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HEALTH WORKERS PERCEPTION OF CAUSES AND PREVENTION OF DRUG ABUSE AMONG PEOPLE IN ILORIN METROPOLIS, KWARA STATE.

A. Dare Baba¹ M.T. Ajadi²

Abstract

This study examined Health Workers perception of causes and prevention of drug abuse among people in Ilorin Metropolis, Kwara State. The study population comprises of all people in Ilorin Metropolis, Kwara State. A stratified random sampling technique was used to select three hundreds (300) respondents mainly health workers used for the study. The main instrument used for collecting data for the study is researcher structured questionnaire which were validated and tested with the use of test re-test reliability method. A reliability correlation coefficient of 0.81 was obtained from the pilot test. In all, four (4) hypotheses were generated and tested with the use of chi-square (χ^2) statistical method at 0.05 alpha level of significance. The finding of the study revealed that peer pressure constitutes significant cause of drug abuse. Also, drug education has assisted in prevention of perceptual drug abuse. Based on this finding the study recommends that parents/Guardians should try as much as possible to guide the conducts and be observant of their wards. There should be effective drug education on harmful effects of drug abuse and misused.

Introduction

Drug is any substance that appears in liquid solid and powder form which when taken usually interfere with the body function(s). Almost all the drug used by people worked with central nervous system. Udoh, Fawole, Ajala, Okafor and Nwana (2000) posited that a drug is any substance other than food stuff intended for use in the diagnosis, cure, treatment or prevention of disease(s).

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The use and misuse of drugs have been a recurring issues in all our daily endeavour. There are diverse views on the issues. Baba (2010) stated that one school of thought sees use of drugs as an inexplicable procedure for addressing numerous health and health related problems such as treatment of diseases, control of vectors, purification of water and other consumable products. Drug abuse is a common phenomenon which usually resulted from intentional or unintentional quest to produce desirable effect in an individual or abuser(s). The term drug abuse can be simply conceived as indiscriminate use of drug without consideration for recommended dose. Aliyu (2014) cited Goode (2002); Ese and Rosemary ((2012) that drug abuse or substance abuse is arbitrary overdependence or misuse of one particular drug before any medical diagnosis from the qualified health practitioners.

Baba (2010) noted that the other school of thought empathically maintained that the use and misuse of drug is by product of extraneous variables or modified negative factors that exert effects on behavioural instincts of people. The extraneous variables or modified negative factors include performance enhancement, curiosity, peer influence, experimentation and so on. Aliyu (2010) stated that substances or drugs is as old as man, and that people consume various drugs for various reasons which include diagnosis, prevention, cure, maintenance of health and alleviation of pain and suffering.

It has been observed that one of the leading causes of drug abuse is the desire to improve and enhance an individual action and performance. In most of drug abuse cases, the quest to increase energy input and instinct that speed actions and reactions to a given phenomenon. The desire effects of drug abused vary as there are variance human actions and inactions. The abuse in this situation common to people that want to improve their performance during sexual intercourse, sporting activities, rigorous work on so on. National Drug Law Enforcement Agency (1992) maintained that people abuse drug in order to enhance performance especially among the athletes and artist.

Sambo (1991) asserted that the therapeutic use of drugs/substances is a great discovery by man to cure his ailment, yet substance abuse still remains one of the greatest hazards to man, because when a substance is abused, it can render the victim useless. Amosun, Ige and Ajala (2010) noted that drug foster a sense of relaxation and sedation which help abusers to escape the reality of environmental stress such as urbanization, the pressure to get ahead in school and business, unfair distribution of income, poverty and family problems.

One of the sociological factors responsible for drug abuse among people is peer group influence. Some people take certain drugs because such drugs are

commonly used by their groups to ignite actions for accomplishing dastardly goals. Udoh, Fawole, Ajala, Okafor and Nwana (2002) asserted that peer group influence plays vital role in the drug problem of a society. The researchers stressed that the visible means of defying orders of constituted authorities by the youths and at time growing adults is to abuse drugs that make them high.

