

EFFECTS OF DRUGS ABUSE ON ACADEMIC PERFORMANCES OF STUDENTS OF SULTAN ABDURRAHMAN SCHOOL OF HEALTH TECHNOLOGY, GWADABAWA

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Abstract

This study examined the effects of drug abuse on the academic performances of students of Sultan Abdurrahman School of Health Technology Gwadabawa. The purpose of the study was to determine whether the students of the school use drugs of abuse to influence their academic performances. Research questionnaires were used to collect data from the students of both sexes.

Distribution of respondents according to Demographic Characteristics shows that out of 354 respondents, 56% were males and 44% were females, therefore, majority were males. It also shows that 56% of the respondents were between 18-24 years, 28% were between 25-34 years while 16% were above 35 years, therefore, majority of respondents were between 18-24 years. On whether students of Sultan Abdurrahman School of Health Technology, Gwadabawa take illicit drugs in order to enhance their academic performances or not? The result showed that out of 354 respondents, 30.8% agreed, 15.0% strongly agreed, 34.2% disagreed, and 19.9% strongly disagreed. On research question "Are illicit drugs available and accessible to the students of Sultan Abdurrahman School of Health Technology, Gwadabawa?" The result revealed that, out of 354 respondents, 32.8% agreed, 19.1% strongly agreed, 37.8% disagreed, and 10.2% strongly disagreed. On the research question "Are the male students of Sultan Abdurrahman School of Health Technology, Gwadabawa predominant drug abusers?" the results revealed that out of 354 respondents, 28.8% agreed, 15.4% strongly agreed, 30.4% disagreed, and 25.4% strongly disagreed. Another research question "Does drug abuse increase the cases of indiscipline among the students of Sultan Abdurrahman School of Health Technology, Gwadabawa?" Result shows that out of 354 respondents, 31.7% agreed, 15.9% strongly agreed, 37.6% disagreed, and 14.8% strongly disagreed. Conclusively, the study showed that the students of Sultan Abdurrahman School of Health Technology, Gwadabawa do not use illicit drugs since there was no availability and accessibility of such drugs to them. This means that drug abuse does not influence the academic performances of the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

Keywords: drugs abuse, Sultan Abdurrahman School Of Health Technology, academic performance, availability, accessibility,

INTRODUCTION

1.1 Background to the Study

Since the early times, herbs, leaves and plants inform of drugs have been used to heal and control diseases. Plants have been utilized as medicines for thousands of years. The specific plants to be used and the methods of application for particular ailments were passed down through oral history from generation to generation (Masibo, 2013). The use of drugs in itself does not constitute any danger, because drugs correctly administered have been a blessing (Sarkingobir *et al.*, 2020). Chronic use of substances can cause serious irreversible damage to adolescent's physical and psychological development. The use of drugs could be beneficial or harmful depending on the mode of use (WHO, 2009; Abubakar *et al.*, 2016).

Apart from knowing the harmful effects of drug abuse, various studies have pointed out that among the reasons students abuse drugs are: for experimental purpose, curiosity, peer and family influence, lack of parental supervision, personality problems, socioeconomic issues, need for extra energy for work, to build up confidence, frustration, to achieve happiness, to reduce fear, drug availability, need to maintain drug habit in order to avoid withdrawal syndrome, to feel good, to relieve stress, to sleep, to keep awake, to enhance sexual performance, age, unemployment, poverty, and for no reason. With the increasing rate of substance abuse, an increasing rate of violence has been observed among higher institutions (Alan, 2003; Abubakar and Rana, 2011; Gunjan *et al.*, 2020). Among the highest in the drugs abused by undergraduates in a northern Nigerian university, are: cigarette, brewed alcohol, locally brewed alcohol, kola nut, aspirin and cannabis (Erech and Omatseye, 2017).

Cannabis is by far the most commonly used illicit drug among world population followed by tobacco (Erech and Omatseye, 2017; Kehinde *et al.*, 2020). A research was conducted on substance abuse in school youth of sokoto which stated that, drugs abuse in Sokoto is similar among in-school and out-of school youth. The practice is wide and mostly among males who consumed many drug substances. It is also associated with several effects on individuals, families, and communities (Sarkingobir and Dikko, 2020; Sarkingobir *et al.*, 2020).

The motive behind drugs abuse may be sociological, psychological, out of curiosity, boredom, to alleviate fear, derive sexual and physical pleasures, or family background (Beatrice *et al.*, 2016). Despite the fact that drug abuse has adverse effects on the youths by changing their brain perception of difficulties and problems, the number of undergraduates that use or abuse stimulants has steadily increased in recent years (Gobir *et al.*, 2017). Also, some students who experience dissatisfaction with life due to anger, frustration, academic failure and boredom, consume drugs to fit in and serve

as a consolation. This invariably affects their academic performance hence hours that should be used for study are diverted to rest and sleep after its consumption (Kobiowu, 2006; Yunusa, 2017; Brittang *et al.*, 2019).

