.

The fourth research hypothesis revealed that each of the independent variables (self-concept and parenting style) made a significant contribution to the prediction of substance abuse among secondary school students. In term of magnitude of contribution, parenting style made the most significant contribution to the prediction follow by self-concept. This is in line with the finding of Phillipson (2017) Authoritarian parenting has been associated with child behaviour such as hostility, delinquency, rebelliousness, and antisocial aggression. Research has also found that a child's early experience with excessive parental control tends to correlate with the development of anxiety (Chorpita & Barlow, 2019). It is possible this anxiety stems from a lack of opportunity to develop autonomy through independent exploration of the environment (Bowlby, 2016). It has also been proposed that the low warmth typical of authoritarian parenting could be linked to child depression (Rapee, 2017). In a study of permissive parenting, lack of involvement, lack of follow through, and lack of confidence in parenting ability were important predictors of child behaviour problems reported by both parents and teachers (Calzada, 2020).

Conclusion

The study concluded that there was significant relationship between self-concept, parenting style, and substance abuse among secondary school students in Ilorin Metropolis, Kwara State. This implies that self-concept and parenting style has great influence on behaviour of students.

Recommendations

1. Parents should devote more time to the training of their children. They should not leave the discipline and education of their children in the hands of the teachers and house helps alone.
2. Parents should carefully watch their children's play mates, check the company they keep, and move with, check and sensor the type of films they watch.
3. Campaigns against substance use be incorporated in school curricula of secondary school education with special attention to adverse consequences of the substance used.
4. Government should ensure that there is proper planning and implementation of education policies. School administration should be given free hand to maintain discipline in their schools.
5. Government should introduce and compel students to offer religious and moral studies in school. This is because education devoid of religion and morality may be detrimental not only to the recipients but the society at large.

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