

EFFECT OF REALITY THERAPY ON ADOLESCENTS' SUBSTANCE ABUSE BEHAVIOUR IN JUVENILE CORRECTIONAL CENTRES IN LAGOS STATE

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ABSTRACT

Substance abuse appears to be a public health concern around the world, due to its high prevalence and detrimental effect on human beings. It is very rampant among adolescents, as they tend to experiment on things a lot and are easily influenced by peers who indulge in substance abuse, reckless driving, and illicit sexual activities, among others. It is a patterned use of drugs in which the user consumes the substance in amounts or with methods that are harmful to themselves or others. The study examined the effect of reality therapy on the substance abuse behaviour of adolescents in juvenile correctional facilities in Lagos State. The study looked at how reality therapy and gender influence adolescent substance abuse behaviour in juvenile correctional facilities. The study adopted a quasi-experimental study of pre-test, post-test of two groups and control group research design, and the population consisted of 320 adolescent inmates in Lagos State's Juvenile Correctional Centres. The sample comprised of 190 adolescents who were purposively selected with self-Assessment Questionnaire on Substance Use (SAQSU) as having high incidence of substance abuse. Field data was collected using Alcohol Expectancy Questionnaire-Adolescent (AEQ-A.) and Personal Data Card (PDC). Two research questions and two hypotheses were formulated and analyzed, using analysis of Covariance (ANCOVA). The findings show that there was no significant difference between male and female adolescents' substance abuse behaviour. Again reality therapy treatment and gender do not jointly have significant effect on adolescents' substance abuse behaviour. Based on the findings of the study, some recommendations were made which include that counsellors be equipped with new counselling skill and techniques, like reality therapy which could be used to train inmates in correctional centres, with a view to helping the inmates to become better adjusted individuals who can be reintegrated back into the society.

Keywords: Reality therapy, substance abuse, correctional centre and gender

Introduction

Substance abuse has become worse throughout time on a global and national level, in terms of society and health. The use of psychoactive and illicit substances by teens and young adults has allegedly become a global problem, according to the Global Burden of Disease Study (2013). Teenagers who experience this most frequently exhibit rebellious and depressive behaviours. Teens who use drugs or alcohol, run the risk of experiencing a variety of negative effects (McLaughlin,

Campbell, & McColgan, 2016). Teenage drug usage has many detrimental impacts, including issues with the body, mind, emotions, and health (Fox & Tsang, 2005).

As a consequence of the stress that comes with modern life, both young people and adults have developed the practice of misusing numerous substances to either find pleasure, or ease their problems. Teenagers are exposed to these substances as a result of inefficient enforcement of the laws prohibiting their sale, as well as insufficient control of how drugs and substances are distributed and administered in our society. In addition to hurting the individual's mind, brain, behaviour, and health, drug addiction hurts the local surroundings as well. Drug abuse has several negative impacts on an individual and society (NIDA, 2017). How drug abuse affects a person is the foundation for how it impacts society (NIDA, 2017). Everyone, including families and communities, is impacted by substance abuse (Jai, Rehans, & Zulfigar, 2016). Teenage substance abuse can lead to a variety of problems or challenges, such as but not limited to, risky behaviours, personality disorders, sexual abuse, drug addiction, and dropping out of school. Anyanwu, Ibekwe, and Ojinaka (2016) claim that youth who use substances have a range of physical and psychological side-effects. Additionally, they discovered that teenagers are more prone to utilise drugs. This follows the general trend in Nigeria. This may be explained by males having more daring overall, but particularly during adolescence (Okike, 2009). Alcohol, illicit drugs, prescription medications, and over-the-counter pharmaceuticals, are a few examples of substances that can be misused. Drug abuse, according to the National Drug Law Enforcement Agency (NDLEA), is the excessive use of addictive drugs for purposes other than those for which they are prescribed by doctors. The World Health Organization (WHO) defines substance abuse as the use of potentially harmful or psychoactive substances, including both legal and illegal drugs. Youth substance use is influenced by several variables, including parental inclination, parental harmony, academic success, and favourable attitudes toward so-called mild drugs and substances. The biological, academic, and social standing of the parents, are also among these variables. Masic, Ramadani, Zunic, Skopljak, Pasagic, and Masic (2013). Peer group, family background (broken houses), and mental stress, are among the variables that influence juvenile drug usage or addiction in Nigerian nations, according to Musbau (2015). Peer pressure, substance accessibility, religiosity, inadequate knowledge of the harmful effects of substance use, family-related factors (such as low monitoring and a poor parent-adolescent relationship), boredom, and wealth, are just a few of the factors listed by Alhyas, Al Ozaibi, Elarabi, and Shamil (2015) as factors influencing adolescent substance use.

