



Assessment of Com ... (Garba, A. A & Gwarzo, A A 2024) DOI:<https://10.59479/jiaheri.v1i1.68>

Assessment of Commonly Substance Abused and the Health Implications among Adolescent in Kano Metropolis, Nigeria

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Abstract

Substance abuse among adolescents continues to be a major problem worldwide and Nigeria like other nations, continue to exhibit a low level of development to these effects. Many people at one time or the other have taken drugs without prescription by a Medical Personnel and often times for non-medical reasons. Primary data was collected using structured questionnaire from a sample of 190 adolescents aged 11 to 19 years out of the 240 participants who have been abusing drugs for at least one year. Descriptive cross-sectional design used. Data obtained from the questionnaires was presented using frequencies, tables, percentages and analyzed using the statistical package for social sciences (SPSS) version 26.0. Data collected was presented using frequencies and charts and analyzed using correlation. The commonly abused substance by adolescents in Kano Metropolis shows that Tobacco, Amphetamines/Stimulants, Alcoholic/Beverage, Sedative/Solvent (Miscellaneous) i.e Petrol (gasoline) Perfume, glue, and rubber solution, Lizard excrete feces, Pit smoke, Gadagi local concoction and Gutter sand were the commonly substance mostly abused by adolescents in Kano Metropolis. Parents should try to give their children moral, spiritual, social, psychological, and financial support so as to guide them against peer and societal influences.

Key words: Assessment, Substance Abuse, Health, Implication, Adolescent.

Introduction:

The drug and substance abuse problem is a global plague, affecting both developed and developing nations worldwide. It is a problem that affects virtually every aspect of a nation's political, social and economic life. Over the past decades till now, there has been a lot of global effort in combating this social malady. Such efforts basically address the problem through supply control measures and demand reduction activities. (NDLEA, 2014).

In dealing with drug and substance abuse problem in Nigeria, the government has put in place several Legislations against the abuse and trafficking in narcotic drugs and Psychotropic Substances. At the International scene, Nigeria has been a party to numerous bilateral and multilateral treaties as well as United Nations Conventions on Drug Control. The two earlier Conventions in 1961 and 1971 on Narcotic Drugs and Psychotropic Substances paved way for the emergence of a clearer treaty i.e. the United Nations Convention against illicit trafficking in Narcotic Drugs and Psychotropic Substances of 1988 (NDLEA, 2014 Survey Report).

Chronic use of substance sometimes causes irreversible damage to adolescence physical and psychological development. The use of drugs could be beneficial or harmful depending on the



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mode of use(Hernandez & Araiza, 2014, 2-83).

The World Health Organization (WHO) perceived drug abuse as “the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Drugs are thus chemical substances taken into the body or applied to the body surface not as food but for the prevention, control and treatment of diseases symptoms or for diagnostic purposes (Mustapha, 2001).

Purpose of the study:

The purpose of this study is *to Assess the Commonly Substance abused and the Health Implications among Adolescents in Kano Metropolis, Nigeria, with the following objectives:*

- To identify the commonly abused substance by adolescents in Kano Metropolis
- To find out if there is any other (miscellaneous) drugs not mentioned been taken by adolescents without health worker telling you to do so.
- To investigate whether there is significant relationship between approval of substance abuse among adolescents and the commonly abused substance availability.

Research Questions:

- 1 What are the commonly abused substances by adolescents in Kano Metropolis?
- 2 Is there any other (miscellaneous) drugs not mentioned been taken by adolescents without health worker telling you to do so?
- 3 Is there significant relationship between approval of substance abuse among adolescents and the commonly abused substance availability?

Research Hypothesis

H_0 : There is no significant relationship between approval of substance abuse among adolescents and the Amphetamines’ availability.

Empirical Review:

Commonly Abused Substance by Adolescents;

Trends Globally: According to the United Nations Office on drug and crime (UNODC, 2005) World Drug Report, 2010: 13, substance abuse is a major public health problem all over the world. Thus, an estimated 155 and 250 million people, or nearly 5% (3.5 to 5.7%) of the population aged 15-64 used illicit substances at least once, that is in 2008. Globally, cannabis users comprise the largest number of illicit drug users (129-190 million people) (UNODC, 2019b).

