

## IMPACT OF COMMUNITY ADVOCACY PROGRAMME ON DRUGS AND SUBSTANCE ABUSE AMONG YOUTHS IN ILORIN WEST LOCAL GOVERNMENT AREA OF KWARA STATE.

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### ABSTRACT

*This paper looked into the perceived impact of community advocacy programme on drugs and substance abuse among youths in Ilorin West Local Government Area of Kwara State. Concepts of drugs, substance abuse among youths, as well as perceived causes of drugs abuse were discussed with emphasis on the effects of drugs abuse among youth in the community. It was recommended that government should enact measures on people that are selling drugs indiscriminately by supervising the target area at least monthly if possible and also check the activities of the victims of drug abuse among others.*

**Keywords:** Drugs, Drugs Abuse, Community Advocacy Program, Substance Abuse.

### INTRODUCTION

Drugs and other substance abuse among youths in the society these days are on the increase and these has called for all hand on desk to forestall a lasting solution to the menace. Drug abuse is a major public health problem in Nigeria and it require the help and contributions of major stakeholder in all sectors, medical practitioners, academia,

religious leaders and social and public health counselors. In Nigeria the rates of youth involvement in drugs and other related substance abuse seem to be on increase (Kazeem, 2019). The use of alcohol, nicotine products drugs and other psychoactive substances constitute a major public health problem globally. Substance use is associated with a wide range of negative consequences for health, accidents, violence, stigma, chronic health conditions such as dependence, cardiovascular and infectious diseases and cancers among many others.

Alcohol and other related substance abuse and dependence is now one of the most frequently occurring adjustment disorders in adolescents, young adults, and the general public or among the community at large. In fact, alcohol and other related substance use disorders are the most prevalent form of psychiatric disorder in most states in Nigeria (Babajide, 2019). Although all age groups are affected by this pervasive difficulty, adolescents and young adults are particularly heavily affected. A substantial proportion of the adolescent population uses drugs or alcohol to the extent that their health, interpersonal relationships, or school

performance is adversely affected (Johnston, O'Malley, & Bachman, 2020).

One of the problems faced by developing nations today, specifically Nigeria is the growing number of individuals who are using or abusing substances including, illegal drugs, alcohol, and tobacco. Although, it has been noted that the overall consumption of drugs in the Nigeria has declined by 30% in the past 20 years, the past 10 years have revealed some increase in drug abuse among youths (Ejikeme, 2019; Adebisi, 2020). In the case of alcohol use and drug abuse, Stephen (2018) states that polls of youth indicate that nine out of ten youths drink alcohol to some extent by the time they finish secondary school, and a majority have used illegal drugs. According to the National Youth Violence Prevention Resource Center (2018), teenage consumption of alcohol is a serious problem in Africa and other developing countries.

Recent survey revealed that 52% of eighth graders (and 80% of high-school seniors) have used alcohol at some time (Michigan University Institute for Social Research, 2020). The research also found that 25% of eighth graders (and 62% of high-school seniors) have been drunk. Furthermore, while it is illegal for minors to be given access with alcoholic drinks, it seems that such restriction has no, if only little, effect.

The MUISR (2010) also found that 71% of eighth graders and 95% of high-school seniors say that they have easy access to alcohol.

Drug abuse among Nigerian youth has been a scourge to the overall sustainable development of the nation. Substance abuse is a serious issue; a global and international issue particularly in developing countries like Nigeria. Drug abuse is also a major public health, social and individual problem and is seen as an aggravating factor for economic crises; hence, for Nigeria's poverty status. While youth are supposed to be the major agent of change and development, some of them have been destroyed by drug abuse (rendering them unproductive).

Drug abuse has become a global concern in Nigeria because of its effect on youth and the nation as a whole. Drug abuse has a negative impact on the education aspiration of many youths across the globe. The overall health of the user is affected negatively and behaviours associated with drug abuse predispose the abuser to crime and contagious diseases including HIV/AIDS (Center for Disease Control, 2019).

