

# **PREVALENCE OF TRAUMA AND DRUG ABUSE AMONG YOUTH IN LAGOS STATE: IMPLICATIONS FOR COUNSELLING**

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## ***Abstract***

*Drug abuse is a serious attack on Nigeria's youth. This has been a source of concern to educational stakeholders. To this end, the study investigated the prevalence of trauma and drug abuse. The study adopted survey design with at least 7,000-target population across Shomolu Zone of Lagos State. The main purpose of the study was to determine the extent to which the youth in Lagos manifest trauma and drug abuse. The study also sought to find out from both teachers and students the method adopted by teachers in handling drug abuse. A simple random sampling technique was adopted to select 200 participants. The prevalence of trauma and drug abuse scale (PTDAS) was used to collect data for this study. Three research questions were raised and three hypotheses formulated to guide the study. The data collected were analysed using mean, standard deviation and t-test. The finding of the study revealed that trauma and drug abuse were manifested at a high degree among youth in senior secondary schools. Many teachers adopt punishment technique in handling youth with drug abuse. There is no significant difference in the perception of teachers and senior students on the manifestation of trauma and drug abuse. The implication of the findings were discussed. It was recommended that Government and private sector should continue to create job opportunities for the youth.*

**Keywords:** Youth, teacher ,drug abuse providence, trauma.

## **Introduction**

Drug Abuse is both a global health issue and social problem that varies from place to place. The continuous use of psychoactive substance among youth has become a public concern worldwide, because it potentially causes deliberate or indeliberate harm or injury (whichstorm &Henga ,2003).

The youth constitute a significant proportion (over 40%) of the Nigerian population and the bulk of the labour force. About 14.4% of Nigerians are presently engaged in drug abuse 27.7% of the 14.4% were youth who should face their studies United Nations office on drug and crime( U.N.D.C ,2021).

The youth in Nigeria experiment with drugs very often. This is because at this stage, they seek pleasure from friends and age group to reduce tension. Youth that experience trauma often experience posttraumatic symptoms, which if left unresolved and may disrupt on individual life and relationship. (Weinberg, 2001).

Drug abuse victims tend to have a significantly higher rate of traumatic experience than their non-abuse counterpart when trauma is not treated. The individual may have a weakness sense of self and may turn to drug abuse or other negative behaviour on the other hand youth who misuse drug stand a greater risk of experiencing trauma. People especially youth react to trauma differently. If trauma is experienced at childhood stage, then there is tendency for the person to go into drug when he becomes a youth or an adult. The behaviour of drug abuse often serves as a negative coping mechanism to deal with trauma.

Drug can be considered as any substance other than food and water by its chemical and physical nature alter structure and function in an individual (Uba, 2012). Babalola (2014) defined drug abuse as a phenomena and attitude that occur among our youth and adult who are mostly male. It generate side effect, which could also lead to death. Many youth who supposed to lead the country to glory engage or devote most of their time on smoking and drinking alcohol that are not beneficial to their health but kill some of their body cells thereby leading to terminal. Rimfat (2006) opined that drugs simply put are substances other than food which when taken affects the body functions it can thus be concluded that drugs are substances which when taken alters the functioning of the body for a period. Drugs can be injected, ingested or inhaled into the body.

In the country as of today, there is absolutely no place that is free from the menace of drug abuse. The epidemic has assumed an alarming dimension resulting to various problems to the individual and society.

To this end, this study aims at investigating the prevalence of drug abuse and trauma in the youth particularly the youth in senior secondary schools with a view to developing in them the capacity to analyse and overcome their emotional conflict and personal socio problems. The youth in secondary schools are particularly at risk, because they are in their formative years of education.

### **Statement of Problem**

The rate at which youth, indulge in drug abuse is now a matter of concern to not only guidance counsellor and social workers but also the public. According to Modebelu (2013), drug abuse is one of the obstacles being faced in the schools (both secondary and post-secondary) these days many young people are taking different types of drugs for different reasons. They are at high risk.