The incidence of substance abuse is at time resulted from excessive intake of drugs that act directly on central nervous system. It has been discovered that indiscriminate intake of psycho-active drugs account for the cause of substance abuse. This often lead to psychological drug dependence. Most drug misusers take some narcotic or sedative drugs in excess of the recommended dose just to ampere mental alertness of the dependant(s). Oluremi (2012) emphatically stated that the need to experiment on different psycho-action drugs such as alcohol, tobacco, sedative led to psychological dependence on drugs. The use and misuse of drugs for this purpose make people feel fulfilled.

The rate at which majority of people within the metropolis abuse drugs calls for urgent action. There is need to expadite actions that will serve as lasting solution(s) to the problems. One of the preventive measures to substance abuse is initiation of drug education as massive enlightenment programme for the abusers. The massive enlightenment campaign will improve and enrich the knowledge, attitude and practice of drug misuses on common causes of drug abuse and methods of preventing them. Oliha (2014) reiterated that drug abused can be prevented through application of health counselling and drug education in schools and society at large.\

Apart from the massive enlightenment programme, substance abuse can be prevented through promulgation of enabling law and edicts. One of the viable control measure against substance abusers most especially those that have to do with misuse of psycho-active, narcotic, tranquilizers and so on, is legislation against sales and usage of commonly abuse drugs. It is enforcement of strict and severe penalties that will prevent and ensure drastic reduction of incidence of substance abuse in the society. Ogege (2015) tacitly submitted that drug prohibition policies and laws are premised on the health, social and economic implications of certain drugs especially those that have psychoactive drug effects.

Research Questions

The following research questions guided the study:

- Does performance enhancement constitutes cause of drug abuse among people in Ilorin Metropolis, Kwara State;

- Does peer pressure constitutes cause of drug abuse among people in Ilorin Metropolis, Kwara State;
- Does psychological drug dependence constitutes cause of drug abuse among people in Ilorin Metropolis, Kwara State;
- Does drug education and enlightenment programme prevent abuse of drug among people in Ilorin Metropolis, Kwara State;
- Does promulgation and enforcement of enabling law prevent abuse of drugs among people in Ilorin Metropolis, Kwara State;

Research Hypotheses

The following research hypotheses were formulated and tested at 0.05 level of significance for the study:

- Performance enhancement will not constitute significant cause of drug abuse among people of Ilorin Metropolis, Kwara State.
- Peer pressure will not constitute significant cause of drug abuse among people of Ilorin Metropolis, Kwara State.
- Psychological drug dependence will not constitute significant cause of drug abuse among people of Ilorin Metropolis, Kwara State.
- Drug education and enlightenment programme will not significant prevent abuse of drugs among people of Ilorin Metropolis, Kwara State.
- Promulgation and enforcement of enabling law prevent abuse of drugs among people of Ilorin Metropolis, Kwara State.

Methodology

This study adopted descriptive survey research design. The population comprises of all the people in Ilorin metropolis, while the target population consists of all the health workers within the Kwara State metropolis. In all, three hundred (300) out of three thousand, two hundred (3,200) health workers were selected through stratified random sampling technique. The main instrument used for the study is researchers design questionnaire which were adequately validated by experts in the field of drug education; health promotion and environmental health education. A test re-test method was employed to determine reliability level of the research instrument. A reliability correlation coefficient of 0.81 was obtained from the analysis of the pilot test.

In all, five (5) research hypotheses were use for the study. The data generated for the study were analysed with the use of inferential statistics of chi-square (χ^2) at 0.05 alpha level of significance.

