

## PREVALENCE AND CONSEQUENCES OF SUBSTANCE ABUSE AMONG UNDERGRADUATES IN ILORIN METROPOLIS

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### Abstract

This study investigated the prevalence and consequences of substance abuse among undergraduates in Kwara State. The study examines whether or not moderating variables such as age, gender and family type would influence the respondents' view on the prevalence and consequences of substance abuse among Undergraduates in Kwara State. The descriptive survey research design was adopted for the study. A simple random sampling technique was used to select 60 respondents from each of the three selected institutions. Thus, a total of 180 respondents participated in the study. A researcher-developed questionnaire titled "Prevalence and Consequences of Substance Abuse Questionnaire (PCSAQ) was used to collect data for the study, using a t-test and Analysis of Variance (ANOVA) at 0.05 level of significance. The findings of the study revealed that the prevalent substances among undergraduates in Kwara State are cigarettes, alcohol, and tobacco among others. The findings also revealed that the consequences of substance abuse among undergraduates in Kwara State are low self-esteem, dropping out of school, and social isolation (i.e. Poor relationships with others) among others. The findings of this study also revealed that there was no significant difference in the prevalence and consequences of substance abuse among undergraduates based on age and family type. However, a significant difference was found in the prevalence and consequences of substance abuse based on gender. Based on the findings, it was recommended 1) that undergraduate students should be properly oriented by the counsellors on the dangers associated with substance abuse at the beginning of their academic year, 2) seminars and workshops should be provided by counsellors so that students would be informed about the consequences of substance abuse, 3) education should be properly structured and provided to students by

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school counsellor and parents at the early stage of development and 4) counsellors should organize seminars on the prevalence and consequences of substance abuse on the health of individual.

**Keywords:** prevalence; consequences; substance abuse; undergraduates

**Diszciplína:** pedagogy, sociology

### **Absztrakt**

#### **A SZERHASZNÁLAT PREVALENCIÁJA ÉS KÖVETKEZMÉNYEI AZ ILORINI EGYETEMISTÁK KÖRÉBEN**

A tanulmány a szerhasználat gyakoriságát és következményeit vizsgálta a Kwara állambeli egyetemisták körében. A tanulmány azt vizsgálja, hogy az olyan moderáló változók, mint az életkor, a nem és a család típusa befolyásolják-e a válaszadók véleményét a szerhasználat elterjedtségéről és következményeiről a Kwara államban tanuló egyetemisták körében. A válaszadó 60 fő kiválasztása egyszerű, véletlenszerű mintavételi technikával történt három kiválasztott intézményből, így összesen 180 válaszadó vett részt a vizsgálatban. A vizsgálati adatok gyűjtésére a szerző által kidolgozott, „A szerhasználat prevalenciája és következményei kérdőív (PCSAQ)”-et használták, t-próba és varianciaelemzés (ANOVA) segítségével (0,05-ös szignifikanciaszinten). A tanulmány eredményei azt mutatták, hogy a Kwara állambeli egyetemisták körében leginkább elterjedt szerek a cigaretta, az alkohol és a dohány. A szerhasználat következményeként megjelent az alacsony önbecsülés, az iskolából való kimaradás és a társadalmi elszigeteltség (azaz a másokkal való rossz kapcsolatok). A tanulmány eredményei arra is rávilágítottak, hogy az egyetemisták körében az életkor és családtípus alapján nem volt szignifikáns különbség a szerhasználat prevalenciája és következményei között, azonban a nemek alapján szignifikáns különbséget találtak. Az eredmények alapján megfogalmazott javaslatok: 1) az alapképzésben résztvevő hallgatókat a tanácsadók már a tanulmányi év elején megfelelően tájékoztassák a szerhasználattal járó veszélyekről, 2) a tanácsadók szervezzenek tájékoztató szemináriumokat és workshopokat a szerhasználat következményeiről, 3) az iskolai tanácsadók és szülők általi oktatást már a fejlődés korai szakaszában biztosítani és megfelelően strukturálni kell a tanulók számára, és 4) a tanácsadóknak szemináriumokat kell szervezniük a kábítószerhasználat prevalenciájáról és az egyén egészségére gyakorolt következményeiről.