Amphetamine-group substances rank the second most commonly used illicit drug, followed by cocaine and opiates. At the core of drug consumption lies the “problem drug users”: those who inject drugs and/or are considered dependent, facing serious social and health consequences as a result. Based on global estimates of the number of cannabis, opiate, cocaine and amphetamine-type stimulants (ATS) users, it was estimated that there were between 16 and 38 million problem illicit drug users in the world in 2008 (Cuzen et al., 2015). This represents 10% to 15% of all people who used drugs that year. It can be estimated that in 2008, globally, between 12% and 30% of problem drug users had received treatment in the past year, which means that between 11 and 33.5 million problem drug users did not receive treatment that year (World Drug Report, 2010: 13).

Alcohol: The CDAC notes that, “with over half (51.8%) of U.S. population identified as drinkers, Alcohol [<http://www.duffysrehab.com/resources/alcohol>] is the #1 most abused substance. Nearly a quarter of the population participates in binge drinking (58.6million), and 6.7% of the population



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reported heavy drinking (16.9 million). As a depressant, alcohol produces impaired coordination and judgment, slurred speech, and blackouts(Webster, 2019).”

Tobacco: At least one quarter of Americans (6.9 million) are users of a tobacco product making it the second most abused drug. Many individuals are drawn to smoking because it stimulates the pleasure centers in the brain and turn on the body’s natural chemicals that produce euphoria. Cigarette smoke contains over 4000 chemicals, causing long term systemic effects. These risks include high blood pressure and smoking has been proven to increase the risk of cancer (Webster, 2019).

Trends in Africa: Africa now occupies second position worldwide in the trafficking and consumption of illegal drugs. An international conference on drug abuse in Kampala is hoping it can help reverse this trend. According to UN statistics 37,000 people in Africa die annually from diseases associated with the consumption of illegal drugs. The UN estimates there are 28 million drug users in Africa, the figure for the United States and Canada is 32 million.

Amphetamine-type stimulants (ATS) such as "ecstasy" and methamphetamine now rank as Africa’s second most widely abused drug type. Other substances that were used by children and youth surveyed in Sierra Leone, included benzodiazepines such as diazepam, chlorpromazine

Trends in West Africa: Drug misuse and abuse of substance are global phenomena with far reaching and often dire consequences. The illicit use and misuse of therapeutic agents and other substances of abuse have continued to constitute a serious problem especially, and paradoxically in areas of limited resources and access to employment as is the case in several West African states. The Report also provides an overview of the quantities of drugs seized, the number of arrests for drug related offences, the extent of drug use reflecting the number of people in treatment, and drug-related policies available in West Africa (UNODC, 2019a).

Trends in Kano: Drug and Substance abuse among the adolescents in Kano metropolis has become of a particular concern. In a report by the National Drug Law Enforcement Agency, Kano has been identified as having the highest drug abuse rate in the country based on the number of seizures, arrests of addicts and convictions of arrested dealers; and that the use of hard drugs, especially among the youth in Kano metropolis, has become a real social menace and cuts across all social strata, with adolescents from both rich and poor backgrounds deeply into it (NDLEA, 2014).

Conceptual Review:

Scientifically, Drug is defined as a substance that affects the function of living cells used in medicine to diagnose, cure, or prevent the occurrence of diseases and disorders. Sociologically, drug is any habit-forming substance that directly affects the brain or the body function, like mood, perception or consciousness that has a potential for misuse and may be harmful to the user or to society. The public in Kano Metropolis disregard those substances with this power of influencing body action, for they (drugs) destabilize an important pillar (youth) which in turn hinders progress (Siro, 2014).

According to Abdullahi (2003), drug is mainly taken to sedate, excite, slim, arouse, put to sleep or cure. People usually ingest or inject those drugs into their bodies to achieve these goals (Siro, 2014).

Drug Abuse: Typically, use of a substance meets social disapproval when it has negative consequences for people’s health, endangers their relationships with other people or is threatening



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to others in society. Although, people believed that, the substance with these consequences can produce social disapproval; drugs are now widely abused especially across the developed world (Mesic et al., 2013).

