

POSITIVE PARENTING AND SUBSTANCE ABUSE AMONG UNDERGRADUATES IN KWARA STATE

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Abstract

Parenting is the raising, promoting, supporting the physical, emotional, social and intellectual development of a child, from the time the child is born until adulthood, However, positive parenting aims to bring out the best in our children by highlighting their assets. Therefore, this study investigated the positive parenting and substance abuse among undergraduates in Kwara State. The study's goal was to determine the connection between positive parenting and substance abuse among undergraduates in Kwara State. For the study, a correlational research design was used. The study's participants comprised all undergraduates in universities in Kwara State. Purposive Sampling Procedure was used to select 150 undergraduates in universities Kwara State. Nicomachus Positive Parenting Scale (NPPS 2017) and Kansas Substance Missuse Scale (2019) were used to collect the necessary data. The data collected were analysed, using Pearson Product Moment Correlation, at a significance threshold of 0.05. The results showed that there was a strong correlation between positive parenting and substance abuse among undergraduate students in universities in Kwara State. ($r_{cal} = 0.37$, $df = 148$ and $p < 0.05$). Discussion of the findings and appropriate suggestions are made, which include the fact that parents, counsellors, religious leaders, counselling psychologists, government and the entire society, should play their roles as expected, so as to curb the menace of substance abuse among undergraduates.

Keywords: *Substance abuse, positive parenting and undergraduates.*

Introduction

The role of parents over their children's life cannot be over emphasized. It is assumed that parents have dreams for the children they bring into the world. They create some techniques to help the kids progress through life's stages, in the direction of realizing the vision and adhering to the social norms, in order to achieve this goal. Parenting styles are a method that parents frequently employ to guide and mold the lives of their kids. Parenting style is a psychological construct representing standard strategies that parents employ in their child rearing practices to realize their tacit goals for their children (Dike & Galadinma, 2017). Parenting is a complicated activity that involves numerous particular behaviors that interact both singly and collectively to affect the outcomes of child upbringing.

The purpose of parenting is to ensure the survival and growth of the child. The Latin word "parere," which means "to bring forth, develop, or educate," is the source of this word. The word 'parenting' is more concerned with the activity of developing and educating children (Clarke & Stewart, 2016). The word has the impression that parenting is a good, nurturing activity. Child-rearing style is the practice of bringing up children. It is the style which parents adopt in raising their children from the time they are born to adulthood. Sumargi (2019) recorded that parenting style refers to the aspects of raising, promoting, supporting the physical, emotional, social and intellectual development of a child, from the time the child is born until adulthood.

According to Eisenberg (2019), parenting is a complex process that involves more than just a biological connection. The biological parent(s) of the kid in question—the father, the mother, or both are the most frequent caregivers. However, a surrogate caregiver can also be an older sibling, a stepparent, a grandparent, a legal guardian, an aunt, etc. Governments and society might also play a part in raising children. Many times, non-parental or non-blood relatives provide parental care for orphans or abandoned children. Others might be placed in orphanages, adopted, or reared in foster care. A parent or substitute with good parenting abilities may be referred to as a good parent, because parenting abilities vary. Parenting styles are conceptualized as a constellation of attitudes or a pattern of parental authority towards the child which are conveyed to the child, creating the emotional context for the expression of parent behaviour (Laung, 2018). It refers to the way in which parents bring up their kids. This can be applied to the parents' levels of expectations, performance requirements, attentiveness to rules, etc., as well as the methods of punishment they employ to enforce their expectations. It is a strategy used by parents to raise a child (Christopher, 2017).

Children's behaviour and disciplinary attitudes depend on what they perceive from their parents. Parenting is not just about promoting a child's physical development; it is also about encouraging their cerebral development (Jinnah, 2013). Parents unquestionably have the biggest influence on the character of the children's development and how successful they are in life as they become older. The life of children are not complete without their families. The family molds and nourishes them from a young age into adulthood. Give your children a sense of family and explain to them why it is essential. If you do so, your children are more likely to grow up respecting and loving their family no matter what.

Positive parenting aims to bring out the best in our children by highlighting their assets. Positive behaviours are celebrated and encouraged, rather than bad ones are aggressively sought to be prevented. Positive parenthood is a loving and kind approach to parenthood that promotes healthy parent-child relationships. Some skills can be used by parents to make positive parents, including validation, balance, listening and support. Good parenting is a basis for better social and academic skills, and it involves wholesome parental participation and involvement in children's daily lives. A secure attachment leads to a healthy development of society, emotions, cognition and motivation. We can go far into how effective parenting is in preparing the children for social interaction. It is a fact that child development may be positive or negative effect on their academic, mental, behavioural and social conduct depends on their parental behavior (Joseph, 2018).