Efforts of National Drug Law Enforcement Agency (NDLEA) and other governmental agencies to stem the tide of drug abuse in Nigeria has been meet with stiff resistance of users at different places across the nation thereby increasing the incidence of drug abuse cases in spite of their continued and destruction of such illicit drugs, the rapid rise in the number of cases of drug abuse among youths whom are mostly students is still on the increase (Dee and Evans, 2003; Akinyemi, 2018). Hence the need for the present study which is to determine the effects of drug abuse on the academic performance of students of Sultan Abdurrahman School of Health Technology, Gwadabawa in Sokoto State.

1.2 Statement of the problems

Problems of drug abuse are of great concern globally and as well as in our setting among students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

It has been observed by the researchers that in Sultan Abdurrahman School of Health Technology, Gwadabawa students go against school authority laws as a result of engaging themselves in drugs abuse.

It has also been observe that there is availability of illicit drugs within the school environment and accessibility of illicit drugs by the student in the school is in high rate.

Furthermore, it has been noticed some students of this institution present several disciplinary problems in the institution, must of these problems originate from the gang of students engage in drugs addiction in the institution.

It also seems that the students of Sultan Abdurrahman School of Health Technology, Gwadabawa can read as much as they can to pass national examination but, the rate at which they are having failure to national examination is an amazing.

It has also been observed there is availability of illicit drugs within the school environment and students have access to illicit drugs. Observation and evidence of begging exist by some students who are engaged in drugs abuse.

It has been observed that, there is evidence of indecent dressing among students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

Female students may involve in drugs abuse but male students are predominant drugs abusers in the school. Similarly, some students consume illicit drugs for the purpose of enhancement of academic programmes.

It is therefore due to the lack of current research regarding the subject matter in the area of the study as well as the contradictory view regarding the findings that the present research seeks to explore the effects of drug abuse on the academic performance of students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

1.3 Objectives of the Study

The objectives of this study are as follows:

- (i) To examine the effects of drugs abuse on academic performance among students of Sultan Abdurrahman School of Health Technology, Gwadabawa
- (ii) To identify commonly drugs that is addicted by the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.
- (iii) To identify which gender is predominantly drug abusers among the students of Sultan Abdurrahman School of Health Technology Gwadabawa.
- (iv) To identify the cases of indiscipline among students of Sultan Abdurrahman School of Health Technology, Gwadabawa as a result of drug abuse .

1.4 Research Questions

The research questions for this study are as follows:

- (1) Do students of Sultan Abdurrahman School of Health Technology, Gwadabawa take illicit drugs in order to enhance their academic performances?
- (2) Are illicit drugs available and accessible to the students of Sultan Abdurrahman School of Health Technology, Gwadabawa?
- (3) Are the male students of Sultan Abdurrahman School of Health Technology, Gwadabawa predominant drug abusers?
- (4) Does drug abuse increases the cases of indiscipline among students of Sultan Abdurrahman School of Health Technology, Gwadabawa?

1.5 Research Hypothesis

Based on the objectives of this study, the following hypothesis are made:

- (1) Drug abuse does not influence academic performances of the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.
- (2) Illicit drugs are not available and accessible to the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.
- (3) Male students of Sultan Abdurrahman School of Health Technology, Gwadabawa are not predominant drug abusers.
- (4) Drug abuse does not increase cases of indiscipline among the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

1.6 Significance of the Study

To develop strategies for control and prevention of drugs abuse among the students which will be used by the school management and ministry to integrate such strategies in planning adequate programmes for the elimination of drugs abuse among students. The findings of this study will enable the students to have knowledge which will help them in the prevention of drugs abuse among themselves.

Finally, it will serve as a guide to both parents, students, academicians, institutions, researchers and the government in formulating policies that will help curb the menace of drug abuse and misuse in our society.

MATERIALS AND METHODS

3.1 Research Design

Research design is an arrangement of condition and analysis of data in a manner that aims to combine relevance with the research purpose (Kombo, 2013). The design adopted in this research was a descriptive survey research design, this method enabled the researcher to obtain information of the research sample from a sample population so that inference could be made from the entire population. The survey design was considered to be important in this research work because a group of people or items were sourced by collecting and analyzing data form only few people or items considered being a representative of the whole group.

3.2 Population of the Study

The population of this study comprised all students of Sultan Abdurrahman School of Health Technology, Gwadabawa, which comprises of level I, Level II and Level III students.