Ho1: Performance enhancement will not constitute significant cause of drug abuse among people of Ilorin Metropolis, Kwara State

Table 1: Shows chi-square (χ^2) analysis of performance enhancement as cause of drug abuse

S/N	Item	SA	A	D	SD	Row Total	Cal value	Df	Crit value	Dec.
1	People take drugs to improve their energy for effective performance of task assigned them.	14 (17.33)	256 (259.33)	19 (17.33)	11 (6)	300	35.65	6	12.59	Hypothesis rejected
2	Some men take drug to stimulate and enhance their performance	28 (17.33)	242 (259.33)	28 (17.33)	2 (6)	300				
3	Athletes and sports men and women take drug for their better performance in sporting activities and events	10 (17.33)	280 (259.33)	5 (17.33)	5 (6)	300				
Total		52	778	52	18	900				

The result of tested hypothesis one (1) shown in the table above indicated that the calculated chi-square (χ^2) value is 35.65 against the critical value of 12.59 also with degree of freedom of 6 at 0.05 alpha level of significance. Since the calculated value is greater than the critical value, the above stated hypothesis is therefore rejected. This means that performance enhancement constitute cause of drug abuse among people in Ilorin Metropolis, Kwara State.

Ho2: Peer pressure will not constitute significant cause of drug abuse among people of Ilorin Metropolis, Kwara State

Table 2: Shows chi-square (χ^2) analysis of peer pressure as cause of drug abuse

S/N	Item	SA	A	D	SD	Row Total	Cal value	Df	Crit value	Dec.
1	Some people use drug indiscriminate as a result of false information and wrong testimony by their age grade that use such drug.	25 (24.67)	235 (243.33)	28 (25.33)	12 (6.67)	300	42.29	6	12.51	Hypothesis rejected
2	Many young people indulge in the use of drugs in order to	39 (24.67)	220 (243.33)	36 (25.33)	5 (6.67)	300				

	nefarious activities and commit crime with peer group									
3	People misuse or abuse drugs because their friends and associates conditioned them.	10 (24.67)	275 (243.33)	12 (25.33)	3 (6.67)	300				
Total		74	730	76	20	900				

The result of tested hypothesis two (2) shown in the table above indicated that the calculated chi-square (χ^2) value of 42.29 against the critical value of 12.59 with degree of freedom of 6 at 0.05 alpha level of significance. Since the calculated chi-square value is greater than the critical value, the above stated hypothesis is hereby rejected. This means that peer group pressure constitute cause of drug abuse among people in Ilorin Metropolis, Kwara State.

Ho3: Psychological drug dependence will not constitute significant cause of drug abuse among people in Ilorin Metropolis, Kwara State.

Table 3: Shows chi-square (χ^2) analysis of psychological drug dependence as cause of drug abuse

S/N	Item	SA	A	D	SD	Row Total	Cal value	Df	Crit value	Dec.
1	People take drug in order to control their emotion and make them feel better.	50 (40)	215 (226.67)	30 (23)	5 (10.33)	300	16.82	6	12.59	Hypothesis rejected
2	Some people use overdose unprescribed of drugs to suppress their brain and induce sleep.	27 (40)	243 (226.67)	18 (23)	12 (10.33)	300				
3	People form habit of using certain group of drug such as butazolodine, Daga, Chloroquine, Alcohol and so on to the point that body function often disrupted if discontinued.	43 (40)	222 (226.67)	21 (23)	14 (10.33)	300				
Total		120	680	69	31	300				

The result of tested hypothesis three (3) shown in eh table above indicated that the calculated chi-square (χ^2) value of 16.82 against the critical value of 12.59 with the degree of freedom of 6 at 0.05 alpha level of significant. Since the calculated value is greater than critical value, the above stated hypothesis is hereby rejected. This means that psychological drug dependence constitute cause of drug abuse among people of Ilorin Metropolis, Kwara State.

