

Institute JOURNAL of Studies in EDUCATION



Vol. 5, Nos. 1 & 2
NOVEMBER 2015 / NOVEMBER 2016

Published by
INSTITUTE OF EDUCATION
University of Ilorin, Ilorin, Nigeria.

INSTITUTE JOURNAL OF STUDIES IN EDUCATION

Published by:
INSTITUTE OF EDUCATION
*University of Ilorin,
Ilorin, Nigeria.*

ISSN: 0795 - 2199

VOLUME 5, NO. 1, (2015)

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TABLE OF CONTENTS

Page

1. Relationship between support services and academic performance of undergraduate distance learners of the University of Cape Coast, Ghana. — **Dr. E. Dawson-Brew**..... 1
2. Knowledge and practice of non-marital cohabitation among undergraduate students in Niger Delta University, Bayelsa State, Nigeria — **Dr. Daisy I. Dimkpa & Dr. Lydia A. Wilcox**..... 17
3. Determination of heavy metals in water sources around Katsina-Ala metropolis of Benue State: Educational implications. — **Ajaga, D., Lorungwa, M.S. & Akwaka, J.C.**..... 28
4. Effects of a 10-week structured training programme on chest pass and bounce pass among female secondary school basketball players in Benin metropolis — **Raphael F. Ani, Dr. Agharese Efe-aigbovo & Prof. Elias O. Agwubike** 39
5. Prevalence of father-daughter incestuous relationship as perceived by literate adults in Gombe State, Nigeria — **Dr. A. O. Oniye, Dr. M.I.A. Mustapha, D. O. Adebayo, & Joel Dogo**..... 53
- ✓ 6. Prevalence of drug abuse among students of tertiary institutions in Kwara State, Nigeria — **Adegboyega, Lateef Omotosho, Ajiboye, Samuel Kolawole & Adigun, Akeem Ayodeji**..... 62
7. From the UPE to the UBE: Some philosophical and historical reflections and imperatives for effective citizenry participation — **Dr. Ike P. Aghaosa**..... 77
8. A comparative analysis of principals' gender in the management of peace in Secondary Schools in Kwara State, Nigeria — **Dr. O. J. Ojo, Dr. A. T. Murtala, Dr. A. A. Lawal**..... 89
9. Impact of ICT facilities on students' academic performance in Nigerian educational system: A theoretical perspective — **Dr. Florence O. Daramola, Prof. Mudasiru O. Yusuf**..... 97
10. Causes of communication breakdown in marriage as expressed by married adults in Kwara State, Nigeria — **Dr. Mary O. Esere & Taiye C. Sitan**.... 107

PREVALENCE OF DRUG ABUSE AMONG STUDENTS OF TERTIARY INSTITUTIONS IN KWARA STATE, NIGERIA

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Abstract

Drug abuse among young people is a global problem that has been a great source of concern to all stake holders in education. Despite several steps that have been taken to control the situation, drug abuse prevalence is still on the high side among young people. In order to curb the problem of drug abuse among youths, this study thus investigated the prevalence of drug abuse among students of tertiary institutions in Kwara State, Nigeria. The study also examined the influence of variables of religion and family type on the prevalence of drug abuse among students of tertiary institutions in Kwara State, Nigeria. Descriptive survey research design was adopted for the study. Simple and stratified random sampling techniques were adopted to draw a total of 450 respondents who participated in the study from the three senatorial districts of Kwara State. The instrument for data collection was the prevalence of drug abuse questionnaire (PDAQ). The data collected were analysed through the use of frequency counts, percentages, t-test and Analysis of Variance (ANOVA) at 0.05 level of significance. The major findings showed a high prevalence of drug abuse among students of tertiary institutions in Kwara State, Nigeria. The findings equally showed no significant difference in the prevalence of drug abuse among students of tertiary institutions based on religion and family type. Based on the findings of the study, it was recommended that peer counselling be organized among the students; counsellors should be employed in schools to enlighten students on the danger inherent in drug use/abuse, authorities of tertiary institutions should include drug programmes in the general subjects (GNS) curriculum, new students in school should be sensitized against drugs, religious and community leaders should educate young people against drug abuse.

Key words: Prevalence; Drug Abuse; Students of Tertiary Institutions.