Alcohol and illegal narcotics are examples of psychoactive substances that are classified as "substance misuse" by the National Drug Law Enforcement Agency (NDLEA). The most often

misused substances include alcohol, tobacco (cigarettes, gutka, pan masala), marijuana (ganja), bhang, hashish (charas), several types of cough syrups, sedative tablets, brown sugar, heroin, and cocaine. Drug abuse is another name for substance abuse. A pharmaceutical preparation or a naturally occurring substance used primarily to bring about a change in an existing process or state (physiological, psychological or biochemical), can be called a drug (NDLEA, 2016).

To put it simply, a drug is any chemical that modifies a person's ability to function physically or mentally. A drug's use may or may not be lawful, and it may or may not have medical use. The term "drug use" refers to the use of a substance to treat a condition, prevent a disease, or enhance health. However, a drug is considered to be "abused" when it is used for purposes other than those for which it was prescribed, or when it is used in a quantity, intensity, or pattern that compromises a person's physical or mental health. Any kind of substance, including those having therapeutic applications, is susceptible to abuse. Drugs that are illegal, such as ganja and brown sugar, provide no therapeutic use. Abusing them means using them.

Public health issues are raised by student substance usage. When drugs are used at this young age, drug dependence later in life is more likely to occur. There has been a rise in licit and illicit drug use among young people worldwide, according to studies. According to reports, drug dependence and illness load in all its manifestations were most prevalent among people between the ages of 20 and 29. As a result, the age at which substance abuse started to occur was gradually declining. When compared to peers who have not attended college, university students have a larger risk of engaging in the vice. Substance usage often peaks between the ages of 18 and 25. Given the harmful social and health effects of the vice and the connection to other issues, this made it a public health concern.

According to the 2018 estimates of the United Nations Office on Drug and Crime (UNODC), over 36 million people in the world have drug use disorders, while 275 million people globally engaged in drug abuse. Until recently, this amounted to 7% of the world's population, but the proportion of drug users may possibly be much higher. Nearly 3 million of the approximately 14.3 million drug users in Nigeria at the time had a drug use disorder. As a result, the proportion of drug users may be significantly higher. As more nations reported rises in illicit drug use and misuse rather than declines, UNODC claims that the worldwide problem is continuing to spread geographically. This is a concerning trend. The most widely abused illicit substances worldwide are cannabis consumed by an estimated 160 million people, followed by the Amphetamine– Type Stimulants (ATS) consumed by around 34 million people, according to estimates provided by UNODC (Nations & Crime, 2010). These numbers could undoubtedly be lot higher right now.

Statement of the Problem

Due to the chaos, it has generated in families, schools, and the larger community, substance misuse among university students is a serious issue that affects our society. It not only worries professors and parents, but also the government and the general public. The social endemic condition of substance misuse has caused greater harm, encouraged a criminal culture, and led to a decline in values throughout the nation. The majority of public institutions were affected by this condition, which led to low academic performance, theft, criminal tendencies, assault, rape, robbery, cult-related, and fighting activities among undergraduates. Despite all the measures, such as institutional laws and regulations, penalty and strategies that have been deployed to curb and control the danger

of drug use among children, crime, violence, rape and various forms of criminalities continue to spread in public universities.

Drug abuse and other illicit drugs are common in public universities in Nigeria from which Kwara State is not exempted. This may be so, due to the negligence of parents at the family level which involves building bad family structures and creating a negative impression for the children in the family. Hence, substance abuse has brought about grave health challenges and social consequences, such as risky behaviour, poor educational achievement, mental illness, violence, injury, absenteeism to school, stealing, crime and anti-social behaviour. To curb this menace, parents have a crucial function to play in a child's upbringing from childhood to adulthood. Therefore, this study attempts to address positive parenting and substance-abuse amongst undergraduates in universities in Kwara State.

Purpose of the Study

This study's primary goal was to investigate the positive parenting and substance abuse among undergraduates in universities in Kwara State?

Research Question

Is there any significant relationship between positive parenting and substance abuse among undergraduate students in universities in Kwara State.

Hypothesis

H01: There is no significant relationship between positive parenting and substance abuse among undergraduate students in universities in Kwara State.

Methodology

For this study, a correlational research design was used. The goal of the study was to ascertain how positive parenting and substance abuse among undergraduates in universities in Kwara State. This design affords the three authors to collect different data from the same set of respondents and subject the collected data to appropriate correlational statistics. The undergraduate students in all Kwara State universities, made up the study's population. Simple random and purposive sampling procedure was used in this research. The respondents for this research were 150 undergraduates selected from Al-Hikmah University located in Ilorin, Kwara State, and Kwara State University in Malete.

Positive parenting was measured by Nicomachus Positive Parenting Scale (NPPS, 2017). This scale is designed to assess parenting style, it consists of 30 items structured in five Likert response format. Each of the styles has 10 items. The attainable maximum and minimum score are 10 and 50 on each sub-scale. The scale is used in Nigeria by Abdulkareem (2022), which reported reliability coefficient of 0.75 for the scale. Substance Abuse of the participants is determined by Kansas' (2019), Kansas Substance Misuse Scale (KSMS). This scale was constructed with the five-Likert answer structure with possibilities for responses that include Strongly Agree to Strongly Disagree. The items of the scale are 25 and the highest and lowest possible scores are 25, and 125, respectively. The scale yielded a reliability coefficient of 0.82. The scales were adapted.