Many students have dropped out of school because of the problems of drugs and substance abuse. According to Uba (2012), use of these drugs may lead to various criminal act, which will eventually lead to possible physical, social and psychological harms. They both strongly depend on local jurisdiction.

The youths are supposed to be the major agents of change and development but unfortunately, some of them have been negatively impacted by drug abuse. The overall health of the user is affected negatively. (Modebelu, 2013)

Drug abuse worldwide has resulted in higher rate of violence and crimes. According to Aina ,Oshodi and Onajole (2010) it was reported that there is a link between cultism violent behaviour and drug abuse in secondary and tertiary institution in Nigeria. It is quite evidence that youth between the ages of 25-39 constitute the bulk of drug abusers in Nigeria with cannabis, pharmaceuticals Opioids and cough syrup being the highest abused substances.

According to Okafor (2011) there is a high prevalence of drug abuse among youth especially students. The training associated with the abuse cannot be over emphasised Adejimi (2021) stated that approximately 30% of Nigerians 60 million out of about 200 million suffer from mental illness, high rate of trauma some of which is due to substance abuse. Despite having a number of psychiatric in the world. There is a growing evidence that chronic heavy use of substance can exacerbate symptoms of schizophrenic and psychosis.

Furthermore, drug abuse has caused many shattered dreams and truncated academic pursuits. It also exposes the youth to other social vices such as stealing, pilfering, pick pocketing, and shoplifting and so on in order to sustain the demand for drugs. Punishment has not proved effective in modifying behaviour as it can only suppress the undesirable behaviour for a while. The school counsellors have a great role to play in dealing with the issue of drug abuse. This study therefore aims at identifying the prevalence of trauma and drug abuse among youth in senior secondary school student and the management strategies adopted by the teachers in handling the issue of drug abuse.

### **Purpose of the Study**

The purpose of the study is to determine the prevalence of trauma and drug abuse among youth in Senior Secondary Schools. The specific objectives are as follows;

The extent to which drug abuse and trauma are manifested by the youth in senior secondary school. The extent to which counselling or punishment is used by teachers in managing youth drug abuse.

### **Research Questions**

1. To what extent do youth in Senior Secondary Schools manifest drug abuse and Trauma?
2. To what extent is counselling or punishment used by teachers in managing youth with drug abuse?
3. Is there any difference in the perception of teachers and students on the level of drug abuse?

### **Hypotheses**

1. Drug abuse and Trauma are not exhibited at high level by youth in senior schools.
2. Teachers apply more punishment than counselling in managing youth with drug abuse.
3. There is no significant difference in teachers and students report of frequent drug abuse.

### **Methodology**

The research design adopted for the study is a survey design. The population of the study comprised of about 7,000 secondary school students in Shomolu, Lagos. Simple random sampling technique was used to select 200 participants for the study (73 teachers and 127 students from senior secondary schools in Education District II. A 29-item questionnaire titled prevalence of trauma and drug abuse scale (PTDAS) was used. The instrument was administered to the teachers and students who represent the youth because they are in senior class. The data collected were analysed using mean, standard deviation and t-test.

## Result

**Table 1: The Mean and Standard Deviation on the Manifestation of Trauma and Drug Abuse among Youth in Senior Secondary Schools.**

Levels of Traumatized and Drug Abuse	N	$\bar{X}$	SD
High	54	58.50	14.59
Moderate	80	55.83	13.61
Low	66	55.25	13.67

The result indicates that drug abuse is high  $m=58.50$   $S.D = 14.59$  while the low and moderate response are  $55.25$   $SD = (13.67)$  and  $55.83$   $(13.61)$  respectively. This implies that despite all efforts being made to curb the issue of drug abuse in school. It is evident, by a study, that not much success has been recorded in government owned schools (public schools) different degree of drug abuse in class such as alcohol, opioid and stimulant and so on.