Substance abuse: This is the abuse of psychoactive materials that exert their major effects on the brain resulting in sedation, stimulation or change in mood of person which remains a universal social problem.

Theoretical Framework:

Anomie and Strain theory: Anomie and Strain theories are among the first truly sociological explanations of the causes of deviant behaviours. These theories seek to understand deviant by focusing on social structures and patterns that emerges as individuals and groups reacts to conditions, they have little control over. The question these theories address is, how does the study of society constraint behavior and cause deviance.

Psychological Theories: Psychological approaches to the explanation of drug dependence have often been based on concepts that are common to those of other syndromes of behavior involving compulsive or impulsive behaviours, such as obsessive-compulsive disorder or gambling. In particular, emphasis is given to the fact that there is impaired control over use and continued use despite usage problems. There are a variety of psychological approaches to the explanation of drug dependence, including emphasis on Learning and Conditioning (Behavioural models), Cognitive Perspective, Pre-existing behavioural tendencies (Personality Theories), Models of Rational Choice and Health Belief Model.

Behavioural Model: Behaviourist models of substance abuse focus on directly observable behaviour. One group concentrates on the fact that behaviour is maintained (or made more likely) by the consequences (reinforcers) of such behaviour (West, 1989).

Young people use drugs as a way of rebelling against parents or authority, in order to feel like adults, to fit in and belong to a group of other youths, to satisfy their curiosity and to simply derive pleasure from the short term effects of drugs and alcohol. Abusers with underlying social or psychological problems are particularly at high risk of drug abuse (NIH, 2018). However, where these drugs are not used correctly, they produce adverse consequences to health and in particular mental health. In the same vein, drug abuse is associated with a broad range of high risk behavior which has a profound health, economic and social consequences. Many adolescents seem to think of experimentation with hard drugs as an acceptable part of transition into adulthood. It is thus worsened by complex socio-economic challenges such as unemployment, poverty and crime in general (United Nations, 2008).

This study therefore, seek to appraise the importance of adolescent mental health as such, focused on adolescent in the Kano Metropolis, who in their formative years are more vulnerable to peer influence, environmental overwhelming and the menace of substance abuse.

Methodology

This study will be descriptive cross-sectional in design, with mixed methods of data collection of both quantitative and qualitative were adopted. This consist of all adolescent who abuse drugs and substances in Kano Metropolis. The Inclusion criteria was that only adolescents aged 11 to19 up to 25years will be included in the study while the exclusion criteria was that adolescents who are absent during the study were excluded, adolescents who are sick during the



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study will be excluded. Samples for quantitative data collection was obtained using multi-stage sampling technique, which a probability sampling technique that gives every person in the population has an equal chance of being selected whereas, snowball will be used for the qualitative data which a non-probability sampling technique where research participants are asked to assist researchers in identifying other potential subjects (Dudley, 2005:150). A review of records revealed that, in each of the eight Local Government Areas, at least 40 drug abuse joints were available, making a total of 240 drug abuse joints in the whole area of Kano Metropolis. Pilot study was used to assess the feasibility of the study, identify logistical problems, to collect preliminary data, to test the adequacy of interview questions, to assess the proposed data analysis techniques in order to uncover potential problems, and to train the researcher in as many elements of the research.

Data obtained from the questionnaires will be entered into two separate Microsoft Excel sheets by two separate clerical staff and subsequently check for errors and consistencies. The statistical package for social sciences (SPSS) version 22.0 was used to analyze the data. variables were summarized as frequencies and percentages. Correlation was be used to test. The level of statistical significance at bi-variate level will be set at <5% (0.0 5).

Results

Table 1: Distribution of respondents by gender

		Frequency	Percentage
Valid	Male	133	70.0
	Female	57	30.0
	Total	190	100.0

Source: SPSS output from field survey data, 2022

Table 1 shows that 133 representing (70%) of the respondents that participated in to this research were males while 57 representing (30%) were females. This shows that most of the respondents were males

Table 2: Distribution of respondents by highest educational qualification

		Frequency	Percentage
Valid	Primary	8	4.2
	Secondary	130	68.4
	Tertiary	33	17.4
	Qur'anic only	19	10.0
	Total	190	100.0

Source: SPSS output from field survey data, 2022

Table 2 indicates that, 130 respondents representing 68.4% were secondary students or obtained secondary certificate as their highest educational qualification.