**Kulcsszavak:** prevalencia; következmények; szerrel való visszaélés; egyetemisták

**Diszciplína:** neveléstudomány, szociológia

### **Introduction**

Healthy living, since time immemorial, has been of immense pertinence to humans. The use of herbs and leaves to cure various illnesses in their natural form is a native method that is still very common in African societies and which is, of course, different from the synthetic drugs of which efficacy has been universally established and thus considered harmless for human use. Hence, the

definition of drug occupies both locally made and pharmaceutically made drugs.

By definition, a drug is generally defined as a pharmaceutical preparation or a naturally occurring substance used primarily to bring about physiological, psychological or biochemical change in an existing process or state (Obiechina & Isiguzo, 2016). Since drugs are primarily used for treating illnesses, no harm is expected to be derived from

them when used in the right quantity and for the right illness. Fareo (2022) noted that the use of drugs in itself does not constitute any danger, because drugs correctly administered have been a blessing.

For drugs to be a blessing, they must be administered or used in the right proportion as prescribed by doctors and or medical personnel. According to Zirra (2020), prescribed drugs are abused when taken without any medical condition and or prescription; these drugs include mood lifts, pain-killers, or antidepressants. Jerome, Yakubu and Agnes (2017) posited that drug is abused when they are used in a manner that deviates from medically approved or socially acceptable patterns within the society. Nevertheless, Okafor (2020) made it clear that although people use the words 'drug misuse' and 'drug/substance abuse' interchangeably, they never refer to the same thing simply because drug misuse is to use a drug for a purpose which it should not be used for while drug abuse typically refers to those who do not have a prescription for the drugs being used. Alebiosu (2017) similarly stated that misuse of drugs refers to a situation whereby an individual applies a drug meant for a particular ailment for another type.

Substance abuse is the abuse of psychoactive materials that exert their major effects on the brain resulting in sedation, stimulation or change in mood person is a universal social problem (Namadi & Haruna, 2019). Wakoli (2018) posited that substance abuse includes alcohol, tobacco and tobacco products, stimulants, cannabis, sedative-hypnotics and narcotics. Furthermore, excessive use of legal drugs such as cough syrup and codeine can also be labelled as abuse of drugs.

Substance abuse is a global problem that affects both developed and developing countries. The need to effectively curtail the menace of substance abuse in Nigerian society led to the establishment of the National Drug Law Enforcement Agency (NDLEA) in January 1990 by the then Ibrahim

Babangida administration (Namadi & Haruna, 2019). But so far, no significant progress has been attained; available reports indicate an upward trend of substance abuse in the country. For instance, in 2016, Nigeria was among the main countries globally that reported high quantities of cannabis herb seized (United Nations Office on Drugs and Crime, 2018). The incumbent Chairman of the Nigerian National Drug Law Enforcement Agency (NDLEA) Muhammed Mustapha Abdallah (2020) in an exclusive interview on NTA revealed that cannabis is the most widely abused drug in Nigeria due to its availability. He also revealed that cannabis is a starter drug in Nigeria, that is, drug abusers in Nigeria do not start abusing drugs like cocaine without prior use of cannabis.

The United Nations Office on Drugs and Crime (2018) reported that the prevalence of drug abuse in Nigeria in 2018 was 14.3% that is; 14.3 million Nigerians aged 15-64 years abuse drugs. The average age of initiation of cannabis use as reported by UNODC in 2017 was 19 years. According to these reports, students seem to be the most vulnerable to substance abuse for the reason that the average age of students in Nigeria as reported by Olugbenga-Bello, Adebimpe and Abodurin (in Zirra, 2020) is between 14-25 years. Yusuf (2010) also stated that drug and substance abuse is a common trend among undergraduates.

According to Loke and Yim-wah (2023), young people are vulnerable to behaviours that put their health at risk such as experimenting with smoking cigarettes, taking illegal drugs, and drinking alcohol and the behaviour practised by adolescents that puts their health at risk will extend into adulthood, rendering them vulnerable in adulthood to preventable morbidities and mortalities. During this stage, Wakoli (2018) noted that adolescents usually exhibit feelings such as experimentation, exploration, curiosity, and identity search. These feelings coincide with the quest to be involved in risk-taking behaviour like the use and abuse of psycho-

active substances. Alebiosu (2017) asserted that the general saying by adolescents that “alcohol and coffee are the choices of your generation; drugs and tobacco are the choices of the adolescent generation” may be responsible for the widespread use of drugs among students in contemporary society.

