Knowledge and Awareness of Psycho-Educational Effects of Drug Abuse among Secondary School Students in Bauchi State

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Abstract

In recent time drug/substance abuse has received global attention among intellectual discourse. According to Drug Use in Nigeria 2018 Reports. Bauchi state is estimated that over 530,000 people have prevalence of drug use. The prevalence of drug/substance abuse among the youths and children is increasing which calls for attention. To assess the knowledge and Awareness of Psycho-Educational Effects of Drug Abuse among Students in Bauchi State, Northeast Nigeria, to identify the level of students' awareness on substances/drugs abuse, to assess the students' knowledge on the impact of drugs/substances abuse to their health and educational pursuit. The research adopted mixed method of research. Data from the questionnaires will be stored on an Excel spreadsheet developed for the study. The data will be exported to IBM SPSS Version 23 for statistical analysis after data cleansing. The study revealed that, there is great impact of drug/substance abuse on human capital in areas such as school dropout brain disorder among others.

Keywords: Knowledge, Awareness, Psych-education, Drug Abuse

Introduction

Drug addiction among youth and teenage in most institutions in Nigeria is posing serious challenge to Nursing and Medical practice in Nigeria. Addiction has been recognized in the nursing field for over 100 years (Mannoe, 2011). The study by Mannoe, (2011) further shows that current estimates place on the rates of substance misuse, abuse and attitude close to as high as 20% among Secondary School students. At the same time its fight to become eminently difficult due to lack of stringent law and enforcement occasion by acceptable threshold of drug that warrant imprisonment, (American Nurses Association (ANA) 1984).

According to Drug Use in Nigeria 2018 Reports, Bauchi state is estimated that over 530,000 people have prevalence of drug use.

In Bauchi State an estimated number of secondary school students dependent on drugs is………………….. (NDLEA, 2022).

Drug /substance abuse is a menace to our society. According to the Substance Abuse and Mental Health Services Administration's (SAMHSA's) National Survey on Drug Use and Health, 23.5 million persons aged 12 or older needed treatment for an illicit drug or alcohol abuse problem in 2009 (9.3 percent of persons aged 12 or older). Of these, only 2.6 million 11.2 percent of those who needed treatment received it at a specialty facility. (NIDA 2011). Drug is any product other than food or water that affects the way people feel, think, see, and behave. It is a substance that due to its chemical nature affects physical, mental and emotional functioning. It can enter the body

through chewing, inhaling, smoking, drinking, rubbing on the skin or injection. Drug abuse is the use of drugs for purposes other than medical reasons, thus affecting the individual in a negative way socially, cognitively or physically.

NIDA (2011) indicated that all categories of persons ranging from adolescence, adults and old age, engaged in drug abuse for different reasons which virtually affect the growth and development of the society. In a similar vein, drug abuse lead to school dropouts, joblessness, thuggery and other social biases (Alcohol and Drug Treatment Center;2016).

Statement of the Problem

Substance abuse in Nigeria and the new trend is becoming a significant medical, psychological, social and economic problem facing the nation. More worrisome is the increasing number of secondary school and tertiary institution students who are getting involved in drug abuse (Martin, 2016). Martin (2016) indicated that the use of alcohol, tobacco and other substances constitutes one of the most important risk–taking behaviour among adolescents and young adults. Similarly; Majority of Nigerian youth ignorantly depend on one form of substance or the other for various daily activities such as social, educational, political and moral (Danjuma Aliyu, Ibrahim Taiwo Adeleke, Emmanuel Ejembi Anyebe, Sunday Oluwafemi Omoniyi, Lateefah Yusuf Ibrahim, (2016). In view of that this study aims at exploring the situation in Bauchi State with the aim of assessing the students' knowledge and awareness of psycho-educational effects of drug/substance abuse and its repercussion on their academic pursuit.

Objective of the Study

To assess the knowledge and Awareness of Psycho-Educational Effects of Drug Abuse among Students in Bauchi State, Northeast Nigeria

1. To identify the level of students' awareness on substances/drugs abuse.
2. To assess the students' knowledge on the impact of drugs/substances abuse to their health and educational pursuit.