Adolescence is a difficult time that is characterised by independence and exploration. Adolescents are known to engage in several activities as part of their exploration. This experiment could lead to drug use, which is becoming more and more common among young people (Mahanta, Mohapatra, Phukan, & Mahanta, 2016). How teenagers see substance abuse may be influenced by their interest in, and worry over, how using illicit substances affects their behaviour and well-being. Didarloo & Pourali (2016) claim that teenage curiosity is a factor that fuels drug use. There is an inner need to keep trying until the behaviour becomes ingrained, when someone's curiosity results in the use of illegal substances, which creates exhilaration or a behaviour change.

Adolescents between the ages of twelve and seventeen are referred to as "juveniles." The Criminal Procedure Act does not apply to persons of this age who commit crimes while under the influence of drugs; the Children and Young Persons Act does. As a result, children who conduct crimes while

under the influence of narcotics, are detained in prisons and may face consequences for their acts or inactions. Criminals who break the law are forcibly incarcerated in places called correctional centres, where they are denied several privileges, as opposed to being put in jail. Adolescents accused of crimes at trial, those pleading or being found guilty of crimes at trial, may be sentenced to a certain amount of time spent in a juvenile detention facility since they are not of adult age.

Adolescence is a formative stage of life, and both boys and girls abuse various substances for several reasons throughout this time. Studies show that both boys and girls get early alcohol exposure as teenagers (Mahanta et al., 2016). Teenage females are becoming more and more addicted to drugs (Blake, Amaro, Schwartz & Flinch-Baugh, 2001; Wu, Schenger&Garlin, 2007). Furthermore, they believe that teen girls take drugs at a lower rate than teen guys. According to recent studies (Johnston, O'Malley, Bachman, & Schulenberg, 2007), women are currently more likely than males to take certain substances. According to the Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health (2010), adolescents aged 12 to 17 were more likely (than those aged 12 to 17) to report using marijuana. This is consistent with findings from the Substance Abuse and Mental Health Services Administration's National Survey on Drug Abuse and Health (2010), which showed that female adolescents aged 12 to 17, had higher rates of substance dependence and abuse (7.4%) than male adolescents in the same age group (6.7 percent). However, the National Survey on Drug Abuse and Health's findings from 2010 indicate that the rates of heavy alcohol consumption among teenage boys and girls were about equal, with 13.5 percent of females and 13.7 percent of men reporting usage (Substance Abuse and Mental Health Services Administration, 2010). The recent Corley, Stallings, Rhee, Crowley, and Hewitt (2015) study found that men are more likely than women to use drugs and vice versa. In late adolescence, they discovered that while men are more likely to fit the criteria for alcohol and marijuana dependence, women are more likely to be addicted to nicotine. According to a research by Chikere & Mayowa (2011), male youths use drugs more frequently than female teenagers. Adewuya, Ola, and Aloba (2006) found that men (94.2%) are more likely than women to use drugs (5.8 percent). Through counselling treatments, it is crucial to change the way that teenagers abuse drugs and minimise the harmful effects that they have on them.

Reality Treatment (RT) is a type of therapy that gives patients the tools they need to take control of their lives, understand their needs, make better decisions to satisfy those needs and build the resilience they need to deal with the stressors and difficulties that come with living. Reality therapy places more attention on the patient's current circumstances and less on their prior experiences. While one cannot control their feelings, they can have an impact on their thoughts and actions (Shadi & Hassan, 2016). Reality therapy may be helpful for adolescents who are at risk of using drugs or alcohol, acting out, being manipulative, or having other emotional or behavioural problems. Reality therapy may, therefore, help adolescents take more effective control of their conduct, as well as the world around them, which is why it is used to treat adolescent substance behaviour in juvenile penal institutions in Lagos State.