The researchers themselves administered the study's instruments on the respondents in the sampled universities. They were informed of the purpose of the research and their consent was sought before the administration of the instruments. They were assured of the confidentiality. It was requested of the respondents not to write down their names and matriculation numbers. With the help of two research assistants, the researcher gathered data. In order to establish a relationship with the respondents before administering the questionnaire, conversation was had with them.

Pearson Product Moment Correlation (PPMC) was used to analyse the collected data. Positive parenting and substance addiction among undergraduates in universities in Kwara State were examined using PPMC.

Analysis and Result

Hypothesis One

Ho1: *There is no significant relationship between positive parenting and substance abuse among undergraduates in universities in Kwara State.*

Table 1: PPMC Presentation the Relationship between positive parenting and substance abuse among undergraduates in universities in Kwara

Variable	No	\bar{X}	Sta. Devi.	df	r. Cal	r. Crit	P
Postv Prntng	150	33.73	9.23				
Sbtnce Abse	150	78.21	12.34	148	0.37	0.2	****

(Critical region that is significant at 0.05)

The Table displays the findings from the investigation of Hypothesis one. According to the Table, r. calculated = 0.37, r. crucial = 0.2, and df = 148. The null hypothesis is disproved since r. calculated (0.37) is bigger than r. crucial (0.2). The association between good parenting and substance misuse among undergraduate students in public universities in Kwara State is therefore noteworthy.

Discussion and Conclusion

The hypothesis demonstrated that there was a strong correlation between positive parenting and substance-abuse among undergraduate students in public universities in Kwara State. This result is in corroborations the findings of Oshodi (2019), who observed that positive parenting guards against anti-social behaviour of their children. The analysis also showed positive parenting find it easier to share problems with their children in the family. It was also noticed from the analysis that positive parents insist on the kind of friends their children keep, so as to control them against negative attitudes. The study showed that parents contribute to their children's abuse of drugs and positive parents are friendly to their children.

Pretorius (2013) posited that authorities on the child behaviour development generally accepted the assumption that parents, as primary caregivers exert the original perhaps the more significant influence on the development of the child. A child's development is, therefore, strongly influence by the parenting style, his environment and culture in which they grow (Louw, 2014). As a result, the bond between parents and children is crucial. The manner in which children are interacted with,

disciplined, and dealt with in terms of their behaviour and emotions directly affects how they develop. The example set by parents is extremely important as a basis for interpersonal relation and social behaviour (Tihamiyu, 2017). Over time, parental supervision can have a big impact on male children's externalizing behaviors and drug usage patterns. Specifically, the researchers found that parents becoming more aware of what their teen was doing and paying closer attention to his whereabouts and actions was associated with decreases in substance use and delinquent activities by the child (Fosco, 2012).

Inconsistent punishment has also been demonstrated to play a significant effect in the behaviors of male adolescents, in addition to parental supervision and closeness. A recent study discovered that children's externalizing tendencies increased as a result of parents' inconsistent discipline, which included delaying punishment and punishing for an action one time but not another. This study also found that lack of parental monitoring was linked to an escalation in the child's externalizing behaviours (Mercer, 2020).

Also consistent with previous research in the United States, higher levels of positive parenting practices were associated with lower odds of child reported lifetime use and use intentions across substances examined (Yabiku, 2020). The sole exception was the use of inhalants; according to our findings, there was hardly any risk decrease for this behavior. Generally speaking, lower levels of direct supervision were linked to a slight increase in the likelihood of reporting substance use or plans. However, there was a noticeable difference between the reference group and undergraduate students, in terms of the risk for reporting the use of illicit substances (i.e., 69 percent marijuana, 94 percent inhalants, and 65 percent other substances). These results might indicate that there are more chances for young people to take illegal substances, when they spend most of the day away from their parents' supervision (Van Ryzin, 2012).

Conclusion

The research concludes that there was significant correlation between positive parenting and substance abuse among undergraduate students in public universities in Kwara State. This implies that positive parenting has great influence on behaviour of undergraduate students.

Recommendations

Based on the results of the research, the following recommendations were made:

1. Parents should devote more time to the training of their children. They should not leave the discipline and education of their children in the hands of the teachers and house helps alone.
2. Parents must carefully watch their children's play mates, check the company they keep, and move with, check and sensor the type of films they watch.
3. Campaigns against substance use should be incorporated in school curricula of universities with special attention to the adverse consequences of the substance used.
4. Guidance and Counseling Units should be established in all Departments to address student's personal, emotional and educational needs.

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