Ho4: Drug education and enlightenment programme will not significant prevent abuse of drugs among people in Ilorin Metropolis, Kwara State

Table 4: Shows chi-square (χ^2) analysis of drug education as preventive measure of drug abuse

S/N	Item	SA	A	D	SD	Row Total	Cal value	Df	Crit value	Dec.
1	Periodic public enlightenment given to people as massive campaign against misuse of drug often help to prevent drug abuse.	60 (36.67)	218 (236)	18 (21.33)	4 (6)	300	65.72	6	12.59	Hypothesis rejected
2	School based drug education offered by students in school helps to prevent drug abuse.	38 (36.67)	252 (236)	8 (21.33)	2 (6)	300				
3	The workshops, symposium and health conselling organizes by health workers and social workers help in prevention of drug substance abuse.	12 (36.67)	238 (236)	38 (21.33)	12 (6)	300				
Total		110	708	64	18	900				

The result of tested hypothesis four (4) shown in eh table above indicated that the calculated value of 65.72 against the critical value of 12.59 with degree of freedom of 6 at 0.05 alpha level of significance. Since the calculated value is greater than the critical value, the above stated hypothesis is hereby rejected. This means that drug education constitutes significant preventive measure of drug abuse among people in Ilorin Metropolis, Kwara State.

Ho5: Promulgation and enforcement of enabling law prevent abuse of drugs among people in Ilorin Metropolis, Kwara State

Table 5: Shows chi-square (χ^2) analysis of promulgation and enforcement of enabling law as preventive measure of drug abuse

S/N	Item	SA	A	D	SD	Row Total	Cal value	Df	Crit value	Dec.
1	The law against sale of fake and counter-felt drugs has assisted in control of drug and misuse.	32 (23.33)	228 (243.33)	30 (24.33)	10 (9)	300	13.01	6	12.59	Hypothesis rejected
2	The law on arrest and punishment of the pharmacists and chemists that sell drugs without doctors prescription really help in prevent and abuse.	16 (23.33)	254 (243.33)	18 (24.33)	12 (9)	300				
3	The recent monitoring arrest and closure of shops of patent medicine drug has assisted in prevention and control of drug abuse.	22 (23.33)	248 (243.33)	25 (24.33)	5 (9)	300				
Total		70	730	73	27	900				

The result of tested hypothesis five (5) shown in the table above indicated that the calculated chi-square (χ^2) value of 13.01 against the critical value of 12.59 with degree of freedom of 6 at 0.05 alpha level of significance. Since the calculated value is greater than the critical value, the above stated hypothesis five above is hereby rejected. This means that promulgation and enforcement of laws constitutes significant preventive measure of drug abuse among people in Ilorin Metropolis, Kwara State.

Discussion of Findings

The result in table 1 revealed that performance enhance cause drug abuse among people in Ilorin Metropolis, Kwara State. This finding is in line with the finding of NDLEA (1992) that people abuse drug in order to enhance performance especially among athletes and artists.

The findings in table 2 showed that peer/group pressure constitute remarkable cause of drug abuse among people in Ilorin Metropolis, Kwara State. This finding agreed with the finding of Udo et al (2002) that peer pressure plays vital role in the drug problem of a society. The researcher maintained that the visible means of defying orders of constituted authorities by the youths and adults is drug or substance abuse.

The result in table 3 revealed that psychological dependence constitute cause of drug substance abuse among people in Ilorin Metropolis, Kwara State. This finding corroborate Oluremi (2012) earlier finding that the need to experiment on different psychoactive drugs such as alcohol, tobacco, sedative led to psychological dependence on drugs.

Conclusion

Based on the finding of the study, the following conclusion were drawn:

- Performance enhancement constitute cause of drug abuse;
- Peer pressure constitute cause of drug abuse;
- Psychological drug dependence constitute cause of drug abuse;
- Drug education constitute viable preventive measure against drug abuse;
- Promulgation and enforcement of law against abusers constitute effective preventive measure against drug abuse.

Recommendations

Based on the conclusion drawn above, the following recommendations were drawn:

- People should be conscious of the drugs they use and avoid overdose on the pretence of improving performance.
- Parents, guidance and individual should always watch their wards to detect and correct unethical behaviour they may likely exhibited.
- People should control their use of psychoactive drugs and avoid depending on certain drug(s) for survival.
- The governments schools authorities, non-governmental organization should try as mush as possible to mount heavy campaign against use of

drug by people. Drug education should be incorporated into the curriculum of all levels our educational system.

- Governments and their various agencies should not only make policies and laws, but must ensure compliance at all time.

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