Educational stakeholders like community, teachers and the society at large are worried over the prevalence of drug abuse and its causes and consequences among youths on

most practices in Nigeria. Drugs are produced for a variety of different reasons including those associated with ensuring a state of wellbeing, curing illness, and sustaining mental and physical stability. Modern medical substances commonly known as ‘medicine’ (many derived from plants), do not constitute any danger. If properly administered, drugs can assist human beings in many positive ways. The term ‘drug’ refers to “any substance, when taken into a living organism, limits ill-health”, however if drugs are abused, they can become very “destructive to the individual and to society at large”. A drug is a chemical modifier of the living tissues that could bring about physiological, sociological and behavioural changes (Okoye, 2019).

Drugs, are substances which, when taken, can limit cognition, perception, mood, behaviour and overall body function. It can also produce a change in biological functions through its chemical actions (Balogun, 2016). A drug is used for reasons such as curing or alleviating pain and diagnosing ill-health and is seen as a common process in many communities. The chronic use of drugs can cause serious damage, sometimes irreversible physical and social damage either temporarily or for a long period of time. Internal damage could result as well (Falco, 2018).

## **CONCEPT OF DRUG AND DRUGS ABUSE**

New Oxford Dictionary of Contemporary English (2016) defined drug as a substance that people smoke, or swallow that make them feel strong and happy. New Dictionary of Science (2015) defined drugs as substance other than food stuff which is used in the diagnostic, cure, treatment or prevention of disease. It is any substance which is used to treat disease or relieve symptoms. The U. S. Department of Education (2015) defined drug as three types of substance, which include Marijuana, Cocaine and Heroin, Alcohol and Beverages, and Tobacco products

The World Health Organization (WHO 2016) defined drugs as a chemical entity or mixture of entities not required for the maintenance of which alters biological functions when administered. Odubona (2018) viewed drugs as anything that goes into the body and modified one or more of its functions such as kola nut, coffee, tobacco, narcotic and medicine like paracetamol, panadol and aspirin.

Atolagbe (2019) define drug as a chemical, which can affect an alteration in the functions of living tissue. Drugs abuse after the psychological state of an individual effect changes in behaviour. According to the definitions above, drug prescribed by doctors or drug for pleasure both change the

state of being of the individual user either positively or negatively.

#### **SUBSTANCE ABUSE AND DEPENDENCE**

Substance abuse and dependence is now one of the most frequently occurring adjustment disorders in adolescents, young adults, and the general population. In fact, substance use disorders are the most prevalent form of psychiatric disorder in developed countries and developing countries of the world (Rivers & Shore, 1997). Although all age groups are affected by this pervasive difficulty, adolescents and young adults are particularly heavily affected. A substantial proportion of the adolescent population uses drugs or alcohol to the extent that their health, interpersonal relationships, or school performance is adversely affected (Johnston, O'Malley, & Bachman, 2018).

One of the problems faced by developing nations today, Nigeria inclusive is the growing number of individuals who are using or abusing substances including, illegal drugs, alcohol, and tobacco. Although, it has been noted that the overall consumption of drugs in the developing countries has declined by 50% in the past 20 years, the past 10 years have revealed some increase in drug abuse among adolescents (Johnston, O'Malley & Bachman, 2018). In the case of alcohol use and drug abuse, Stephen (2018) states that polls of youth indicate that nine out of 10 teenagers drink alcohol to some

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According to the National Youth Violence Prevention Resource Center (2002), teenage consumption of alcohol is a serious problem in the United States. Recent survey revealed that 52% of eighth graders (and 80% of high-school seniors) have used alcohol at some time (Michigan University Institute for Social Research, 2000). The research also found that 25% of eighth graders (and 62% of high-school seniors) have been drunk. Furthermore, while it is illegal for minors to be given access with alcoholic drinks, it seems that such restriction has no, if only little, effect. In the two weeks survey study made by The National Institute on Drug Abuse (NIDA) in cooperation with its Monitoring the Future Study (MFS), it shows that 50% of senior high schools habitually drink alcohol, 26% of which is involved in binge drinking and, over 20% of the tenth grades are into binge drinking (Johnston, O'Malley & Bachman, 2018).

In terms of tobacco use, it has been noted that its use is more prevalent and that most children are trying to experiment with tobacco as 9 years of age. According to McWhirter (2018), the use of tobacco and alcohol are critical since both are regarded as "gateway" substances, which often lead to the use of illicit drugs such as coca based substances and marijuana.