Table 1: Population of the students

S/N	Name of the levels	Total male student	Total female student	Total population of student
1	Level I	1208	745	1953
2	Level 2	969	527	1496
3	Level 3	781	483	1264
	Grand Total	2958	1755	4713

Source: School record (2019 – 2021)

3.3 Sample and Sampling Technique

The sample is the unit of the population. A small sample is a group of element or object drawn through a definite process from specific population. Sample was meant to stand for a population when the entire population could not be studied. Therefore, based on the total population of the study which was 4713, the sample size was 354 according to the Morgan and Krejcie method of determining sample size. The random sampling method was used in selecting 354 respondents from the total population of the students.

3.4 Instrument for Data Collection

The instrument used for this study was open ended questionnaire (Modified Lierkt type of questionnaire). This was the major instrument used in this survey study for sourcing data. The questionnaire was distributed to the students. The questionnaire

consisted of options for the respondents to choose according to their conviction. The nature of the options were `Agreed (A)` `Strongly Agreed (SA)` `Disagreed (DA)` and `Strongly Disagreed (SDA)`.

3.5.1 Validity of the Instrument

The instrument used in this study was questionnaire; a copy was given to the supervisor and an expert in the field of measurement and evaluation in Shehu Shagari College of Education Sokoto. This was done to determine the content validity of the instrument.

3.5.2 Reliability of the Instrument

Two week test – retest reliability method was adopted with sample of 50 independent students from school of Nursing and Midwifery Sokoto, This prevented the intended sample for main study from having privileged information on the items of the instrument which might introduce bias in their responses.

3.6 Method of Data collection

For effective and smooth administration of the questionnaire (Modified liker type of questionnaire was used) the researchers obtained a letter of introduction from the school, the letter explained the purpose of the study and nature of assistance required. The questionnaire was administered to the students and collected them back. The questionnaire was clearly explained so as to make participants feel comfortable and knew exactly what they responded to. Furthermore, the questionnaire was administered in a way that would not give room for respondents to write but allowed them to tick the option they felt was appropriate.

3.7 Method of Data Analysis

The data gathered from the field was analyzed using descriptive statistics of frequency count and percentage. The data was analyzed and presented in a tabular form. The table reflected the responses made by the respondents in regard to each of the questions posed and the percentages were worked out. Moreover, inferential statistics in the form of chi-square (X^2) and 0.05 alpha levels significance were employed to either accept or reject our hypothesis.

RESULTS AND DISCUSSION

4.1 Results

The analysis of the data collected was represented on the tables based on the questionnaires.

Table 2: Distribution of respondents according to Demographic Characteristics

		Frequency	Percentages (%)
Gender	Males	200	56
	Females	154	44
Age	18-24	197	56
	25-34	98	28
	35 and above	59	16

Source: Field survey 2021

The table 2 shows that out of 354 respondents, 56% were males and 44% were females, therefore, majority were males. It also shows that 56% of the respondents were between 18-24 years, 28% were between 25-34 years while 16% were above 35 years, therefore, majority of respondents were between 18-24 years.

Research question 1

Table 3: Do students of Sultan Abdurrahman School of Health Technology, Gwadabawa take illicit drugs in order to enhance their academic performances?

Options	Frequency	Percentage (%)
A (agreed)	82	30.8
SA (strongly agreed)	40	15.0
DA (disagreed)	91	34.2
SDA (strongly disagreed)	53	19.9
Total	266	100

Source: Field survey 2021

The table 3 shows that out of 354 respondents, 30.8% agreed, 15.0% strongly agreed, 34.2% disagreed, and 19.9% strongly disagreed. Therefore, majority of respondents disagreed that the students of Sultan Abdurrahman School of Health Technology, Gwadabawa take illicit drugs in order to enhance their academic performances.

Research question 2

Table 4: Are illicit drugs available and accessible to the students of Sultan Abdurrahman School of Health Technology, Gwadabawa

Options	Frequency	Percentage (%)
A (agreed)	93	32.8
SA (strongly agreed)	54	19.1
DA (disagreed)	107	37.8
SDA (strongly disagreed)	29	10.2
Total	283	100

Source: Field survey 2021

The table 4 shows that out of 354 respondents, 32.8% agreed, 19.1% strongly agreed, 37.8% disagreed, and 10.2% strongly disagreed. Therefore, majority of respondents disagreed that there was availability and accessibility of illicit drugs among the students of Sultan Abdurrahman School of Health Technology, Gwadabawa

Research question 3

Table 5: Are the male students of Sultan Abdurrahman School of Health Technology, Gwadabawa predominant drug abusers?

Options	Frequency	Percentage (%)
A (agreed)	75	28.8
SA (strongly agreed)	40	15.4
DA (disagreed)	79	30.4
SDA (strongly disagreed)	66	25.4
Total	260	100

Source: Field survey 2021

The table 5 shows that out of 354 respondents, 28.8% agreed, 15.4% strongly agreed, 30.4% disagreed, and 25.4% strongly disagreed. Therefore, majority of respondents disagreed that the male students of Sultan Abdurrahman School of Health Technology, Gwadabawa were predominant drugs abusers.