Commonly abused substance by adolescents in Kano metropolis



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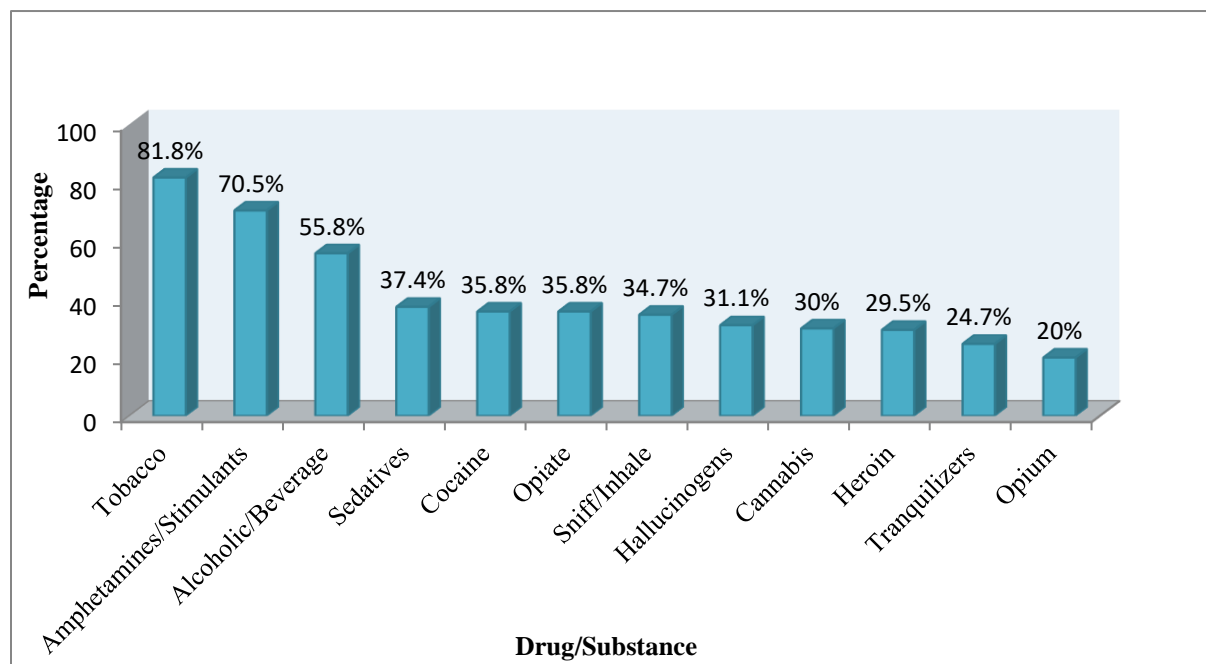


Figure 1: Bar chart showing the commonly abused drugs/substance by adolescents in Kano Metropolis.

Figure 1 shows that Tobacco 81.8%, Amphetamines/Stimulants 70.5% and Alcoholic /Beverage were the three commonly substance mostly abused by adolescents and youth in Kano Metropolis. Other substance includes Sedatives (37.4%), Cocaine (35.8%), Opiate (35.8%), Sniffs/Inhalants (34.7%), Hallucinogens (31.1%), Cannabis (30%), Heroin (29.5%), Tranquilizers (24.7%) and opium (20%).

Table 3: Are there any other (miscellaneous) drugs not mentioned that you have taken in without health worker telling you to do so?

		Frequency	Percentage
Valid	No	65	34.2
	Yes	125	65.8
	Total	190	100.0

Source: SPSS output from field survey data, 2022

Table 3 was the response of other (miscellaneous) drugs that were not mentioned that adolescents have taken in without health worker telling them to do so. A meaningful amount 125 representing 65.8% said they have taken other drugs while 65 representing 34.2% said they have not taken any other drug or substance apart from those mentioned in this research.