Statement of the problem

Substance abuse among youth appears to be a serious problem everywhere in the world. Drug-using adolescents engage in antisocial behaviours that are detrimental to their physical, mental, and emotional well-being as well as their academic objectives. In our culture, drug abuse is ruining

adolescents' lives. Teenagers may, as a result, engage in violent behaviour, prostitution, mental illness, suicide, and other deviant pursuits. This widespread problem torments adolescents. Substance abuse is the underlying cause of debilitating conditions including schizophrenia and psychosis, which might need hospitalization for psychiatric reasons (Abubakar, Kabiru, Zayyanu, Garba, Abubakar & Mohammed, 2021).

Teenage drug use appears to be an issue that will persist without preventative measures. Teenagers that participate in certain undesired behaviours, such as rape, robbery, cult involvement, gang formation, and school abandonment, may end themselves in correctional facilities. Given that they are going through such a delicate developmental stage, adolescents need to receive the attention they require. Despite efforts by both the government and non-governmental organisations to stop the tide of drug abuse, such as the establishment of the National Drug Law Enforcement Agency (NDLEA) and other governmental agencies that are engaged in sensitization campaigns, rehabilitation, and border patrol to checkmate trafficking in illicit drugs as well as enacting laws that control the manufacturing, sales, and distribution of drugs, there has been a consistent and rapid increase in the number of drug users (Anetor & Oyekan-Thomas, 2018).

Psychologists, parents, counsellors, teachers, and the general public have all voiced anxiety about the problem of substance addiction, which, if not addressed effectively by all stakeholders, would lead to an increase in deviant conduct and indiscipline among youngsters in our society. Despite the detrimental impacts that juvenile drug usage has, there have been attempts to mitigate its effects. In studies, reality therapy has been applied to modify numerous sorts of maladaptive behaviour associated with substance addiction. However, none of the studies evaluated the drug usage of teenagers in Lagos State's juvenile correctional institutions. Some of the studies include those by Fang and Gwo (2014), who looked at the effect of reality therapy on self-efficacy for substance-abusing female offenders in Taiwan; Vahidiborji, Jadidi, and Donyari (2017), who investigated the effectiveness of reality therapy on the adjustment of female adolescents with anxiety; and Shadi and Hassan (2016), who looked at the impact of group counselling with a reality therapy approach on the self-esteem of boys addicted to substances.

There is still the need for more studies on how to deal with teenagers' drug abuse behaviours and offer therapies that might successfully stop the issues of substance addiction leading to their appropriate recovery and reintegration into society. In light of this, the researcher looked at the impact of reality therapy on teenagers' drug-using behaviours in juvenile detention facilities in Lagos State.

Purpose of the study

The purpose of this study is to investigate the effect of reality therapy on adolescents' substance abuse behaviour in Juvenile Correctional Centres in Lagos State. Specifically, the study intended

1. Examine adolescent male and female substance abuse behaviour in Juvenile correctional Centres in Lagos State.
2. Investigate the interaction effectiveness of reality therapy and gender on adolescents' substance abuse behaviour in Juvenile Correctional Centres in Lagos State.

Research Questions

1. Is there gender difference in adolescents' substance abuse behaviour in Juvenile correctional centres in Lagos State?
2. What is the interaction effect of reality therapy and gender on adolescents' substance abuse behaviour in Juvenile Correctional Centres in Lagos State?

Hypotheses

The following null hypotheses were formulated for the study and tested at a 0.05 level of significance.

H_{01} : There is no significant difference between male and female adolescents' substance abuse behaviour in Juvenile Correctional Centres in Lagos State.

H_{02} : There is no significant interaction effect of reality therapy and gender on adolescents' substance abuse behaviour in Juvenile Correctional Centres in Lagos State.