In the study made by Grunbaum, (2002), it has been found out that close to 20% of secondary students had been offered, sold, or provided illegal drugs like marijuana on school premises at some period during 12 months. The data given only shows that, different substances have been used by children or adolescents. This means that all children are at high-risk of abusing these substances because they have been aware of such and use it at the earlier age.

Majority of today's youth faces conflicts that they can barely handle in a very young age. Modernization has brought many social changes in the society. Children are being taken for granted, usually by community who both work and have no time for their children. Another factor is the issue of broken family, peer pressure, and many other issues that would make a youth feel inferior of himself/herself. Youth like these seeks a way to express themselves and unfortunately, this search for self-expression has often lead to deviant practices such as joining gangs, engaging in pre-marital sex and engaging in substance abuse. Stephen (2018) wrote that growing numbers of children are being neglected, abused, and ignored. Without change, the dark specter of generational warfare could become all too real. Stephen (2018) further continues that child-care advocates reports that up to 15% of 16-to 19-year-olds are at risk of never

reaching their potential and simply becoming lost in society.

In other recent studies, the research shows that family and peer influence, individual characteristics including behaviour and personality can also be considered as factors that influence children and adolescent to engage in substance abuse (Johnston, O'Malley & Bachman, 2018). There are several ways to determine if a youth is at-risk of substance abuse. Christle, (2002) cited that researchers have identified a number of demographic and behavioural characteristics of youth that contribute to their risk of involvement with substance abuse. These include ethnic minority status; aggressive, antisocial behaviour; difficulties in school and school failure (including educational disabilities). These risk factors are common denominators in the backgrounds of youth who require a variety of human services like child welfare services.

Most research had placed little emphasis on neighborhood norms in studies of youth substance use. Previous research on teenagers' smoking, drinking, and drug use has focused on imitative behaviour with respect to classmates and friends. These studies have used various strategies to assess the effects of social context on substance use: the demographic composition of the teenager's school or neighborhood as a

proxy for the prevalence of smoking (Johnson and Hoffman, 2018); friends' behaviour as reported by the teen; individual teenagers' reports about whether their (best) friends smoke and what their friends would do if the teenager smoked around them; teenagers' estimates of the percentage of other students in their grade who engage in the behaviour of interest. Most studies of this type ignore that friends select each other based on shared values and that teenagers may not accurately perceive the prevalence of substance use (Kawaguchi, 2014).

It is important to ask how teenagers are affected by the attitudes and behaviour of adults as compared to peers. Adults and peers likely matter to teens in different ways. Whereas the threat of adult sanction may be an important mechanism linking adult attitudes and behaviour to teen behaviour, the risk of social exclusion may be the driving force behind peer effects. Unfortunately, the theoretical and data demands for modeling neighborhood and peer effects simultaneously are high, requiring a design that takes account of teens' choices about peers as well as sufficient numbers of cases for each combination of neighborhood and school or peer group. Few, if any, studies manage to do this. Given data constraints and the lack of research on how adult neighbors influence teen substance use, our analysis focuses on the influence of adults.

## **Perceived Causes of Drugs and Substance Abuse**

Akinwunmi (2018) investigated the use of alcohol among adolescent ages between 14 and 27 years old. He found that most of the young people in his study began to drink because they were encouraged to do so by friends of the same age. He said, the adolescent are influenced in the use of drugs through home environment, Charity begins at home as people say, all the developed characteristics of any adolescent are observed and inherited from the home and its environment. These transmitted characteristics include smoking, drinking, drug addiction, immoral behavior, jesting, irrational jokes and speech, tarrying long hours of the day outside the home loitering about unreasonably.

