

INFLUENCE OF ANXIETY ON LIFE STYLE OF DRUG ADDICTS IN REHABILITATION CENTRES OF KANO STATE, NIGERIA**BY****Ahmed Sani Getso (PhD): Department of Human Kinetics and Health Education, Ahmadu Bello University, Zaria, Nigeria; E-mail: sani71460@gmail.com****&****Bello Abubakar Sokoto: Department of Physical and Health Education, Shehu Shagari College of Education, Sokoto****Abstract**

In spite of the establishment of rehabilitation centres to facilitate effective reforming intervention for psychosocial disorders associated with substance abuse, addicts are highly influenced by both psychological and social factors in Kano state. This investigation was carried out to assess the influence of anxiety on life style of drug addicts in rehabilitation centres of Kano State, Nigeria. Both stratified random and purposive sampling methods were combined to select the respondents in each of the rehabilitation centres of the nine selected rehabilitation centres. The questionnaire used consisted of demographic information of the respondents and issues relating to psychosocial disorders like anxiety, depression, psychiatric symptoms and anger among drug addicts drawn on a four point interval scale. Data collected were statistically analyzed, using descriptive statistics of frequency, mean and standard deviation. Inferential statistics of chi-square was used to test the hypotheses raised for this study. The results of the findings revealed that: There was significant influence of anxiety on lifestyles of drug addicts in rehabilitation centres of Kano State. These were found to be feeling in tune with other colleagues, staying alone and feeling that there is no one to turn to in times of trouble ($P = 0.00$). Based on these findings, it was recommended that health education programmes should be organized on regular basis in order to adequately inform and educate addicts on the danger of psychosocial disorders during rehabilitation period. It was also recommended that Seminar workshops and conferences should be organized to addicts on psychosocial disorders in the rehabilitation centre to enable them adjust in life.

Keywords: Anxiety, Drug addicts, Rehabilitation, Psychosocial and Disorder

Introduction

Addicts feels anxious from time to time stressful situations such as meeting tight deadlines or important social obligations often make us nervous or fearful. Addicts who experience extreme fear and worry that does not subside may be suffering from anxiety disorder. The frequency and intensity of anxiety can be overwhelming and interfere with daily functioning. One of the reasons why addicts abuse drugs is that they want to escape their emotions. Substance abuse can provide a temporary release, but it comes with a heavy price. Addiction can destroy everything that is good in addicts life so that in the end all is left is the addict and their drug. Addicts emotions becomes so numb that they hardly feel anything anymore. Addicts not only escape the unpleasant emotions but also the positive ones as well, this is when addiction really starts to feel like living in a personal hell Add (National Center for Biotechnology Information, 2014). Make the decision to give up their addiction it means that they will no longer be able to hide from their emotions. In early sobriety they can experience an emotional rollercoaster as their perceptions become unfrozen. It may take a bit of getting used to but eventually the addicts learn how to better manage their emotions. Once this happens addicts will be able to enjoy life to the fullest indicated some extreme fear that addicts can experience in recovery. Anxiety of drug addiction can cause mental illness but mental illness does not cause addiction (John & Grohol, 2015). Some mental illnesses, especially those that are not quickly rehabilitated can trigger drug addiction.

Anxiety disorders often cause acutely uncomfortable feelings such as overwhelming sadness, hopelessness, numbness, isolation, sleep disorders, digestive and food-related disorders (John & Grohol, 2014). It is tempting, if medications aren't being prescribed or used properly, for addicts suffering from anxiety to drug addiction. This can compound the depression and make it worse, addicts might temporarily relieve some symptoms, but the backlash when the drug leaves the body brings the anxiety to new lows. Withdrawal anxiety happens each time drug addiction leaves the body though many addicts don't experience severe symptoms at first. The withdrawal anxiety can trigger the use of more drugs because they will help get rid of the bad feelings. Another compounding problem is that if drugs are used while medication is being taken, the drugs can actually potentiate and make stronger or deactivate the medication. This can put addicts in medical danger, because of their personal life-style experiences with drug addiction. Some addicts in recovery are leery of using any drugs even prescribed ones. Addicts have faced traumatic experiences with addiction and have a difficult time coming to terms with the necessity for medication intervention

(National Center for Biotechnology Information, 2014). A well-trained psychotherapist will often be able to tease out the source of the depression and find out if it existed before the addicts came for rehabilitation. Therapists use a psychosocial evaluation and reports from family, friends, employers, court and police records and others to help determine which condition occurred first (John & Grohol, 2015). Addicts who had anxiety before they became drug addicted will most likely need rehabilitation including medication intervention; addicts whose anxiety was caused by drug addiction generally will not need the same rehabilitation with those whose depression preceded his or her drug addiction. Anxiety and drug addiction can spring from the same sources.