The prevalence of substance abuse among youths and the negative effects it has on their health, professions and personal lives are enormous. Substance abuse truncates the development of the country. Perhaps, one of the ways to reduce the threat of this problem is by educating people on the adverse effects of substances. Adegboyega, Oniye and Adigun (2015) in their study expressed that a lack of knowledge about what drugs encompass makes youngsters engage in drinking alcohol as most people do not count it as drugs. As a result, education has an indispensable role to play in reducing and eradicating substance abuse in the society.

Substance abuse in higher institutions of learning may impede the aim of Nigerian tertiary institutions which is directed at producing graduates worthy in learning and in character. Dropout, poor academic performance and involvement in secret organizations have been reported as consequences of substance abuse among students in higher institutions. According to Yusuf (2010), drugs ranging from alcohol, cigarettes, marijuana, cocaine, heroin hashish and many others are readily available to youth in Nigeria and this has made many youths to be perpetrators of social vices in society. Yusuf (2010) added that these drugs may intoxicate the cult members and make them bold and under the influence of drugs they can kill or destroy their mates or lecturers. Hence, this constant abuse of drugs among students is now being condemned by parents, the federal government, the state government and religious organizations. The Nigerian National Drug Law Enforcement Agency (NDLEA) has stated that substance abuse is a major problem

in schools, colleges and universities in Nigeria (Okafor, 2020).

Sarwar (2016) asserted that every human being is born with innate desires to be in an alternative consciousness and the desire to be altered and to feel different. As a result, different factors other than environmental factors may be responsible for substance abuse, especially among youths. Lack of parental supervision, frustration, peer influence, socio-economic status and emotional instability have been identified by various studies conducted on this phenomenon.

Substance abuse among students can cause psychological problems, health problems, emotional problems and academic problems. Haruna et al. (2019) stated that some degree of tolerance and withdrawal syndrome characterized by nervousness, irritability, drowsiness, energy loss, difficulty in concentrating, impaired physical performance, headaches, fatigue, irregular bowels, insomnia, and dizziness are all caused by substance abuse.

Furthermore, substance abuse may be associated with poorer emotional and social functioning in adulthood. According to Michael (2019), early social and emotional difficulties will combine with alcohol and drug use to place the adolescent at risk for future social and emotional difficulties. Finally, Substance abuse is morally detestable; abusers often find it difficult to have and maintain a good relationship with peers and family members. Social isolation, low self-esteem and destabilized future ambition are some of the consequences young people encounter when they abuse substances.

### **Statement of the Problem**

Substance abuse is a menace affecting the progress of the country; it is against the mission statement of Nigerian universities which aim at producing graduates worthy of learning and in character. The physical, psychological, social, economic and academic consequences of substance abuse among undergraduates significantly have effects on the

progress of the Nigerian tertiary institutions and the development of the country at large.

Okafor (2020) worked on the causes and consequences of drug abuse among youth in Kwara State. The study found the need to cope with academic challenges as the major cause of drug abuse among undergraduates. Gboyega et al. (2014) investigated substance abuse among youths in Kashi town. The findings revealed that the majority of the youths are not aware of the dangers associated with substance abuse and that there are many factors, such as peer influence, lack of parental care, broken homes, frustration and emotional stress influencing substance abuse in the study area. Namadi and Haruna (2019) worked on the prevalence and causes of substance abuse among females in Gombe metropolis, Gombe State, Nigeria. The findings revealed that females are engaging in substance abuse including prescriptive drugs, such as beryline cough syrup, analgesics, etc., and that the majority of the abusers were aware of the adverse effects of substance abuse but were continuing the same.