Table 4: If yes, write in the name of the drugs.

	Frequency	Percentage
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Valid	No response	65	34.2
	Perfume	28	14.7
	Tyre	10	5.3
	"Sholisho"	48	25.3
	Lizard faeces	19	10.0
	Pit smoke	10	5.3
	Gutter sand	10	5.3
	Total	190	100.0

Source: SPSS output from field survey data, 2022

Table 4 shows that 28 (14.7%) of the respondents are taking perfume without health worker telling them to do so, 10 (5.3%) are taking tyre, 48 (25.3%) of the respondents are taking "Sholisho", 19 (10.0%) of the respondents are taking Lizard faeces, 10 (5.3%) of the respondents are taking pit smoke while 10 (5.3%) of the respondents are taking gutter sand without health worker telling them to do so. This shows that "Sholisho" was the substance adolescents and youth were mostly taken apart from those mentioned in this research.

Table 5: What is your impression on the government’s fight against illegal use of drugs?

	Frequency	Percentage
Create jobs.	9	56.3
Implement strict rules.	2	12.5
Prevent producing or importing.	2	12.5
Create awareness through media and in the schools.	3	18.8
Total	16	100.0

Respondents 9 (56.3%) said job creation was the best way to fight against illegal use of drugs by the government, 2 (12.5%) of the participants said implement strict rules will help the government to fight against illegal use of drugs, 2 (12.5%) of the participants said preventing the producing or importing of drugs rules will help while 3 (18.8%) said creating awareness through media and in the schools by the government can also help the government to fight against illegal use of drugs.

Test of Hypothesis

H_0 : There is no significant relationship between approval of substance abuse among adolescents and the Amphetamines’ availability.

Table 6: summary of hypothesis 1 results

N	R	R Square	Adjusted R Square	df1	df2	Alpha	P-value	Decision
189	.320	.103	.083	4	185	.05	.000	Significant



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Source: SPSS Output, 2022

Table 6 was the results of the hypothesis testing the relationship between approval of substance abuse among adolescents and the Amphetamines' availability. The correlation coefficient and the coefficient of determination were 0.320 and 0.103 respectively which shows positive but weak relationship with the p-value of 0.000 which is less than the significant level ($p < 0.05$). This shows that the result was significant and the null hypothesis was rejected that is there is significant relationship between approval of substance abuse among adolescents and the Amphetamines' availability.

Discussion:

Tobacco 81.8% was the first among the mostly abused drugs by adolescents. The second among the mostly used drugs was alcoholic beverage in which 106 of the respondents 55.8% said they have taken Alcoholic. The third among the drugs mostly used was cocaine 134(70.5%) followed by amphetamine type stimulants, opiates and cocaine. Amphetamines/Stimulants were among the drug/substance used by adolescent while 122 representing (64.2%) said they have never taken Amphetamines/Stimulants. Adolescents that are not taking the listed drugs/substance prefer Perfume, Tyre, "Sholisho", Lizard feces, "Gadagi", Pit smoke or Gutter sand.

The hypothesis to test whether there is significant relationship between approval of substance abuse among adolescents and the Amphetamines' availability or not was also rejected that is there is significant relationship between approval of substance abuse among adolescents and the Amphetamines' availability.

Conclusion

Tobacco, Cocaine and Alcoholic /Beverage were the three commonly substance mostly abused by adolescents and youth in Kano Metropolis. Majority of the respondents have taken Amphetamines/Stimulants where most of them took the substance in the past 12 month and few of them in the past 30 month. Adolescents that are not taking the listed drugs/substance prefer Perfume, Tyre, "Sholisho", Lizard feces, "Gadagi", Pit smoke or Gutter sand. There is significant relationship between approval of substance abuse among adolescents and the Amphetamines' availability.

Recommendations

Parents should try to give their children moral, spiritual, social, psychological, and financial support so as to guide them against peer and societal influences. government should put more effort in strengthening the existing enforce laws as well as new laws concerning unconventional substances abuse that have not been captured to regulate the production and consumption of psychoactive substance use (substance abuse) as a whole.

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