However, many justifications have been attributed to the use of drugs especially among youths in most communities this day. In line with this, Olatude (2018) opined that people use drugs for a variety of reasons which include:

i. *social* : they need to belong to a social group or class; pressure from friends and peers; to overcome many other social problems; and to induce themselves to work above their physical capacity. to be able to facilitate communication;



ii. personal : for self-medication; to gain confidence and to overcome shyness; for pleasure and to overcome illness;

iii. because of parental deprivation at various levels;

Moreover, many people interchangeably use the concepts of ‘drugs’, ‘drug misuse’ and ‘drug abuse’, despite differences between the concepts. Drug misuse is to use a drug for a purpose which it should not be used for. The misuse of drugs means following the medical instructions but the person may not necessarily be looking to ‘get high’ from their use. While drug abuse typically refers to those who do not have a prescription for what they are taking. Not only do they use it in a way other than it is prescribed but they also use it to experience the feelings associated with the drug. Euphoria, relaxation, the general feeling of ‘getting high’ is always associated with drug abuse.

The abuse of drugs always results in unavoidable side effects, including dependency and addiction.

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### **Perceived Effect of Drugs of Substance Abuse**

People abuse substances such as drugs, alcohol, and tobacco for varied and complicated reasons, but it is clear that our society pays a significant cost. The toll for this abuse can be seen in our hospitals and emergency departments through direct damage to health by substance abuse and its link to physical trauma. Jails and prisons tally daily the strong connection between crime and drug dependence and abuse. Although use of some drugs such as cocaine has declined, use of other drugs such as heroin and “club drugs” has increased.

Substance use and abuse is in the forefront of societal problems. It is a pervasive problem, affecting directly or indirectly the overwhelming majority of persons. The deleterious impact of alcohol and drugs is devastating.

The involvement of some children and adolescents in substance abuse often lead to different consequences. Such consequences include physiological, psychosocial and legal aspects. It is noted that the physiological effect of drug abuse depends on the drugs that has been used. Substance abuse undermines physical health. For example, chronic alcohol abuse is associated with diseases of the liver, central nervous system, and heart. Often, as in the case of the brain disorder Korsakoff's syndrome, the damage resulting from alcohol abuse is irreversible.

Additional health problems stemming from the use of other substances are well documented (Colby, 2014)). Well-known examples are lung cancer caused by smoking, and pervasive central nervous system damage resulting from the inhaling of solvents, cardiovascular disease and neurological damage (NCCDPHP, 2018).

In addition, many substances are toxic in excessive doses, resulting in numerous acute and chronic effects on physical health, potentially leading to permanent disability or death. Finally, substance abuse increases the risk for acquiring other health-related problems, such as HIV, sexually transmitted diseases, or trauma secondary to accidents while under the influence of psychoactive substances (NCCDPHP, 2018).

Mental health disorders often occur with substance abuse.

Co-morbidity is relatively common, with up to one third of individuals with psychiatric disorders reporting a lifetime history of substance abuse disorders as well. In some instances, psychiatric disorder precedes or even contributes to the development of substance abuse, whereas in others, emotional and behavioural disturbances arise within the context of alcohol and drug use problems. A large body of research has delineated the disproportionate representation of psychological dysfunction in substance abusers. Included are problems in personality, mood, self-esteem, coping, behaviour, and social functioning.

Once again, some of these psychological difficulties may be evident prior to the onset of substance abuse, although psychological functioning often worsens over time in individuals with substance use disorders (McWhirter, 2018). In addition, children and adolescents who are involved in substance abuse may also be affected in terms of their educational status. Abuse of specific substances may also contribute to relatively unique psychological presentations, such as the a-motivational state that has been linked to chronic marijuana use.

Other psychological effects of substance abuse are directly linked to the biological impact of psychoactive substances (such as anxiety and irritability stemming from withdrawal) and the behaviours that result



from dependence on drugs and alcohol (such as craving and preoccupation with obtaining desired substances). Young people who persistently abuse substances often experience an array of problems, including academic difficulties, health-related problems (including mental health), poor peer relationships, and involvement with the juvenile justice system.

#### **COMMUNITY ADVOCACY AND INTERVENTION STRATEGIES ON DRUGS AND SUBSTANCE ABUSE**

Dependence on the support of others begins at conception, but even as people become increasingly self-sufficient, they continue to require assistance from others in one form or another throughout life. Young people struggling to become social beings and unique individuals at the same time are in particular need of the various forms of social support. When that support is missing, the resulting isolation from others increases the potential for progression from normal youthful dissonance toward more dangerous consequences that can include death or lifelong social and emotional disturbances and sometimes tend to get involve in different things that may even try to make worst of their situation such as substance abuse (Colby, 2018).