The study also revealed that the causes of substance abuse among females include peer pressure, frustration and emotional stress, curiosity about the substance, academic stress and failure in love matters. To the best of the researcher's knowledge, none of the cited previous studies focused on the prevalence and consequences of substance among undergraduate students in Kwara State. Thus, this is the gap the research filled. To this end, this study investigated the prevalence and consequences of substance abuse among undergraduates in Kwara State.

### Research Questions

The following research questions were raised to guide the conduct of this study

1. How prevalent is substance abuse among undergraduates in Kwara State?

2. What are the consequences of substance abuse among undergraduates in Kwara State?

### Research Hypotheses

The following hypotheses are postulated to be tested in the study.

1. There is no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on age.
2. There is no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on age.
3. There is no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on gender.
4. There is no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on gender.
5. There is no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on family type.
6. There is no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on family type.

### Methodology

The research design adopted for this study is the descriptive survey method. In using this design, data collection will be carried out in a structured process. According to Balamurugan (2018), a descriptive survey attempts to describe, find out and interpret conditions, relationships that exist or the attitudes of people or events. A descriptive survey in education is aimed at finding relevant facts considering a career situation which relates to a particular educational problem. A descriptive survey research design is appropriate for this study because the researcher sought to find out the actual prevalence and consequences of substance abuse among undergraduates in Kwara State.

According to George (2014), the population is made up of all conceivable elements, subjects or observations relating to a particular phenomenon as a set of interest to the researcher. Thus, the population for this study consists of undergraduates in Kwara State while the target population consists of undergraduates of selected universities in Kwara State. Multistage sampling technique was used in selecting the respondents for the study. A multi-stage technique is the process by which many sampling techniques are adopted in stages in selecting a sample for the study.

In the first stage, a purposive sampling method was adopted to select institutions. In the second stage, a stratified random sampling technique was used to stratify respondents based on age, gender and family type. At stage three, a simple random sampling technique was used to select 60 respondents from each of the three selected institutions. Thus, a total of 180 respondents participated in this study.

Instrumentation is the process of selecting the appropriate measuring devices and methods appropriate for a given study. The instrument used to collect data is a questionnaire because of its flexibility and capability to elicit information on a wide range of issues of interest. The questionnaire items were formulated from relevant literature.

The research instrument was titled "Prevalence and Consequences of Substance Abuse (PCSAQ)" (Appendix1). The questionnaire was made up of three sections; sections A, B and C. Section A of the questionnaire focused on the personal data of the respondents such as age, gender and family type while section B contained 10 items on the prevalence of substance abuse and section C contained 10 items on the consequences of substance abuse.

The items were patterned after the four-point Likert-type rating scale formats in which the respondents are expected to tick only one option per item. Thus; Strongly Agree (SA) = 4 points,

Agree (A) = 3 points, Disagree (D) = 2 points, and Strongly Disagree (SD) = 1 point.

The validity of an instrument is the extent to which the instrument measures what is supposed to measure i.e. when it measures accurately the qualities it is expected to measure when the instrument measures what is supposed to measure, then it is said to be valid. The instrument was validated by five experts in counselling while the reliability of the instrument was done by administering 20 copies of the questionnaire to respondents and after three (3) weeks, the second administration of the test was carried out with the same respondents. The scores from the two administrations were correlated to determine the reliability of the instrument using Pearson's Product Moment Correlation (PPMC). A coefficient of 0.78 was obtained.

The data analysis of the study was done using descriptive and inferential statistics. The results obtained from the demographic data (age, gender and family type) were analysed using descriptive statistics of percentage while inferential statistics such as t-test and Analysis of Variance (ANOVA) were employed to test the formulated hypotheses at 0.05 level of significance.

## Results

Research Question 1: How prevalent is substance abuse among undergraduates in Kwara State?

Table 1 presents the mean and rank order of respondents on Prevalent Substance Abuse among Undergraduates in Kwara State. The table indicates that items 1, 3 and 4 with mean scores of 3.16, 3.13 and 3.07 ranked 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> respectively. The items state that Cigarettes, Alcohol, and Tobacco among others. On the other hand, Items 10, 5 and 9 with mean scores of 2.90 respectively were ranked 8<sup>th</sup> respectively and state that Cough syrup, Marijuana, and Codeine. All the items listed have mean scores that are above the mid-mean score of

2.50, then it can be said that respondents attested to prevalent substance abuse among undergraduates in Kwara State.