Research Questions:

1. What is the level of students' awareness on substances/drugs abuse?
2. What is the level of students' knowledge on the impact of drugs/substances abuse to their health and educational pursuit?

Significance of the Study

The research study will focus on the knowledge of, attitude towards and compliance with five moments of hand hygiene among clinical staff in Federal Teaching Hospitals in North-Eastern Nigeria. Expectedly the outcome of this study will be significant in the following aspects:

a) **Patient:** - The findings of the study will be of benefit to patients in North-Eastern Nigeria. This is due to the fact that the research outcome will expose the problems of Healthcare-Associated Drugs abuse. Youths will also benefit through creation of awareness on dangers associated with drugs abuse.

b) **Clinical staff**: - The findings of the study will educate the clinical on the essential need to have good knowledge, positive attitude on drugs abuse

c) **Government**: - The findings of the study will help government/policymakers to design policies and translate the knowledge into effective policies and programmes in different settings pertaining to prevents the incidences of drugs abuse.

Scope of the Study
The scope of the study will be all youths in Secondary Schools in Bauchi State of North-Eastern Nigeria.
a) **Content scope**: - The study will cover the knowledge and awareness of drugs abuse among youths in Bauchi State.
b) **Geographical scope**: - The study will be conducted within Bauchi State.
c) **Time Scope**: -. Time frame for the study will be 12 months.
d) **Subject scope**: - The subjects that participated in the study will be youths in Secondary Schools in Bauchi State.
e) **Methodology Scope:** Structured questionnaire and an adapted WHO Observation Form. The questionnaire will be developed to assess the knowledge and awareness of drugs abuse on youths.

Operational definitions of key terms
1. **Awareness** – is the ability to directly know and perceive, to feel or to be cognizant of events – in this study drug abuse. (Adopted from: en.wikipedia.org/wiki/Awareness)
2. **Knowledge**– awareness or familiarity gained by experience of a fact or situation,- in this study drug abuse among secondary school students. (en.oxforddictionaries.com)

Organization of the Study
Chapter One: Introduction which will contains sections such background of the study, problem statement, research objectives, and research questions. It will also contain significance of the study, scope of the study and operational definitions.
Chapter Two: Literature review comprising conceptual model, theoretical underpinning and empirical review.
Chapter Three: This chapter will have the research paradigm, research design, data collection procedure and sampling frame. It also has sampling technique, population of interest, sample size and data analysis procedure.
Chapter Four: this will contain the result and analysis of the study. It will also contain discussion and summary for findings.
Chapter Five: It will comprise of summary, conclusion and recommendation.

Literature Review
This chapter deals with review of related literature written by different scholars. The chapter examined and reviewed the following topics: review of related literature which will comprise of conceptual model, theoretical underpinning and chapter summary.
There are many studies conducted on knowledge and awareness of drug abuse by youths in Bauchi State. However, in this study, contemporary literatures on knowledge and awareness of drugs abuse globally, in Africa, in Nigeria and in North eastern Nigeria were reviewed by the Researcher.

Review of Related Literature
Conceptual model
According to Behavioral Change Model (2019) the Health Belief Model (HBM) was developed in the early 1950s by social scientists at the U.S. Public Health Service in order to understand the failure of people to adopt disease prevention strategies or screening tests for the early detection of disease. Later uses of HBM were for patients' responses to symptoms and compliance with medical treatments. The HBM suggests that a person's belief in a personal threat of an illness or disease

together with a person's belief in the effectiveness of the recommended health behavior or action will predict the likelihood the person will adopt the behavior.

The HBM derives from psychological and behavioural theory with the foundation that the two components of health-related behaviour are 1) the desire to avoid illness, or conversely get well if already ill; and, 2) the belief that a specific health action will prevent, or cure, illness. Ultimately, an individual's course of action often depends on the person's perceptions of the benefits and barriers related to health behaviour. There are six constructs of the HBM. The first four constructs were developed as the original tenets of the HBM. The last two were added as research about the HBM evolved.

1. Perceived susceptibility - This refers to a person's subjective perception of the risk of acquiring an illness or disease. There is wide variation in a person's feelings of personal vulnerability to an illness or disease.