In response to the increasing numbers of at-risk youth, numerous programs have been developed to cope with problem. Here are

some basic examples of approaches. Stephen (2019) states that positive reinforcement is one of the approaches that works well on at-risk youth. He states that children crave attention more than anything else, especially positive attention. "A baby who is cuddled, talked to, and stimulated in the first six weeks of life is much more likely to be intelligent and well-adjusted than a baby ignored and simply fed and cleaned up in silence. Later, the child who is rewarded with praise for accomplishments is much more likely than others to become optimistic and achievement oriented" (Stephen, 2019). He also states that one extinguishes unacceptable behavior by ignoring it and eliminating the child's ability to gain attention.

On the other hand, pats on the back, awards, and ceremonies to celebrate accomplishments are particularly effective in fostering pro-social behavior and giving at-risk youth a stake in society, helping them overcome lack of hope and lack of faith in the future. He then suggested that using positive reinforcement must become a way of life for community, teachers, and others. Teaching positive reinforcement to potential community has been successful in reducing the at-risk population. Parent education can offer information and skills to assist the parent-to-be with incentives to learn and use good child-rearing practices.

A similar program, Healthy Families America, was launched in 1992 by the National Committee to Prevent Child Abuse to help establish home visitation programs, service networks, and funding opportunities so all new community can receive the necessary education and support regarding proper child rearing so as to prevent the involvement of children in risky matters such as substance abuse (Stephen, 2019).

Stephen (2019) also states that mentoring is one the effective ways to prevent or stop children or adolescents to engage in abusing substances. He cites the, leaders in Kansas City that are on a quest to recruit, train, and assign 30,000 mentors - one for every at-risk child in the city. Zimmerman, (2012) states that, researchers have suggested that natural mentors may play a vital role in adolescent development. Young people often attribute their safe passage through the tumultuous years of adolescence to the influence of significant non-parental adults such as teachers, extended family members, or neighbors. Zimmerman, (2012) has found empirical support for the proposition that having a natural mentor may play a vital role in the lives of adolescents.

It has also found out that having a natural mentor was also associated with lower levels of problem behaviour, and youth with natural mentors had more positive attitudes toward school across the range of friends'

negative school behaviours. However, natural mentors had somewhat larger direct effects on school attitudes than they did on problem behaviours. Nevertheless, having a natural mentor may play a vital role in the lives of adolescents. "Respondents with natural mentors reported lower levels of problem behaviour, including marijuana use and nonviolent delinquency, than did those without mentors.

This was true even after we adjusted for demographic variables and known risk factors such as problem behaviour norms and friends' problem behaviours. Having a mentor partially offset the effect of these negative peer influences, providing evidence of a compensatory effect" (Zimmerman, 2012). In addition, they suggested that programs that create settings that provide opportunities for youth to interact with non-parental adults may help adolescents foster the development of natural mentoring relationships.

Another program that is effective in the prevention of children and adolescents in substance abuse is the Life-skills training. Life-skills training have been defined as the formalized teaching of requisite skills for surviving, living with others, and succeeding in a complex society. It is reported that life-skills training was "proposed as the treatment of choice" when applied to prevention with adolescents.

In addition, life skills which assist in the development of an adolescent's self-efficacy “include the ability to solve problems, to communicate honestly and directly, to gain and maintain social support, and to control emotions and personal feelings.” Life-skills programs vary in the types and quality of services they provide.

#### **OBJECTIVE OF THE STUDY**

The paper specifically intended to;

- i. examine the perceived causes of drug abuse and substance use among youths?
- ii. find out the effect of drug abuse and substance use among youths?
- iii. assess the effectiveness community advocacy programme on drug abuse and substance use among youths?

#### **RESEARCH QUESTIONS**

- i.. What are the perceived causes of drug abuse and substance use among youth in Ilorin West LGA, Kwara State?
- ii. What are the perceived effects of drug abuse and substance use among youths in Ilorin West LGA, Kwara State?
- iii. What are the community advocacy programme put in place to curb the menace of drug abuse and substance among youths in Ilorin West LGA, Kwara State?