Significance of the Study

The outcomes of the study will help psychologists and therapists better grasp the challenges that kids encounter with substance addiction and the adverse repercussions it has on their complete health, including their physical, emotional, mental, and social wellness. It will be advantageous for each participant in this study to receive help in altering their negative attitudes toward substance abuse, which will enhance their general perception of life and reduce their substance abuse behaviours, leading to their proper rehabilitation and reintegration into society. Additionally, it will help them to lead a healthy lifestyle and make them more valuable to themselves, their families, and society at large.

Methodology

Research Design

An experimental pre-test, post-test of two groups and control group research design was adopted for this study

Population for the Study

The population of the research included 320 adolescent boys and girls at Juvenile Correctional Centres in Lagos State.

Sample and Sampling Techniques

The sample for the study consisted of 190 adolescents in Juvenile Correctional Centre, who were previously selected from the 320 adolescents as having high incidence of substance abuse using Self-Assessment Questionnaire on substance use (SAQSU).

Research Instrument

The research instrument used for the study was Alcohol- Expectancy Questionnaire – Adolescent (AEQ-A). This was 34 – item self – report instrument developed by Brown, Goldman Inn & Anderson (1980) and Personal Data Card (PDC) consisting of 24 items which was adapted from Faji (1998).

Validity of the Instrument

The SAQSU, AEQ-A, and PDC underwent face and content validity testing. These were created by professionals from Lagos State University's Educational Foundation and Counselling Psychology departments.

Reliability of the instrument

To make sure that the constructions stay constant across items, the dependability of the SAQSU, AEQ - A, and PDC was examined using the Cronbach Alpha value. A value of 0.85 was attained, which was regarded as high. The tool was therefore reliable.

Treatment Procedure

The reality therapy treatment approach featured two groups and took place over the course of four weeks. The control group's participants got no therapy, but the researcher did nothing more than stimulate their interest during the contact session by having broad talks about teenage growth and the challenges that occur as they move into adulthood.

Session One: A basic introduction to the subject of study, essential concepts and procedures of reality treatment, and distribution of questionnaires before examinations.

Session Two: Participants are instructed on decision-making and problem-solving techniques by emphasising the steps involved in both processes.

Session Three: Determination and Self-Evaluation Abilities. The researcher explained how determination can be developed through self-discipline exercise and the steps to take in achieving it. Also, the researcher explained Self-Evaluation skills which are the ability to examine oneself to find out how much progress one has made. Self-evaluation skills are learned behaviour and abilities that help one achieve his/her goals in life better.

Session Four: The researcher looked at goal-setting techniques and evaluated reality therapy skill training generally while urging the participants to keep using the new techniques, pursue their goals, and make sure they have a positive attitude toward using drugs, which will have a significant impact on their future. The therapy sessions were then mutually ended by the researcher. The questionnaire was subsequently provided post-test.

Data Analysis

The data collected was coded and analysed using analysis of covariance (ANCOVA). A total of 190 copies of the questionnaires were returned. Having 11 invalids, hence 179 copies were used for the analysis. This corresponds with Jackie (2008) acceptable rate of 80 percent response.

Results

Research Question One

Is there gender difference in adolescents' substance abuse behaviour in Juvenile Correctional Centres in Lagos State?

In answering this question, the data collected were analyzed by simple means. The result of the analysis is presented in Table 1

Table 1: Gender difference in Adolescents' Substance Abuse Behaviour in Juvenile Correctional Centres in Lagos State

Gender	N	Pre	Post	Mean Diff.	Pre	Post	SD Diff.
		\bar{x} Mean			Std. Deviation		
Male	124	86.80	72.58	-14.22	15.315	18.404	3.089
Female	55	75.95	70.45	-5.49	14.890	17.165	2.274
Total	179	83.46	71.93	-11.54	15.955	18.011	2.057

Male adolescents in Juvenile Correctional Centres in Lagos State with a mean and standard deviation difference of -14.22 and 3.089 respectively, were better adjusted to substance abuse behaviour than their female counterparts with a mean difference of -5.49 and standard deviation difference of 2.274.