Introduction

Growth and development in medical discoveries have brought about more effective drugs and have changed the overall health of many people. Many drugs are now available to prevent, treat or cure diseases, injuries and medical problems which consequently have helped millions of people live longer and healthier lives. However, many of these drugs and other non-medical drugs are being misused or abused by people most especially the youths (NIDA, 2013)

Alabi (1997) defined drug as substance that by its chemical nature is capable of affecting the structure or function of a living organism. The World Health Organizations (WHO) defined it as any substance or product that is used or intended to be used to modify or explore physiological system or pathological state for the benefits of the recipient (WHO, 2000). Drug is defined as a substance that alters the normal biological and psychological functioning of an individual, especially the central nervous system when introduced into the body (Escandon & Galvez, 2006). Medically, a drug is said to be any substance other than food, which by its chemical nature affects the function and structure of a living organism (Coleman, 2010). This implies that the term may include any agricultural and industrial chemical. Thus, any substance (whether legal or illegal) which is capable of altering the organic functions and the behaviour of users could be considered as a drug. According to Okeowo (2003), the meaning of drug transcend the medical boundaries because in the contemporary associated setting, it means not only medication potentially addictive but also those drugs found over the counter such as ointment, lotions, even toothpaste, deodorants and any things which may be found in a drug store or department.

Drugs, basically, could be categorized as legally approved and illegally approved. Legally approved drugs, according to Ballas (2006), are drugs which have through the ages become a part of the society and had remained. Legal or licit drugs are socially accepted and their use does not constitute any criminal offence. Examples of such drugs are tobacco, nicotine and alcohol that are more open to public consumption. In some cultures, these drugs are not only tolerated, but their consumption is explicitly encouraged (Melgosa, 2005). Illegal drugs, on the other hand, are drugs like heroin, cocaine, morphine, cannabis among others. They are hard drugs dangerous to physical, mental and social well-being of the users. Melgosa (2005) opined that abuse of any of the two groups of drugs could affect the brain and its functions leave harmful chemical in the body and they create a habit.

Youths abuse both prescription medicine and illicit drugs. Prescription medicine (PM) abuse according to NIDA (2013) is the use of a medication without prescription, taking medication in a higher quantity or in another manner than prescribed, or using it for another purpose than prescribed. Categories of prescription medicines include: stimulants (e.g. amphetamines), anxiolytics (e.g. benzodiazepines), opioid analgesics

as well as over-the-counter medicines such as cough and cold medicines abused for psychoactive effects. The Centers for Disease Control (CDC) reported 50% increase across the world in the number of people taking at least one prescription drug between the years of 2007 and 2010 (Substance Abuse and Mental Health Services Administration, 2011). This is a fast-growing trend in the United States (National Survey on Drug Use and Health, 2004) and developing countries such as Nigeria (Orhii, 2012).

Majority of Nigerian youths ignorantly depend on one form of drug or the other for their various daily activities, social, educational, political and moral use (Garwood, 2012). Many youths engage in drug abuse in order to deal with anxiety and depression, lack of parental care, loneliness, physical pain, low self-esteem, and life frustration such as unemployment or broken relationships. The easy access to these drugs and lack of stiff penalty for the abusers is part of reasons drug abuse is prevalent among Nigeria youths (NIDA, 2011). Other reasons youths abuse drugs are to get high, to eliminate anxiety and pain, or sleep problems and to enhance cognition (NIDA, 2011). Adebisi, Owaoje and Asuzu (2008); Nada and Suliman (2010) attribute the prevalence of drug abuse among youths to lack of sensitization and resources and services to assist the youths of low-to-middle income countries. Onyeka, Uosukainen, Korhonen, Beynon, Bell, Ronkainen, Fohr, Tiihonen and Kauhanen (2012) also noted that drugs could also be used as secondary drug among those who abuse alcohol and illicit drugs.

Factors such as religion and family type have also been found to influence students' drug abuse. In the study of Engs and Kenneth (1999), it was revealed that that having a strong religious commitment was associated with less substance use and that heavy drinking and using tobacco was correlated with illicit drug use. Olaore (2013) found that religion informed the type of drugs used by the students as students believed that their religion (Islam) prohibited the use of alcohol but does not explicitly denounce the use of weed (cannabis). Coleman (2010) also discovered in his study that family size contributes immensely to inability of the parents to control their children. Children without proper parental care and control are more probable to abuse drugs than those children whose parents are able to provide for their needs.

