

COMBATING DRUG ABUSE USING COUNSELLING SERVICE THROUGH VALUE REORIENTATION IN MANAGING DISCIPLINE IN SECONDARY SCHOOLS IN EKITI STATE

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Abstract

The goal of the study was to particularly promote a positive and considerate school climate in which staff, counsellor, and students collaborate to create a safe and supportive environment. The study looked at the prevalence of drug use. A cross-sectional survey methodology was used in the study. The study's participants included counsellors, teachers, principals, vice principals for academics and administration, and chairs of the Parent-Teacher Associations (PTAs) in Ekiti State, Nigeria. One hundred and seventy-seven samples in all were used for the investigation. The approach of simple random sampling was employed to guarantee a neutral selection of samples from the intended population. A combination of closed- and open-ended questionnaires were used in the study. An instrument's split-half reliability coefficient of 0.87 was found after it underwent construct validation. At a significance level of 0.05, the data was analyzed using inferential statistics like Chi-square to test the hypotheses. The results of the study showed a statistically significant correlation between the underlying factors and drug misuse behaviours of pupils. Moreover, the study finds a statistically significant relationship, among other things, between drug abuse and the recorded degree of misconduct in Ekiti State. It is highly advised that school administrators and other stakeholders take aggressive steps to mitigate drug usage within educational institutions in light of the findings. A concerted effort should also be made to promote a courteous and upbeat school climate where staff, Counsellors, and students collaborate to create a secure and encouraging environment.

Keywords: Combating, Drug abuse, Value Reorientation, Discipline.

Introduction

Education professionals, parents, and the general public have become increasingly concerned in recent years about the problem of drug abuse among secondary school pupils. The pervasiveness of drug misuse in secondary schools jeopardises not just the health and welfare of adolescents but also the general standard of instruction and discipline in these establishments. Dengba (2021) has therefore, issued a warning regarding the numerous detrimental effects that drug users may experience. These repercussions include a variety of actions that can be connected to drug abuse, especially in young people: delinquency, unsuitable clothing, hostility, theft, alcoholism, rape, unintended pregnancies, violence, involvement in cult activities, and frequent auto accidents. Our society's fundamental values are at risk due to the widespread nature of this problem, as demonstrated by how discipline is maintained in our schools in Ekiti State, Nigeria. Eliminating this threat from our children, especially from our secondary education system, is crucial.

The causes of this problem include a variety of elements, such as curiosity, stress, peer pressure, and a lack of knowledge about the adverse effects of substance misuse. Addressing this issue is made more difficult by family relationships, societal influences, and the ease with which narcotics and other substances can be accessed in the current world. Particularly in Nigerian educational establishments, pupils often misuse substances such as tobacco, ephedrine, morphine, heroin, Chinese pills, and valium five. According to Oshodi, Aina, and Onajole (2020), many teenagers are unaware of the harmful effects of psychoactive substances despite widespread concern and education about them. Three main elements have been recognised as contributing to substance and drug misuse in schools: curiosity, peer pressure, and social pressure. School administrators and supervisors find it difficult to control the related indiscipline and falling academic standards, as demonstrated by the incidents above (Smith & Farah, 2021; Aina & Olorunsola, 2018; Buddy, 2019).

Many educators and officials have started looking into creative ways to manage drug abuse in secondary schools because they understand how important it is to address this issue. Value reorientation as a counselling service is a cornerstone of discipline management in these kinds of educational establishments is one approach that shows promise. According to Huit (2023), value reorientation aims to help students develop a sense of morality, accountability, and self-awareness so they can make morally sound decisions. By emphasising the significance of individual principles, moral growth, and moral conduct, in educational institutions can enable learners to withstand the attraction of drugs and other substances.

This underscores the significance of counseling services within the framework of value reorientation as a pivotal strategy in combating the issue of drug abuse among secondary school students. Substance abuse counseling, or addiction counseling, entails assisting individuals with

behavioral disorders in exploring the intricacies and underlying causes of their addiction. It encompasses a blend of treatment and support aimed at aiding individuals in breaking free from substance dependencies. In particular, the emphasis in this study will be on peer counseling to promote value reorientation. It has been observed that students often resort to drug abuse for diverse reasons, often keeping it clandestine, with fellow students being the first to notice signs of addiction. Peer counseling provides a platform for students to openly share their struggles with substance abuse, as peers are often more approachable and understanding. Studies by Isaac (2020), Gathiari (2002), and Fuhrman (1986) highlight that peer counseling not only fosters friendships but also encourages collaborative learning, open communication, and mutual support among students. This program enables counselors to better grasp students' needs and deliver services in a manner that resonates with them. Based on these insights, the promotion of value reorientation assumes paramount importance, aiming to instill in students a sense of morality, responsibility, and self-awareness crucial for making ethical decisions.