Statement of the problem

Psychosocial disorders are mental health problems that occur due to life experiences, commonly observed among drug addicts like anxiety, phobic disorder, obsession compulsion and other antisocial behaviours. In spite of the establishment of rehabilitation centres to facilitate effective reforming intervention for psychosocial disorders associated with substance abuse, available evidence show that prevention and management of psychosocial disorders are highly influenced by both psychological and social factors. It is the interaction between these two forces that determines how addicts will cope in the rehabilitation centres. The influence of drug addiction in Kano have been a stigma of a moral bankrupt, decadent and wasted generation that must be collectively salvaged in order to prevent the total degeneration and loss of societal values and ideals. The health consequences of drug addiction are many and varied, involving most areas of physical and psychological functioning. A major and growing consideration is the effect of drug addiction on the spread of STDs, as intoxication with drugs leads to risky sexual behaviour that could be a major contributing factor to the rapid spread of this dreaded condition. There is also evidence that cannabis depress immunity, leading to easy spread of infections including STIs. Intramuscular or intravenous injections of drugs of abuse are direct route of inoculating HIV into blood stream. Drug addicts are exposed to viral hepatitis, chest, heart, kidney infections and abscesses. Other effects include hormonal derangements leading to menstrual irregularity, infertility, deleterious effects on foetal growth and behavioural developmental difficulties for the growing child. An effect on the brain leads to emotional instability, poor impulse control and poor intellectual functioning. Thus, addiction saps both physical and intellectual vitality, leading to reduced productivity in work and academic pursuits. It affects the senses in such a way that social and emotional cues are blunted, leading to stunting of social and emotional development, adversely affecting maturation of personality. Drug addictions are major cause of fatalities from accidents, suicide, accidental poisoning and infections. It is also a major cause of poor performance at work and a major contributor of mental disorders. Therefore drug addiction is not only a drag on personality growth of the individual but a major impediment in the social and economic development of communities and nations (Bature, 2012).

For those seeking rehabilitation from addiction, there is interest in how these psychosocial disorders impact mental health. Addicts having difficulties dealing adequately with their social environment, there may be interventions that can help improve the situation. There is also the hope that more knowledge of psychosocial disorders will lead to a better understanding of problems of addiction. It is reported that drug addicts at the rehabilitation centres adopt several psychosocial disorders such as denial, depression, anger and anxiety, among others, which affect their mental health, interpersonal relationship, recovery and achievement of better quality of life. The foregoing prompted the researcher to undertake a research study on influence of anxiety on life style of drug addicts in rehabilitation centres of Kano State, Nigeria.

Research Question

What is the influence of anxiety on life style on drug addicts in rehabilitation centres of Kano State?

Hypothesis

There is no significant influence of anxiety on recovery process among drug addicts in rehabilitation centres of Kano State on their life style.

Methodology

The ex-post-facto research design was used in this study. The use of this design is because the study is non-experimental and the information required is already available with the respondents. According to Sambo (2008), ex-post-facto research design leads to evaluation of behavioural phenomena. Thus, the design is considered appropriate for this study as it is intended to assess influence of anxiety on life style of drug addicts in rehabilitation centres of Kano State, Nigeria. The sample for this study consists of two hundred and seven (207) drug addicts in Kano state. This is in accordance with (Krejcie & Morgan, 1990), who recommended a sample size of two hundred and seven (207) for a population of one thousand two hundred (1200). However, in order to draw equal number of

samples from each of the rehabilitation centres to be sampled, (6) six rehabilitation centre in Tudun wada, kareye, wudil, Danbatta, Bichi and Gwale were added to 201 to make a total sample of 207. The sampling technique used involves stratified random sampling and purposive sampling techniques. In these techniques, Kano state was stratified into three (3) senatorial zones. Simple random sampling technique was used to select two third of the number of rehabilitation centres in each of the three (3) senatorial zones. The names of all rehabilitation centres in each of the senatorial zones was written on slips of paper, the slips was folded and put in a container. After thorough reshuffling, the researcher blindfold some one who is not part of the target population who then dips his hand in the container and pick one slip at a time. The rehabilitation centre was then contains recorded. This process was repeated until the required numbers of rehabilitation centre were picked in each senatorial zones. Purposive sampling technique was used to select the drug addicts at the rehabilitation centres to be sampled based on their willingness to participate. The instrument used in this study is a questionnaire developed by the researcher. The questionnaire consists of three (3) statements on personal data of the respondents Seven (7) statements on Anxiety and lifestyle. Descriptive statistics of frequency, mean and standard deviation were used to describe the personal data of the respondents and to analyze each of the items on the instrument. Inferential statistics of Chi-square was used to test the hypothesis. All tests were carried out at the 95% confidence level.