Youth's involvement in drug abuse has been found by researchers (Seth, Kotwal & Ganguly, 2005; Aklog, Tiruneh & Tsegay, 2013) to have disastrous effects on the abusers, the family and the society at large. Odedeji (2001) observed that the use of drugs among youths has always been an issue for concern. Maladaptive behaviours such as riots, indiscipline, moral laxity and poor academic performance of youths has been traced (most often) to abnormal use of drugs. Drug abuse can also affect the brain of the abuser. Drug causes a surge in levels of dopamine in brain, which trigger feelings of pleasure. The brain remembers these feelings and wants them repeatedly. Changes in brain thus interfere with an individual's ability to think clearly, exercise good judgment, control behaviour and feel normal without drugs (Lawrence, Melinda &

Joanna, 2013).

Drug abuse among students of tertiary institutions could be detrimental to their physical, mental, emotional, social and psychological wellbeing. Tulu and Keski (2015) noted that an excessive use of drug could threatens physical or mental health, inhibits responsible personal relationships, or diminishes the ability to meet family, social or vocational obligations. Sherman, Plitt, Ul-Hassan, Cheng and Zafar (2005) also stated that drugs abuse could result in short- and long-term negative physical and mental health effects on individuals. The abusers of inhalants for example, may experience cognitive and neurological impairment, teratogenic effects, sudden sniffing death syndrome due to cardiac arrhythmia, and renal, hepatic, and pulmonary damage (Kurtzman, Otsuka & Wahl, 2001). In addition, evidence of psychological addiction and dependence has been reported (Seth, Kotwal & Ganguly, 2005; Kudrati, Plummer & Yousif, 2008). Another finding has shown that drug use among youths can be extremely harmful, leading to decreased academic performance, increased risk of contracting HIV and other sexually transmitted diseases or other psychiatric disorders such as exhaustion, hopelessness and sleeplessness (Aklog, Tiruneh & Tsegay, 2013). Furthermore, it may expose students to legal consequences, or jeopardizes their enrollment at the university.

Many reports have showed an increase in the prevalence of drug abuse among youths (Kriebitzsch-Lejeune, 2000; Saito, Kasashi, Yoshiyama, Fukushima, Kawagishi, Yamada & Iseki, 2013). The World Drug Report (UNDCP, 2012) showed that 1.3 billion people or 30% of the world population use tobacco and 230 million people an equivalent of 5% of the world population, aged between 15 and 16 years use illegal drugs. European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) also estimated that 22 million people in Europe use marijuana (EMCDDA, 2012) while Africa and Asia account for 70% of global population using opium and its derivatives (UNODC, 2012). Adebisi, Owaoje and Asuzu (2008), and Nada and Sulaiman (2010) also reported drug abuse prevalence among street youths in Nigeria and Cairo respectively. Researches (McCabe, Teter, Boyd, Knight & Wechsler, 2005; Lord, Downs, Furtaw, Chaudhuri, Silverstein, Gammaitoni & Budman, 2009) have shown that opioid analgesics, stimulants, psychotherapeutic drugs, antihistamines, stimulant laxatives and sympathomimetics were among the most widely misused and abused prescribed and OTC medications. According to Durani (2012), the United Nations reported that about 185 million people globally over the age of 15 were consuming drugs by the end of the 20th century. The most commonly mentioned drugs were marijuana, cocaine, amphetamine-types stimulants (ATS), Opiates and Volatile solvents. Durani stressed that the United Nations has estimated that about 76.3 million people struggle with alcohol use disorders contributing to 1.8 million deaths per year.

However, law and policy have been formulated by the government in order to

ensure safety and well-being of its citizenry particularly the youths, from the harmful effects of dangerous drugs on their physical, mental well-being and societal development. For example, the promulgation of a decree titled Tobacco Smoking Control Decree Number 20; (1999) which makes it an offence for any person to smoke in a cinema hall, stadium, public offices, medical establishment, lift, school, or nursing institution in any part of the country. It further stated that any person who contravenes the law shall be liable on conviction to a fine of not less than one month and not exceeding two years or both i.e. fine and imprisonment (Osagbemi, 2000). The decree also bans the sale of tobacco products and its advertisement on the media. That anyone found advertising tobacco products on any media shall be guilty of an offence and be liable on conviction to fine of not less than ₦5000:00. If corporate body is guilty of this offence, every director, manager, secretary or similar officers in charge shall be liable on conviction to a fine not less than ₦5000 or term not exceeding three years of imprisonment or both (Osagbemi, 2000).