Research Question Two

What is the interaction effect of reality therapy and gender on adolescents' substance abuse behaviour in Juvenile Correctional Centres in Lagos State?

To answer this question, the data collected were analysed by simple means. The results of the analysis are presented in Table 2.

Table 2: Interaction Effect of Reality Therapy and Gender on Adolescents' Substance Abuse Behaviour in Juvenile Correctional Centres in Lagos State

Treatment	Gender	N	Pre-Post		Mean Diff.	Pre-Post		SD Diff.
			\bar{x} Mean			Std. Deviation		
RT	Male	47	86.66	60.23	-26.43	17.751	18.402	0.651
	Female	25	76.44	62.00	-14.44	12.722	18.956	6.234
Control	Male	32	85.84	82.63	-3.22	16.875	14.446	-2.429
	Female	9	89.89	84.67	-5.22	7.201	11.435	4.233

The greatest improved drug abuse behaviour was shown in male adolescents who received Reality Therapy, as shown in Table 2, with a mean difference of -26.43 and a standard deviation difference of 0.651. With a mean difference of -14.44 and a standard deviation of 6.234, female adolescents who got Reality therapy responded well.

Hypothesis One

There is no significant difference between male and female adolescents' substance abuse behaviour in Juvenile Correctional Centres in Lagos State.

To test the hypothesis, the data collected from the Correctional Centres, were collated and subjected to analysis of covariance (ANCOVA). The result of the ANCOVA is presented in Table 3

Table 3: Effect of Gender on Adolescents' substance abuse behaviour in Juvenile Correctional Centres in Lagos State.

Source	SS	df	MS	F	Sig	η^2
Corrected Model	17599.011 ^a	17	1035.236	4.152	0.000	0.305
Gender	339.471	1	339.471	1.361	0.245	0.008
Error	40145.045	161	249.348			
Total	983809	179				

In Table 3, gender effects were not significant at 0.005, ($p > 0.05$), with $F(1,161) = 1.361$, $p = 0.245$. This suggests that gender has little to no influence on teenagers' substance abuse behaviours in juvenile detention establishments in Lagos State. As a result, the idea was not proven untrue. According to the partial eta-squared value, gender only accounted for 0.8 percent of the variation when it came to influencing adolescents' drug abuse behaviours in juvenile detention institutions in Lagos State (0.008).

Hypothesis Two

There is no significant interaction effect of reality therapy and gender on adolescents' substance abuse behaviour in Juvenile Correctional Centres in Lagos State.

Table 4: Interaction effect of reality therapy and gender in modifying substance abuse behaviour in Juvenile Correctional Centres in Lagos State.

Source	SS	df	MS	F	Sig	η^2
Corrected	17599.011 ^a	17	1035.236	4.152	0.000	0.305
Treatment*Gender	595.207	2	297.604	1.194	0.306	0.015
Error	40145.045	161	249.348			
Total	983809	179				

The interaction between treatment (RT) and gender ($F(2,161) = 1.194$, $P = 0.306$) is not significant at 0.05 ($p > 0.05$), as indicated in Table 4. This shows that there was no significant relationship between the reality therapy treatment and gender that affected how adolescents in juvenile detention institutions in Lagos State used drugs. Thus, the idea was not refuted. Only 1.5% of the variation in changing adolescents' drug abuse behaviours in juvenile detention institutions in Lagos State was explained by treatment (RT) and gender, according to partial eta-squared (0.015).

Discussion

Hypothesis One

According to Hypothesis One, gender has no significant effects on adolescents' substance abuse behaviour in Juvenile Correctional Facilities in Lagos State. The findings indicate that gender has no significant influence on adolescents' substance abuse behaviour. Consequently, the null hypothesis was not rejected (table 3). The interaction between treatment (RT) and gender ($F(2,161) = 1.194$, $P =$