Research question 4

Table 6: Does drug abuse increases the cases of indiscipline among the students of Sultan Abdurrahman School of Health Technology, Gwadabawa?

Options	Frequency	Percentage (%)
A (agreed)	86	31.7
SA (strongly agreed)	43	15.9
DA (disagreed)	102	37.6
SDA (strongly disagreed)	40	14.8
Total	271	100

Source: Field survey 2021

The table 6 shows that out of 354 respondents, 31.7% agreed, 15.9% strongly agreed, 37.6% disagreed, and 14.8% strongly disagreed. Therefore, majority of respondents disagreed that there were cases of indiscipline among the students of Sultan Abdurrahman School of Health Technology, Gwadabawa as a result of drug abuse.

4.2 Testing of Hypothesis

Hypothesis 1: Drug abuse does not influence academic performances of the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

Chi-square calculated value was 0.0042 which was less than the critical value of 0.005. Therefore, we accepted the hypothesis which says that: Drug abuse does not significantly influence academic performances of the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

Hypothesis 2: Illicit drugs are not available and accessible to the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

Chi-square calculated value was 0.0044 which was less than the critical value of 0.005. Therefore, we accepted the hypothesis which says that: Illicit drugs are not available and accessible to the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

Hypothesis 3: Male students of Sultan Abdurrahman School of Health Technology, Gwadabawa are not predominant drug abusers.

Chi-square calculated value was 0.0053 which was greater than the critical value of 0.005. Therefore, we rejected the hypothesis which says that: Male students of Sultan Abdurrahman School of Health Technology, Gwadabawa are not predominant drug abusers.

Hypothesis 4: Drug abuses do not increase cases of indiscipline among the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

Chi-square calculated value was 0.0039 which was less than the critical value of 0.005. Therefore, we accepted the hypothesis which says that: Drug abuses do not increase cases of indiscipline among the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

4.3 Discussion of Findings

Demographic data of the respondents (gender and age) was collected to enable the researchers know the sexes and the age categories of the respondents. Data collected showed that majority of respondents were male and were between 18-24years. Males at this age group are more vulnerable to social vices such as drug abuse menace as reported by Sarkingobir and Dikko (2020). Similarly, this might be due to free-range nature of males or because drug abuse among females has only been explored lately (Dankani, 2012).

The findings of this study also showed that majority of respondents agreed that there were no illicit drugs within the school environment so also the students do not have access to illicit drugs. This might be as a result of strict measures by the school authority against illicit drugs. This is dissimilar to the reports of Sarkingobir et al (2021) which reported that there is similar trend in the accessibility/ availability of drugs both at home or school (Oshodi *et al.*, 2010; Osa-Edoh and Egbochukwu, 2012; Sarkingobir *et al.*, 2020).

The study also revealed that majority of respondents believed that the students of Sultan Abdurrahman School of Health Technology, Gwadabawa do not abuse drugs which might be as a result of their knowledge on the consequences of abusing drugs since they were medical students. The study also showed that the students do not take illicit drugs in order to enhance their academic performances. This shows that the

academic successes recorded by the students were purely through determination and hardworking, but not through using illicit drugs. The study also revealed that male students of the school were not predominant drug abusers. The study also showed that there were no cases of indiscipline among the students of the school due to drug abuse. These findings are a welcome trend, since knowledge is a motivation to healthy behavior based on the health belief model (Bashar *et al.*, 2019; Hiddt-Ciupinska and Pawlowska-Cyprysiak, 2020; Kim *et al.*, 2022). However, good outcomes against drug use as reported by this study are a good omen and health education related; the results might be underreported because the study is not an experimental one, usually cross-sectional studies might be more prone to bias than the experimental designs. Albeit, experimental studies are difficult to be performed especially with human subjects who take drugs (Wang and Cheng, 2020).

CONCLUSION

Conclusively, the study showed that the students of Sultan Abdurrahman School of Health Technology, Gwadabawa do not use illicit drugs since there was no availability and accessibility of such drugs to them. This means that drug abuse does not influence the academic performances of the students of Sultan Abdurrahman School of Health Technology, Gwadabawa.

RECOMMENDATIONS

From the findings of the study, the followings recommendations were made.

- (1) The administrators of Sultan Abdurrahman School of Health Technology, Gwadabawa should continue taking measures against the use of illicit drugs within the school campuses to ensure good academic performances.
- (2) The Ministry of Higher Education should continue putting eyes on higher institutions against the availability and accessibility of illicit drugs within the school campuses.
- (3) Workshops and seminars should be conducted regularly to students to familiarize them on the detrimental effects of illicit drug to health.

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