*Table 1: Mean and Rank Order of the Respondents' expression on Prevalent is Substance Abuse among Undergraduates in Kwara State. Source: Author.*

Item No.	How many times in your lifetime have you used any of the following substances?	Mean	Rank
1	Cigarette	3.16	1st
3	Alcohol	3.13	2nd
4	Tobacco	3.07	3rd
6	Heroin	3.02	4th
2	Cocaine	2.99	5th
7	Opium	2.96	6th
8	Tramadol	2.92	7th
10	Cough syrup	2.90	8th
5	Marijuana	2.90	8th

Research Question 2: What are the consequences of substance abuse among undergraduates in Kwara State?

Table 2 presents the mean and rank order of respondents' expression on the consequences of substance abuse among undergraduates in Ilorin metropolis. The table indicates that items 1, 6 and 9 with mean scores of 3.60, 3.49 and 3.45 ranked 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> respectively. The items state that Low self-esteem, Dropping out of school, and Social isolation (i.e. poor relationship with others) among others. Items 3, 10 and 7 with mean scores of 3.36, 3.35 and 3.35 ranked 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> and state that Irritability, Poor health (depression) and Poor relationship with lecturers. All the items listed have mean scores that are above the mid-mean score of 2.50, then it can be said that respondents attested to the consequences of substance abuse among undergraduates in Ilorin metropolis.

*Table 2. Mean and Rank Order of the Respondents' Perceptions on the Consequences of Substance Abuse among Undergraduates in Kwara State. Source: Author.*

Item No.	The following are the consequences of substance abuse:	Mean	Rank
1	Low self-esteem	3.60	1st
6	Dropping out of school	3.49	2nd
9	Social isolation (i.e. poor relationship with others)	3.45	3rd
5	Violence	3.43	4th
8	Poor academic performance	3.41	5 <sup>th</sup>
2	Destabilized future ambition	3.40	6 <sup>th</sup>
4	Psychological disorder	3.38	7 <sup>th</sup>
3	Irritability	3.36	8 <sup>th</sup>
10	Poor health (depression)	3.35	9 <sup>th</sup>

### Hypotheses Testing

Six research hypotheses were postulated for this study and were tested using a t-test and Analysis of Variance (ANOVA) at 0.05 alpha level.

Hypothesis One: There is no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on age.

Table 3 shows that the calculated F-ratio of 1.28 is less than a critical F-ratio of 3.00 with the corresponding p-value of .282 which is higher than 0.05 level of significance. Since the calculated F-ratio is less than the critical F-ratio, therefore the null hypothesis is not rejected. Hence, there was no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on age.

Hypothesis Two: There is no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on age.

Table 4 shows that the calculated F-ratio of 2.15 is less than a critical F-ratio of 3.00 with the

corresponding p-value of .361 which is higher than 0.05 level of significance. Since the calculated F-ratio is less than the critical F-ratio, therefore the null hypothesis is not rejected. Hence, there was no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on age.

Hypothesis Three: There is no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on gender.

Table 5 shows that the calculated t-value of 5.81 is greater than the critical t-value of 1.96 with a corresponding p-value of .000 which is less than 0.05 level of significance. Since the calculated t-value is greater than the critical t-value, the hypothesis which states that there was no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on gender is therefore rejected.

Hypothesis Four: There is no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on gender.

Table 6 shows that the calculated t-value of 2.63 is greater than the critical t-value of 1.96 with a corresponding p-value of .010 which is less than 0.05 level of significance. Since the calculated t-value is greater than the critical t-value, the hypothesis which states that there was no significant

difference in consequences of substance abuse among undergraduates in Kwara State based on gender is therefore rejected.

Hypothesis Five: There is no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on family type.

Table 7 shows that the calculated t-value of 0.34 is less than the critical t-value of 1.96 with a corresponding p-value of .111 which is higher than 0.05 level of significance. Since the calculated t-value is greater than the critical t-value, the hypothesis which states that there was no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on family type is therefore not rejected.

Hypothesis Six: There is no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on family type.