0.306) is not significant at 0.05 ($p > 0.05$), as indicated in Table 4. This shows that there was no detectable relationship between the reality therapy treatment and gender that affected how juveniles in juvenile detention institutions in Lagos State used drugs. Thus, the idea was not refuted. Only 1.5% of the variation in changing adolescents' drug abuse behaviours in juvenile detention institutions in Lagos State was explained by treatment (RT) and gender, according to partial eta-squared (0.015). Teenagers abuse several substances, including alcohol, psychoactive drugs, and both legal and illicit narcotics, to the point where they interfere with their everyday lives. Studies show that adolescents, both boys and girls, are introduced to alcohol while they are quite young (Mahanta et al., 2016). This has been attributed to gender-based social norms (Chikere and Mayowa, 2011). Even though gender-related characteristics are often acknowledged as having a substantial influence on patterns of illicit substance use, there is little research on the differences between male and female drug users outside of treatment settings (Powis, Griffiths, & Strang, 2009). This study reveals a gender difference in substance use prevalence, in contrast to the study by Young, Corley, Stallings, Rhee, Crowley, and Hewitt (2015), which revealed gender disparities in drug use prevalence more typically reflect greater consumption in men than in girls. The study by Johnson, O'Malley, Bachman, and Schulenberg (2007) also shows that girls use various substances more frequently than men. The gender effect in this study was insignificant due to the small variations in drug usage behaviours between male and female adolescents.

Hypothesis Two

The second hypothesis states that there is no significant interaction effect of reality therapy and gender on adolescents' substance abuse behaviour in juvenile correctional centres in Lagos State. The null hypothesis was not rejected. This suggests that neither the gender nor the reality therapy treatment had any influence on the drug abuse behaviours of teenagers. Together, the two variables explained 1.5% of the variance in the model. Reality therapy does not alter based on a patient's gender when it is used to treat teens. This validates a 2010 study by Mahanta, Mohaphta, Phankan, & Mahanta that found youth utilise a range of substances. Reality therapy was an effective treatment for altering drug use behaviours. Teenagers regularly experiment with various substances. Sadly, this experimentation may lead to drug abuse, which is growing increasingly widespread among youngsters. Staff (2018) conducted a study on the effects of teen drug abuse, and the results showed that these effects can last well into adulthood. Treatment alone can result in improvement regardless of gender. The analyses' results support those of the National Survey on Drug Abuse and Health (2010), which found that heavy drug use among teenage boys and girls was similar. But this is not in line with the research done by Young et al (2015; Kumpfer et al., 2008; 2010; 2011). Female adolescents are more likely than male adolescents to deal emotionally with drug use (Carlson & Grant, 2008). This result may be explained by the efficacy and appropriateness of the therapy used; the interaction impact of treatment (RT) was insignificant. Throughout therapy, psychological treatments support patients in applying recently acquired skills.

Conclusion

This study sought to ascertain the impact of reality therapy on substance abuse behaviour of adolescents housed in juvenile detention centres in Lagos State. The study found that there was no difference between male and female teenage substance usage behaviours. Aside from that, reality therapy offenders who took part in the programme adjusted effectively to their drug-using behaviour. It has been proven that intervention programmes for drug abuse behaviour are more

effective when participants get skill training rather than just knowledge. However, gender had no moderating impact when employing reality therapy to address teens' drug-using behaviours.

Implications for Counselling

1. Occasionally, programmes for teenagers should be put up with the aid of counsellors to inform them of the dangers of indulging in substance abuse behaviours. The adolescents will gain from this because they will acquire new values and attitudes that will prompt them to reflect on their actions and modify their behaviour.
2. Counsellors should focus more on the reasons and consequences of teenage drug use during counselling sessions, and then direct their efforts toward preventing such behaviour from appearing.

Recommendations

Based on the findings from the study, it is recommended that:

1. Counsellors should self-train and attend seminars, workshops, and conferences to get familiar with cutting-edge counselling practices like reality therapy.
2. Counsellors for juvenile detention facilities should be made available so they may work effectively with social workers and caretakers to help inmates become better-adjusted people who can be reintegrated back into society.
3. Counsellors should instil social skills, attitudes, a strong sense of self-worth, practical knowledge, and interests in adolescent criminals to help them grow into productive members of society when they get older and out of detention.

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