Despite laws and policies put in place to curb the menace of substance abuse, this anti-social behaviour is still on the increase among Nigerian youths. According to United Nations Office on Drugs and Crime (UNODC) world report (2011), Nigeria topped the list of countries that used illicit drugs in Africa (Garwood, 2012). Also, a report published by the Nation Newspaper on 15/01/2012 revealed that the annual prevalence rate in Africa for Cannabis use fluctuates roughly between 14% and 4% and it is the highest in the world. Nigeria has the highest rate of cannabis consumption in the region. Annual prevalence for Opiate use in Africa is estimated between 0.2 and 0.6 percent. In Nigeria, the opiate prevalence rate was estimated to have increased from approximately 0.6 to 0.7 percent in 2009. This follows that Nigeria would have hosted roughly 500,000 heroin users (Anafi, 2011).

There is no encompassing study on drug abuse among students of tertiary institutions in Kwara State. Some empirical studies (such Adelekan, Abiodun, Obayan, Oni & Ogunremi, 1992; Abdulkareem, Mokuolu & Adeniyi, 2005) were carried out on prevalence of drug abuse among adolescents in Ilorin metropolis and in a University in Nigeria respectively. Fagbemi (2016) also reported a 15 year old adolescent who threatened to stab his challenger with bottles while he was trying to evade payment of good he bought at Ilorin shopping mall. In addition, an adolescent in a post-primary institution in Ilorin was found wanting berserk, running after some of his colleagues with a dagger but was eventually saved by his colleagues from probable death or injuries to unsuspecting students in the school. These above two cases were attributed to alleged influence of drug abuse by the character involved.

This is a contemporary issue of concern for every society that aims to attain a greater height in terms of economic, political, cultural and educational development. Therefore, effort must be geared towards arresting the situation of prevalence of drug abuse among students of tertiary institutions.

Problem

Students, especially those in secondary school tend to see drug user as one who is tough, bold and strong. Many youngsters have been known to use drugs at the instance of peers, elders or siblings. Students who usually feel inadequate have been known to use drugs with a wrong notion that it would enable them achieve social acceptance. Fareo (2012) stated that Nigerian secondary school adolescents under the influence of Indian hemp shed all inhibitions and produce behaviour that is inconsistent with school discipline. He went further to observe that the increasing incidence of drug abuse among secondary school students is a contributory factor in the ugly confrontation between school administration and students.

Illicit drug use is injurious to both individuals and the society, spawning crimes, spreading diseases like AIDS, killing our youths and future leaders. There are estimated 90 million drug users around the world and it is on the increase, and no country alone can stem the drug trade within its borders (Oliha, 2014). Some people are involved in the use of illicit drugs because they want to reduce regular pressures around them.

The impact of drug abuse among Nigerian youths has been a stigma of a morally bankrupt, decadent and wasted generation that must be rehabilitated and collectively salvaged together in order to prevent the total degeneration and loss of societal values. The should not seat on the fence and criminally pretend on the menace of drug abuse that has eaten very deep into the fabrics of the society, where majority of the youths ignorantly depend on one form of drug or the other for their various daily activities, social, educational, political and moral (Nathaniel, 2014).

Drug use by students has hampered education and management in Nigerian secondary schools. In Nigeria, recent statistics suggests that one in every three secondary school students consumes alcohol, 8.3% smoke cigarettes while almost one in every ten (9.1%) chew Miraa (Daily Times, 2004). It was stress further that about 3% smoke bhang and use hard drugs like heroin, cocaine, mandrax and tranquilizers. Drugs have varied physiological effects. Some adverse consequences include insomnia, prolonged loss of appetite, increased body temperature, greater risk of hepatitis and HIV/AIDS infection (Perkinson, 2002), death, various forms of cancers, ulcers and brain damage. A study by Winger, Wood and Hofmann (2004) identified accelerated heartbeat, speeding in the peripheral circulation of the blood, alteration of blood pressure, breathing rate and other body functions as potential effects. Cannabis affects the hormonal and reproductive system and the regular use of cannabis can reduce male testosterone and sperm cells. Drug abuse contributes to the formation of uric acid which accelerates conditions like arthritis, gout, osteoporosis, and heart attacks, particularly those with pre-existing coronary hypertensive problems (Ekpenyong, 2012). Drug abuse also affects the brain, resulting in a major decline in its

tertiary groups can affect a student's performance and this affects in terms of concentration and time. The study by Ekanem et al. (2012) that performance is affected by substance abuse and drug use affects their academic standing and the development of tertiary institutions. Students of tertiary institutions are an individual's representation of their unique potential and this has played a role in their career development (Ekanem, 2012).