Table 8 shows that the calculated t-value of 1.67 is less than the critical t-value of 1.96 with a corresponding p-value of .234 which is higher than 0.05 level of significance. Since the calculated t-value is less than the critical t-value, the hypothesis which states that there was no significant difference in consequences of substance abuse among undergraduates in Kwara State based on family is therefore not rejected.

*Table 3: Analysis of Variance (ANOVA) showing the Respondents' Expression on Prevalent is Substance Abuse among Undergraduates in Kwara State based on Age. Source: Author.*

Source	SS	df	Mean Squares	Cal. F-ratio	Crit. F-ratio	p-value
Between Groups	132.445	2	66.223			
Within Groups	10226.430	177	51.911	1.28	3.00	.282
Total	10358.875	179				



Table 4. Analysis of Variance (ANOVA) showing the Respondents' Expression Consequences Substance Abuse among Undergraduates in Kwara State based on Age. Source: Author.

Source	SS	df	Mean Squares	Cal. F-ratio	Crit. F-ratio	p-value
Between Groups	132.542	2	55.312			
Within Groups	10238.216	177	53.426	2.15	3.00	.361
Total	10370.758	179				

Table 5. Mean, Standard Deviation and t-value on the Respondents' Expression on Prevalent is Substance abuse among Undergraduates in Kwara State based Gender. Source: Author.

Gender	N	Mean	SD	df	Cal. t-value	Crit. t-value	P-value
Male	71	53.703	4.005	178	5.81*	1.96	.000
Female	109	58.000	2.272				

\* Sig. at  $p < 0.05$

Table 6. Mean, Standard Deviation and t-value on the Respondents' Expression on Consequences is Substance Abuse among Undergraduates in Kwara State based Gender. Source: Author.

Gender	N	Mean	SD	df	Cal. t-value	Crit. t-value	P-value
Male	71	49.421	3.102	178	2.63*	1.96	.010
Female	109	48.114	2.263				

\* Sig. at  $p < 0.05$

Table 7. Mean, Standard Deviation and t-value on the Respondents' Expression on the Prevalence of Substance Abuse among Undergraduates in Kwara State based Family Type. Source: Author.

Family	N	Mean	SD	df	Cal. t-value	Crit. t-value	P-value
Monogamous	136	35.62	2.01	178	0.34	1.96	.111
Polygamous	44	39.33	1.31				

Table 8. Mean, Standard Deviation and t-value on the Respondent's Expression on Consequences of Substance Abuse among Undergraduates in Kwara State based Family Type. Source: Author.

Family	N	Mean	SD	df	Cal. t-value	Crit. t-value	P-value
Monogamous	136	46.42	2.12	178	1.67	1.96	.234
Polygamous	44	48.15	1.63				

## Discussion

The findings of the study revealed that substance abuse is prevalent among undergraduates in Kwara State, the prevalent substances are cigarette, alcohol, tobacco among others. This was supported by The United Nations Office on Drugs and Crime (2018) reported that the prevalence of drug abuse

in Nigeria in 2018 was 14.3% that is; 14.3 million Nigerians aged 15-64 years abuse drugs. The average age of initiation of cannabis use as reported by UNODC in 2017 was 19 years. Alebiosu (2017) asserted that the general saying by adolescents that "alcohol and coffee are the choices of your generation; drugs and tobacco are the choices

of the adolescent generation” may be responsible for the widespread use of drugs among students in contemporary society.

Another finding revealed that the consequences of substance abuse among undergraduates in Kwara State are low self-esteem, dropping out of school, and social isolation (i.e. poor relationship with others) among others. The findings negate Fareo (2022) noted that the use of drugs in itself does not constitute any danger, because drugs correctly administered have been a blessing. Ekpeonyong (2022) posited that drug is abused when they are used in a manner that deviates from medically approved or socially acceptable patterns within society

Findings also revealed that there was no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on age. This was supported by Zirra (2020) who reported that students seem to be the most vulnerable to substance abuse for the reason of the average age of students in Nigeria. Yusuf (2020) also stated that drug and substance abuse is a common trend among undergraduates.