This strategy aims to prevent drug abuse and foster a respectful and positive school climate where staff, instructors, and students work together to create a welcoming and safe environment. Better long-term results for pupils and increased academic achievement and general discipline can result from this. Students in our educational institutions participate in covert cult activities. Dengba (2021) claims that the people of Nigeria are seriously concerned about these covert cult activities. Members of these groups gather in secret, usually at night and in unassuming places. They intimidate non-members as well as teachers and lecturers and misbehaving members. They commit violent crimes by randomly attacking, murdering, and torturing people. In addition, they consume human blood as part of their initiation. Because they utilize heavy drugs, the cult members are always daring and ready to attack. The high rates of violence and indiscipline have been felt as a whole, which has made managing schools daily extremely difficult (Linhadt, 2020).

Within this framework, the integration of discipline management and value reorientation is seen as an all-encompassing and proactive way to handle the problems associated with drug abuse in secondary schools. In addition to lowering the rate of drug usage, educators hope to develop responsible, well-rounded people who will benefit society by giving kids the information and morals they need to make healthy decisions. Furthermore, Olujoba and Ademola (2021) found that students who were first exposed to alcohol in home contexts were more likely to consume it in a variety of Nigerian schools and colleges studied. Most of the impacted students began drinking alcohol when they were just 16 or 20 years old (Ajale, 2018). Nonetheless, this has hurt the management and administration of schools that work hard to uphold discipline. Unchecked, this condition would surely result in issues with discipline and subpar academic performance in schools (Onitiri & Ogunlade, 2019), as demonstrated by WHO (2018). Therefore, this study sought to investigate the current trend of drug abuse among students in secondary schools in Ekiti State.

Statement of the Problem

In Nigeria, drug abuse is a common problem among secondary school students (Aina & Olorunsola, 2020). Moreover, the high prevalence of drug use in schools has been linked to peer groups, parents, and society at large (Smith & Farah, 2021). Activities like graffiti, carrying a weapon, drinking alcohol, sexual assault, exam cheating, acts of violence, protests, bullying, joining a cult, skipping class, and other anti-social behaviour, coupled with a general lack of discipline when it comes to drug and substance abuse among secondary school students, have caused problems for Ekiti State's secondary school administration and management (Nwakwo, 2019). Therefore, the purpose of this study was to investigate the present drug-use trend among secondary school students in Ekiti State.

Purpose of the Study

This study aims to ascertain the extent of drug use, with a particular focus on promoting a positive and thoughtful school climate in which staff, teachers, and students collaborate to create a safe and supportive environment. This ultimately results in better long-term consequences for pupils, improved discipline generally, and more academic success.

Hypotheses

HO1: There is no significant relationship between underlying elements and students' engagement in drug abuse within schools in Ekiti State.

HO2: Drug abuse did not significantly contribute to the level of misconduct observed among students in Ekiti State.

HO3: School administrators do not face significant difficulties when addressing incidents of indiscipline associated with drug abuse in Ekiti State.

HO4: counselling service through value reorientation does not significantly impact the administration of discipline within schools.

Methodology

A cross-sectional survey methodology was used in the study. Participants in the study included counsellors, chairpersons of the Parent-Teacher Association (PTA), teachers, school administrators, all of whom play important roles in overseeing secondary school education in Ekiti State. A total of 177 responders were used for the study.

The approach of simple random sampling was employed to guarantee a neutral selection of samples from the intended population. Every member of the target population had an equal and independent probability of being included in the study. As a result, 150 students and 27 teachers were selected which includes six principals, three vice principals in charge of academics, three vice principals in charge of administration, six counsellors, and six PTA chairs.

A combination of closed- and open-ended questionnaires were used in the study. Because they were literate, respondents from all categories filled out the questionnaire. After the instrument

underwent construct validation using split-half reliability method a coefficient of 0.87 was obtained. The questionnaire was distributed by the researchers and research assistants. Inferential statistics, including Chi-square, were used to evaluate the data and test the hypotheses at the 0.05 significant level.

Result

Table 1: Chi-square test for relationship between underlying elements and students' engagement in drug and substance abuse within schools in Ekiti State.

Test	Value	df	Asymp.Sig.(2-sided)
Chi-Square	9.996	8	.009
Likelihood Radio	9.666	8	.006
Linear-by-Linear Association	.169	1	.001
No of Valid Cases	177		

According to Table 1 statistics, there is a significant correlation ($\chi^2 = 9.896$) between the underlying factors and students' drug abuse behaviour. The impact of these underlying elements on students' drug abuse is statistically significant, as evidenced by the p-value of 0.006, which is below the significance level of 0.005. As a result, we find that the underlying factors have a considerable impact on students' engagement in drug abuse and reject the null hypothesis.

Table2: Chi-square test for Drug abuse and the level of misconduct observed in Ekiti State.