Table 1: Mean and Standard Deviation (SD) scores of responses on the influence of anxiety on life style of drug addicts in rehabilitation centres of Kano State

S/NO	Item of response	Response Categories				Mean	Std.Dev
		SA	AG	DA	SD		
1	I often feel that I am not in tune with my fellow colleagues	56	98	41	10	2.98	0.819
2	I always stay alone	28	105	63	9	2.74	0.745
3	I feel that there is no one I can turn to in times of troubles	34	84	77	10	2.69	0.803
4	I feel I cant find companionship when I want it	32	95	65	13	2.71	0.804
5	I am not in tune with my friends	30	91	65	19	2.64	0.843
6	I feel that my relationship with others is not meaningful	29	87	72	17	2.62	0.829
7	I feel I am not part of a group of friends	33	92	68	12	2.71	0.804
	Cumulative mean					2.773	

Decision mean = 2.500

Results

The table 1 showed that there was influence of anxiety on life style of drug addicts in rehabilitation centres of Kano State. This was confirmed from the fact that the overall mean response of 2.773 item seven (7) was found to be higher than the decision mean of 2.500. Specifically, item one “often feel that I am not in tune with my other colleagues” attracted the highest mean response of 2.98 with details showing that 154 were in agreement, the rest 51 were in disagreement. In the same vein item two “always stay alone” had the second highest mean response of 2.74 with details showing that, while 113 were in agreement, the rest 72 were in disagreement. Like wise most of them said that “ feel that there is no one I can turn to in times of troubles” as this item attracted the third highest mean response of 2.69 with details showing that while a total of 118 were in agreement, the rest 87 were in disagreement with this statement. In all, the main influence of anxiety on life style of drug addicts in rehabilitation centres of Kano State. Include feeling in tune with other colleagues, staying alone and feeling that there is no one to turn to in times of trouble.

Table 2: Chi square test on influence of anxiety on lifestyles of drug addicts in rehabilitation centres of Kano State.

Variable	SA	A	DA	SD	Total	X	Df	P
Total	242	652	451	90	1435	38.329	18	0.004

$X^2(18) = 28.869$ $p < 0.05$

The result in table 2 showed that significant influence of anxiety on lifestyles of drug addicts in rehabilitation centres of Kano State. Reason being that the computed chi square value of 38.329 is higher than the critical value of 28.869 at df of 18 and at p value of 0.000. This implies that there is significant influence of anxiety on lifestyles of drug addicts in rehabilitation centres of Kano State. Hence the null hypothesis which states that there is no

significant influence of anxiety on lifestyles of drug addicts in rehabilitation centres of Kano State hereby rejected. Because the main influence of anxiety on life style of drug addicts in rehabilitation centres of Kano State. Include feeling in tune with other colleagues, staying alone and feeling that there is no one to turn to in times of trouble

Discussion of Findings

In the test of hypothesis it was observed that the significant influence exist that anxiety on lifestyle of drug addicts in rehabilitation centres of Kano State. These anxiety influence include I often feel that I am not in tune with my other colleagues and thus I always stay alone. This situation makes addicts lifestyles much anxious. This finding agrees with John and Grohol (2015) who ascertained that anxiety disorders often cause acutely uncomfortable feelings such as overwhelming sadness, hopelessness, numbness, isolation, sleep disorders, digestives and food-related disorders.

The finding also agrees with Menbe (2018) who reported that anxiety disorder can trigger addictive behaviour patterns and vice versa which requires expert rehabilitation. These psychosocial disorders were adverse found to be on mental with Donovan, (2017) where psychosocial disorders is described as mental health problems that occur due to life experiences. The finding agrees with Bature, (2012) who observed that the influence of psychosocial disorder of anxiety can be devastating to the addicts and that the influence could be lasting physical and the accompanied psychosocial consequences could make it difficult for the addicts to live a normal life again. At the level of addict's analysis of the influence, it was found that most subjects suffer from adverse psychosocial disorders of the addiction.

Conclusion

There was significant influence of anxiety on lifestyles of drug addicts in rehabilitation centres of Kano State. These were found to be feeling in tune with other colleagues, staying alone and feeling that there is no one to turn to in times of trouble.

Recommendation

Health education programme need to be organized and carried out on regular basis in order to adequately inform educates addicts on the danger of psychosocial disorder among drug addict.

Seminar workshops and conferences should be organized to addicts on psychosocial disorders in the rehabilitation centre to enable them adjust in life.

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