Another finding revealed that there was no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on age. This was in line with Loke and Yimwah (2023), young people are vulnerable to behaviours that put their health at risk such as experimenting with smoking cigarettes, taking illegal drugs, and drinking alcohol and that behaviour practised by adolescents that puts their health at risk will extend into adulthood, rendering them vulnerable in adulthood to preventable morbidities and mortalities.

Findings also revealed that there was a significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on gender. This was supported by Namadi and Haruna (2019) who worked on the prevalence and causes of substance abuse among females in Gombe

metropolis, Gombe State, Nigeria. The findings revealed that females are engaging in substance abuse including prescriptive drugs, such as beryline cough syrup, analgesics, etc., and that the majority of the abusers were aware of the adverse effects of substance abuse but were continuing the same. The study also revealed that the causes of substance abuse among females include peer pressure, frustration and emotional stress, curiosity about the substance, academic stress and failure in love matters.

Another finding indicated that there was a significant difference in the consequences of substance abuse among undergraduates in Kwara State based on gender. The result supported Sahu and Sahu (2022) posited that substance-abusing youth are at higher risk than non-users for mental health problems including depression, conduct problems, personality disorders, suicidal thoughts, attempted suicide, and suicide are more common among males than females.

Another finding revealed that there was no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on family type. This was corroborated by the interview conducted by the Nigerian Television Authority (NTA) in 2020 on the effect of drug abuse in Nigeria, the incumbent chairman of the Nigerian National Drug Law Enforcement Agency (NDLEA) Muhammed Mustapha Abdallah revealed that the breakdown of family values and lack of parental attention on their children are the primary factors responsible for drug abuse.

The finding also revealed that there was no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on family type. This was supported by Haruna et al. (2019) emphasized parenting style. They saw parenting style as a complex activity that includes much specific behaviour that works individually and together to influence a child's life form. Haruna et al. (2019) found parenting styles to be

significantly associated with substance abuse, with authoritative parenting style being the beneficial style.

### Conclusion

The study examined the prevalence and consequences of substance abuse among undergraduates in Kwara State. The findings of the study revealed that substance abuse is prevalent among undergraduates in Kwara State, the prevalent substances are cigarette, alcohol, and tobacco among others. It was also revealed that the consequences of substance abuse among undergraduates in Kwara State are low self-esteem, dropping out of school, and social isolation (i.e. poor relationship with others) among others. There was no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on age. There was no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on age. There was a significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on gender. There was a significant difference in the consequences of substance abuse among undergraduates in Kwara State based on gender. There was no significant difference in the prevalence of substance abuse among undergraduates in Kwara State based on family type. There was no significant difference in the consequences of substance abuse among undergraduates in Kwara State based on family type.

### Recommendations

Based on the findings of the study, the following recommendations were made:

1. The undergraduate students should be properly oriented by the counsellors on the dangers associated with substance abuse at the beginning of their academic year.
2. Seminars and workshops should be provided by counsellors so that students would be informed about the consequences of substance abuse.
3. Education should be properly structured and provided to students by school counsellors and parents at the early stage of development.
4. Counsellors should organize seminars on the prevalence and consequences of substance abuse on the health of individuals.

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## Appendix 1.

### Section B: Prevalence of Substance Abuse Questionnaire

**Direction:** Kindly tick the appropriate column that agrees with your views using the following keys:

Never = 3 points, Often = 2 points, Always = 1 point

S/N	Section B: How many times in your life time have you used any of the following substances?	Never	Often	Always
1	Cigarette			
2	Cocaine			
3	Alcohol			
4	Tobacco			
5	Marijuana			
6	Heroin			
7	Opium			
8	Tramadol			
9	Codeine			
10	Cough syrup			

**The consequences of Substance Abuse among Undergraduates in Kwara State**

	<b>The consequences of substance abuse are:</b>	<b>SA</b>	<b>A</b>	<b>D</b>	<b>SD</b>
1	Low self-esteem				
2	Destabilized future ambition				
3	Irritability				
4	Psychological disorder				
5	Violence				
6	Dropping out of school				
7	Poor relationship with lecturers				
8	Poor academic performance				
9	Social isolation (i.e. poor relationship with others)				
10	Poor health (depression)				