#### **METHODOLOGY**

A sample is a function or subset of the entire population under study, thus the population for the study cut across selected community

in Ilorin West LGA. Fifty (50) people were selected from five (5) different community in Ilorin West LGA, these communities includes Balogun Alanamu, Adewole, Oju-Ekun, Sarumi, Ubandawaki and Oloje Community, ten (10) adult members were selected from each. The respondents would give proper insight into the cause and implication of drugs and substance abuse as well as give the various advocacy programme put in place to curtail the solution. Data collected was subjected to descriptive survey of mean and standard deviation.

#### **RESULTS AND DISCUSSION**

Data analysed here was collected from 50 participants, mostly (80.0%) male. 4(8.0%) of sample respondents. Further , most of the sample (72%) was mature over 40 years old but varied in their education and occupations. Their responses are analysed by research question.

***RQ1:** What are the perceived causes of drug abuse and substance use among youth in Ilorin West LGA, Kwara State?*

**Table 1: Mean scores of respondents' responses on the perceived causes of drug abuse and substance use among youth.**

S/N	Items	Mean (X)	STD	Remarks
1	Poor parenting style and lack of support	3.62	1.09	Agree
2	Peer influence and ignorance of drug use	3.28	1.18	Agree
3	Low self-esteem, trauma	2.66	1.28	Agree
4	Anxiety, depression and social isolation	2.40	1.32	Disagree
5	Broken home, poverty and domestic violence	2.80	1.21	Agree
	<b>Aggregate mean scores</b>	<b>2.78</b>		

From the analysis depicted in Table 1 the average mean response (2.78) is high and above the criterion 2.50 mean score which implies that respondent agrees that the itemize factor constitute to drugs and substance abuse among youth in Ilorin West LGA, Kwara State. From the table item 1, 2, 3 and 5 with corresponding mean score of 3.62, 3.28, 2.66, and 2.80 respectively were high and above the criterion mean of 2.50 with only item 4 which state that anxiety, depression and social isolation. Constitute to drug use and abuse among youth rated below the 2.50 (i.e. 2.40).

**RQ2:** *What are the perceived effects of drug abuse and substance use among youths in Ilorin West LGA, Kwara State?*

**Table 2: Mean scores of respondents responses on the perceived effects of drug abuse and substance use among youths.**

Items	Mean(X)	STD	Remarks
Physical injuries and poor health status	2.85	1.22	Agree
Medical and psychological consequences and brain damage	2.69	1.24	Agree
Behavioural problem and deviation in neurological	3.22	1.19	Agree
Suicidal thoughts and increase level of aggressiveness	3.45	1.13	Agree
Development of negative reactions to peers	2.60	1.29	Agree
<b>Aggregate mean scores</b>	<b>2.73</b>		Agree

Data depicted in Table 2 above on the perceived effect of drugs and substance abuse among youth shows that physical injuries and poor health status had a mean responses of 2.85, medical and psychological consequences and brain damage, with mean score of 2.69, item 3, behavioural problem and deviation in neurological with mean score of 3.22, item 4, suicidal thoughts and increase level of aggressiveness among youths with mean score of 3.45, and development of negative reactions to peers with a mean score of 2.60. The entire items mean score were above the 2.50 criterion mean, which implies that all the item were some of factors identified to be the effect of drug use and abuse among youths.

**RQ3:** *What are the community advocacy programme put in place to curb the menace of drug abuse and substance among youths in Ilorin West LGA, Kwara State.*

**Table 3: Mean scores of respondents' responses on the community advocacy programme put in place to curb the menace of drug abuse and substance among youths.**

Items	Mean (X)	STD	Remarks
Education and strong awareness on the effect of drug and substance abuse	3.33	1.24	Agree
Effective and efficient counseling programme on the use of drug and other related substances	3.84	1.06	Agree
Empowerment and creation of enabling environment within the community to allow educative program among the youths	2.55	1.42	Agree
Involving the youths in meaningful and developmental program within the community	2.95	1.32	Agree
Responsible parenting, school and community program	3.55	1.14	
<b>Aggregate mean scores</b>	<b>3.33</b>		Agree