2. Perceived severity - This refers to a person's feelings on the seriousness of contracting an illness or disease (or leaving the illness or disease untreated). There is wide variation in a person's feelings of severity, and often a person considers the medical consequences (e.g., death, disability) and social consequences (e.g., family life, social relationships) when evaluating the severity.

3. Perceived benefits - This refers to a person's perception of the effectiveness of various actions available to reduce the threat of illness or disease (or to cure illness or disease). The course of action a person takes in preventing (or curing) illness or disease relies on consideration and evaluation of both perceived susceptibility and perceived benefit, such that the person would accept the recommended health action if it was perceived as beneficial.

4. Perceived barriers - This refers to a person's feelings on the obstacles to performing a recommended health action. There is wide variation in a person's feelings of barriers, or impediments, which lead to a cost/benefit analysis. The person weighs the effectiveness of the actions against the perceptions that it may be expensive, dangerous (e.g., side effects), unpleasant (e.g., painful), time-consuming, or inconvenient.

5. Cue to action - This is the stimulus needed to trigger the decision-making process to accept a recommended health action. These cues can be internal (e.g., chest pains, wheezing, etc.) or external (e.g., advice from others, illness of family member, newspaper article, etc.).

6. Self-efficacy - This refers to the level of a person's confidence in his or her ability to successfully perform a behaviour. This construct was added to the model most recently in mid-1980. Self-efficacy is a construct in many behavioural theories as it directly relates to whether a person performs the desired behaviour.

Rosenstock's Health Belief Model (HBM) is a theoretical model concerned with health decision-making. The model attempts to explain the conditions under which a person will engage in individual health behaviours such as preventative screenings or seeking treatment for a health condition (Rosenstock, 1966).

Research Methodology
Research Design
A descriptive cross sectional survey design will use to assess the knowledge and awareness of drug abuse among Students of Secondary schools in Bauchi State North Eastern Nigeria.
Population of the Study

The study population was senior secondary school students drawn from the three senatorial zones of Bauchi State. The Schools will be selected by using purposive sampling technique where all mixed schools were short listed and two schools were selected from Bauchi North and Bauchi South Zones, two other schools from Bauchi Central Zone being the zone with more schools than the rest of the two Zones.

Within each school, students will be selected from SS2 and SS3 from each class, 1 in 4 students (25%) will be selected by systematic sampling technique utilizing the class register as sampling frame.

Instrumentation

Questionnaire will be used as an instrument for data collection. The first section sought information on socio-demographic data of the respondents.

The second section or section B, sought information on the students' awareness of substances/drug abuse.

Section C of the instrument focus on the knowledge of effects of substance/drug abuse to the youth/adolescents. The items in section D of the instrument involved perception of the respondents on the consequences of drug abuse and the role of school counselors in the prevention of drug abuse.

Data Collection Procedure

Initially the consent of Bauchi State Ministry of Education will be solicits for by making full disclosure of what the study is all about and attaching the instrument for data collection for their perusal.

Data Analysis

Data from the questionnaires will be stored on an Excel spreadsheet developed for the study. The data will be exported to IBM SPSS Version 23 for statistical analysis after data cleansing.

Sample Size

The Simplified formula for proportions (Taro Yamane) below will be employed to determine the sample size for the study:

$$n = \frac{N}{1+N*(e)^2}$$

n - sample size
N – the population size
e - acceptable sampling error
95% confidence level and p = 0.5 are assured

Ethical Consideration

Permission to carry out this study will be obtained from the office of the Director Planning, Research and Statistics, Bauchi State Ministry of Education.

Time Estimate (Work Plan)

S/N	Chapter/Item	Time
1.	Chapter One: Introduction	October, 2022 (1 month)
2.	Chapter Two: Literature Review	November-December, 2022 (3 Months)
3.	First Seminar	January, 2023 (1 Month)

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4.	Chapter Three: Methodology/Field Work	March-April, 2023 (4 Months)
5.	Chapter Four: Analysis	May-June, 2023 (2 Months)
6.	Second Seminar	July- 2023 (1 Month)
7.	Chapter: Summary, Conclusion and Recommendation/Final Draft	August, 2023 (1 Month)
8.	Oral Defence	September, 2023 (1 Month)

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