**Table 2: Mean and Standard Deviation on Differences in Perception of Youth and on the Level of Manifestation of Drug Abuse in Youth of Lagos State.**

Difference in perception drug abuse	N	$\bar{X}$	SD
Students	127	138.4	15.34
Teachers	73	140.60	16.37

The Table 2 shows the mean  $S.D$  and  $t$ . value of difference in teachers and students report on drug abuse in schools. The result indicates a non-significant difference in the level of agreement.  $t=0.8$  at  $df$  198. This implies that both the students and the teachers agreed that drug abuse is high among youth in senior secondary schools.

**Table 3**

Variables	N	$\bar{X}$	SD	P	df	Rcal	t.tab
Counselling	200	53.6	35.94	.05	198	1	.159
Punishment	200	96.3	35.94				

The result as presented on table 3 shows that a significant difference exists in the use of counselling and punishment in dealing with students drug abuse problems. This is shown in the difference in the mean score of 53.6, for those who use counselling and 96.3 for use of punishment. This implies that punishment is used more than counselling in handling drug abuse problems among youth.

On this basis, therefore, the hypothesis that states that teachers adopt the use of counselling more than punishment in managing drug abuse in youth is rejected.

Since the study revealed that teachers adopt the use of punishment more than counselling as a way of instilling discipline, it is possible their students continuous manifestation of drug abuse could be a

way of revolting. This is in line with the assertion of National crime prevention centre (2009). Youth spent much of their time in a school environment and schools are important places to implement prevention programmes that seek to reduce the risk of engaging in drug abuse. According to their numerous drug prevention programme have been evaluated over the years and have shown positive results.

### **Discussion of Findings**

The result of the study shows that there is a high rate of drug abuse among youth in senior schools. It is evident from the study that different types of drug abuse such as Hallucinogens, Alcohol, Narcotics cannabis and stimulant are manifested among youth in Lagos State. This finding is in line with the report of Adamson (2015) on the description of national survey and substance abuse in Nigeria. The study was carried out across six geopolitical zones of the country. Majority of the respondents were males 52% age 25-34, 29.6% were respondents in rural areas. Drug with the highest prevalent rate was alcohol 53.6% while cannabis was 39.6%, which was the most commonly, used among the youth. Also in agreement with the findings of the study is that of Adejimi (2021) that youth in Nigeria who practice drug abuse are many and constitute the bulk of the Nigeria population approximately 30% of them suffer from mental illness of which is related to drug abuse. This implies that all efforts are being made to curb the issue of drug abuse in schools. The study also revealed that both youth and teachers are aware of this drug abuse. There is need therefore for the teachers and counsellor, to realise the importance of counselling and reinforcement of positive behaviour in bringing about positive behavioural change among students.

### **Counselling implications**

The role of counselling in the management of drug abuse among youth cannot be over emphasised. It is the duty of professional counsellors to educate the teachers on the effective strategies that are useful in correcting drug abuse problems.

Preventing and responding to drug abuse and trauma is critical to ensuring access to education and well-being of the youth particularly among secondary school students. To this end, there is need for the counsellors to conduct regular enlightenment programme within and outside the school for the youth in secondary schools.

Counsellors should inform these youths that abstinence from illicit drug is the best option. Individual counselling or group counselling session can sometimes be helpful to handle youths who are into drugs.

### **Conclusion**

Drug abuse among youth in Senior Secondary School students is at increasing rate despite the different punitive measures being used by teachers to handle students with these problems. It is evident from the study that punishment is not a good method of handling students with drug abuse.

### **Recommendations**

Based on the findings of the study the following are recommended for curbing drug abuse and trauma among youth in senior secondary schools.

1. The school counsellor should organise a programme for the students irrespective of their age and gender on the topic that will address drug abuse.

2. There is need for teachers in secondary schools to refer students to the counsellors instead of punishing students that are guilty of drug abuse.
3. Proper moral upbringing of children by parents is recommended, as a remedy to social vices in Senior Secondary Schools.
4. Government and the private sector should continue to create job opportunities for the youth. This will help to check youth availability in times of crises.
5. Psychiatrists, clinical psychologists, and criminologists should be utilised in our schools to help in the eradication of drug abuse among youths.

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