Test	Value	df	Asymp.Sig.(2-sided)
Chi-Square	6,3325	8	.009
Likelihood Radio	6.2505	8	.006
Linear-by-Linear Association	.203	1	.004
No of Valid Cases	177		

The findings in Table 2 demonstrate that the χ^2 value for the impact of Drug abuse on the level of misconduct observed in Ekiti State is 6.3325. The p-value of .009, which exceeds the threshold of 0.005, indicates a statistically significant association between Drug abuse and the level of misconduct observed among students in Ekiti State. As a result, we reject the null hypothesis suggesting that Drug abuse has no significant influence on the level of misconduct observed among students in Ekiti State. It is therefore concluded that Drug abuse indeed exerts a significant influence on the level of misconduct observed among students in Ekiti State.

Table 3: Chi-square test for significant difficulties faced by School administrators when addressing incidents of indiscipline associated with drug abuse in Ekiti State.

Test	Value	df	Asymp.Sig.(2-sided)
Chi-Square	9.8985	8	.009
Likelihood Ratio	9.666	8	.006
Linear-by-Linear Association	.168	1	.001
No of Valid Cases	177		

The data presented in Table 3 reveals an χ^2 value of 9.8985 for the impact of challenges encountered by school administrators in dealing with incidents of indiscipline linked to drug abuse in Ekiti State. The p-value of 0.009, which is less than the significance level of 0.005, signifies a statistically significant influence of these difficulties on the efforts of school administrators in addressing incidents of indiscipline related to drug abuse in Ekiti State. Consequently, the null hypothesis is rejected, leading to the conclusion that the challenges faced by school administrators have a substantial impact on their ability to address incidents of indiscipline associated with drug abuse in Ekiti State.

Table 4: Chi-square test for significant impact that counselling service through Value reorientation have on administration of discipline within schools.

Test	Value	df	Asymp.Sig.(2-sided)
Chi-Square	6.3325	8	.009
Likelihood Ratio	6,2505	8	.006
Linear-by-Linear Association	.407	1	.004
No of Valid Cases	177		

The findings displayed in Table 4 indicate an χ^2 value of 6.2505 for the effect of Value reorientation on the administration of discipline within schools. The p-value of .009, which is greater than .05, demonstrates as statistically significant influence of Value reorientation on the administration of discipline within schools. Consequently, the null hypothesis, suggesting that Value reorientation would not have a significant impact on the administration of discipline within schools in Nigeria, is rejected. Thus, it is concluded that Value reorientation indeed exerts a significant impact on the administration of discipline within schools.

Discussion

The study's findings offer strong proof that there is a statistically significant link between the underlying factors and students' drug abuse behaviour. This result is consistent with that of Oshodi, Aina, and Onajole (2020), who showed that many teenagers are still ignorant of the harmful effects of psychoactive substances despite extensive public awareness efforts about them. Peer pressure, social pressure, and curiosity have been found to be the main causes of drug and substance abuse in educational settings.

Additionally, our study shows a statistically significant relationship between the reported level of misconduct in Ekiti State and drug abuse. This result corroborates the findings of Linhad (2020), who noted that drug users frequently engage in violent behaviour and show a lack of self-control. Some gangs even use human blood in their initiation rites, and the drugged-out audacity that results in this makes them more likely to commit violent crimes. The overall effect has increased rates of violence and indiscipline, which presents a significant challenge to the day-to-day operations of educational institutions.

Furthermore, our research indicates that the challenges school administrators encounter in dealing with instances of indiscipline linked to drug abuse in Ekiti State have a statistically significant impact. This result supports the claim made by Smith and Farah (2021), who highlighted that school managers and administrators are finding it difficult to control related indiscipline and falling academic standards.

Ultimately, our study finds that counselling service through value reorientation has a major influence on how discipline is handled in schools. This is in keeping with the viewpoint put forth by Ajale (2018), who supports the use of discipline management in conjunction with value reorientation as a holistic and proactive way to treat drug abuse concerns in secondary schools. It also aligns with the submission of Isaac (2020) that peer counselling gave students an opportunity to adequately understand drug abuse related issues among the students as they could easily and freely share their problems with their peers and that Peer counsellors also assisted in addressing those drug abuse related issues that students could only share with their peers, thereby helping students to develop a sense of morality, accountability, and self-awareness to make morally sound decisions.

Conclusions

In summary, our research has unequivocally shown that there is a significant and noticeable relationship between the underlying factors and students' drug and substance usage. Furthermore, a strong correlation has been found between drug and substance abuse and the degree of wrongdoing that has been reported in Ekiti State. Finally, our results confirm that value reorientation is a significant factor in how school discipline is administered. These findings highlight the importance of addressing these issues in educational settings to give kids a safer and more comfortable learning environment. Prioritizing measures that address these issues is crucial for academic institutions and policymakers who want to improve our educational system and ensure the welfare of our students.

Recommendations

It is highly advised that school administrators and other stakeholders take aggressive steps to avoid drug usage within educational institutions in light of the findings. A concentrated effort should also be made to promote a courteous and upbeat school climate where staff, instructors, and students collaborate to create a secure and encouraging environment. To accomplish this, a plan that includes value reorientation as a cornerstone of discipline management in these institutions must be implemented. This strategy will support students' general growth and well-being and create a safer and healthier learning environment. Prioritizing and implementing these suggestions with effort and commitment are essential.

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