Data depicted in Table 3 above on the perceived community advocacy program to control the excessive use and abuse of drug among youths in Ilorin West LGA, Kwara State indicate that education and strong awareness on the effect of drug and substance abuse with mean response of 3.33, effective and efficient counseling programme on the use of drug and other

related substances, with mean response 3.84, empowerment and creation of enabling environment within the community to allow educative program among the youths with mean response with mean response of 2.55, involving the youths in meaningful and developmental program within the community with mean response of 2.95 and responsible parenting, school and community program with mean response of 3.55 were all agree to curtail the effect of drugs and substance abuse among youth. The aggregate mean score for entire item is 3.33 which also agree with the respondent level of responses.

It was revealed from the analysis that, poor parenting styles, low self-esteem, anxiety, depression and social isolation lack of supports from the parents and broken homes were some of the identified causes of drugs and substance abuse among youths while, medical, psychological consequences and brain damage, behavioural problem and deviation in neurological were some of the effects of drugs use and substance abuse among youths. This corroborate the view of Christle, (2016) which cited that researchers have identified a number of demographic and behavioural characteristics of youth that contribute to their risk of involvement with substance abuse.

The findings from analyzed data revealed that strong advocacy and campaign from the community level will go a long ways in

reducing the menace of drugs and substance abuse among youths. This findings is in line with the view of some earlier researchers (Johnston, O'Malley, & Bachman, 2018) which concludes that education and strong awareness on the effect of drug and substance abuse at the community level assist to reduce the menace of drugs abuse. Further, such programmes have the potential to provide community with skills and knowledge to broach and discuss the topic of drugs with their children. Stephen (2019) also states that mentoring is one the effective ways to prevent or stop children or adolescents to engage in abusing substances. Community are also important because families are a primary source of socialization and because parental opinion can either reinforce or countermand the messages of education for drug abuse prevention programmes. Community are important also as their opinions contribute to community norms about substance use and community support for education for drug abuse prevention.

## **CONCLUSION**

Substance use is growing public health problems particularly among the youth yet may be overlooked by health care providers. Since the dawn of the 21st century and 4th industrial revolution, several researchers have found that the use of substance use has become a threat multiplier, part of a modern society and a moderately customary part of

late adolescent and young adult social life. However, substance use and/ or abuse in Ilorin and its environs is no longer conjectural and exaggeration. The effect is real, complex and constantly changing in form and nature with serious adverse consequences. The altitudinal changes will be so all encompassing to extent that community will play their parental role effectively; the education and health sectors and community at large should intensify their efforts to promote peaceful co-existence.

## **RECOMMENDATIONS:**

The following recommendations were made based on the findings of the study.

The Center for Substance Abuse Treatment recommends that screening for substance use including alcohol be part of the routine medical visit for all adolescents' persons between the age of 15 years and above. In addition, adolescent may lack awareness that their use of substances is problematic and might not bring it to the attention of the health care provider. The government should enact measures on people that are selling drugs indiscriminately and they should be supervising the target area at least monthly if possible and also check the activities of the victims of drug abuse.

The Ministry of Education in conjunction with the National Campaign Against Drug Abuse (NACADA) should engage in



appropriate interagency agreements in order to streamline the provision of services to support students with social and behavioural problems emanating from drug abuse. School administrators should develop, implement and regularly review, in consultation with the school community and governing council, a school behavioural code which is consistent with the drug abuse policies. Community and caregivers should have access to drug abuse information, support materials and related documents and be aware of their rights to advocacy and of avenues open to them should they have grievances relating to the school's management of student's behavior.

Moreover, prevention is better and cheaper than cure. For those already addicted, there is need for various forms of restorative approach in the society. But the most potent solution is to break the chain. Drug addiction is preventable, and research has shown that preventive programmes that involve the family, schools, communities and the media, particularly the music industry are effective in reducing drug abuse. The role of community as primary educators on drug use and abuse can be recognized and supported by schools through partnership with community.

Partnerships with community and parents help to integrate consistent and relevant health messages into the home and the

community, improve youth health and promote a greater awareness of health issues among youth and their families.

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