Investigating the literature and Ekanem (2012) writes in a survey of drug abuse problems among students of tertiary institutions in the South State. The result showed that the common problems among the tertiary school students in the state were cigarette smoking, drug abuse and alcoholism and that too much freedom and lack of care by parents contributed to the problem. Abdulrasheed et al. (2005) findings of the study revealed a 45.7% prevalence of drug abuse among adolescents. The study revealed an adolescents in their institutions abuse. Ekanem (2012) examined drug abuse in Nigerian schools: a study of selected secondary institutions in Bayelsa State, South-South, Nigeria and he found that the perceptions of the students in these issues. From the foregoing, it could be said that none of the previous researchers have worked on prevalence of drug abuse among students of tertiary institutions in Kwara State, Nigeria. Thus given the gap the current research wants to fill.

Research Questions

1. How prevalent is drug abuse among students of tertiary institutions in Kwara State, Nigeria?
2. Is there any difference in the prevalence of drug abuse among students of tertiary institutions in Kwara State on the basis of religion?
3. Is there any difference in the prevalence of drug abuse among students of tertiary institutions in Kwara State on the basis of family type?

Research Hypotheses

1. There is no significant difference in the prevalence of drug abuse among students of tertiary institutions in Kwara State on the basis of religion.
2. There is no significant difference in the prevalence of drug abuse among students of tertiary institutions in Kwara State on the basis of family type.

Methodology

The research design adopted for this study is the descriptive survey method. Anya (2004) stated that descriptive survey is concerned with person, place and time. The researchers considered descriptive survey method suitable for the study, because

they are interested in finding out the prevalence of drug abuse among students of tertiary institutions in Kwara State, Nigeria

For the purpose of this study, stratified and simple random sampling techniques were used to draw 450 respondents from tertiary institutions in Kwara State. There are nine (9) tertiary institutions excluding in the state excluding distance learning, Open University, Mono-technics and Satellite campuses. Universities, Colleges of Education and Polytechnics were identified. Three (3) tertiary institutions were randomly selected across the three senatorial districts of Kwara State which are University of Ilorin (Kwara Central Senatorial District), College of Education, Oro (Kwara South Senatorial District) and College of Education, (Technical) Lafiji (Kwara North Senatorial District), while stratified sampling technique was used to categorize the respondents based on religion and family type. The respondents were therefore, chosen randomly across the faculties. For the purpose of this study, year two and three students were considered to ensure equilibrium among the selected institutions since colleges of education have 3 levels. Thus, simple random method was used to select hundred and fifty (150) respondents per institution.

The instrument used for data collection in this study is researchers-designed questionnaire entitled "Prevalence of Drug Abuse Questionnaire (PDAQ)". The instrument consists of sections A and B. Section "A" elicits personal data of the participants such as religion and family type. Section "B" elicits information on the "Prevalence of Drug Abuse among Students of Tertiary Institutions" and it has fifteen (15) items. Section B patterned after the four-point Likert type rating scale. Respondents were to indicate degree of agreement or disagreement with the items.

After the construction of the questionnaire by the researchers, five (5) lecturers in the Department of Counsellor Education, University of Ilorin, vet the questionnaire for its content validity. The test re-test method of reliability was adopted to determine the consistency of the instrument in the interval of four weeks. Scores from the two tests were correlated using the Pearson Product Moment Correlation Co-efficient (r) at 0.05 alpha level. The co-efficient (r) for the administration was found to be 0.74.

RESULTS

Research Question: *How prevalent is drug abuse among students of tertiary institutions in Kwara State?*

Table 1: Percentage distribution of prevalence of drug abuse among students of tertiary institutions in Kwara State

Item No	Statement	Agree (%)	Disagree (%)
1	drug abuse is rampant among students of tertiary institutions		
6	drug use/abuse among students cut across various type of tertiary institutions	412 (92.0)	38 (08.0)
12	tertiary institutions students of all ages involve in drug use/abuse	409 (91.0)	41 (09.0)
8	drug abuse is widespread among youth of tertiary institutions than non-students youths	401 (89.0)	49 (11.0)
10	drug abuse is common among male students of tertiary institutions	401 (89.0)	49 (11.0)
3	students of tertiary institutions regardless of their class level use/abuse drugs	393 (87.0)	57 (13.0)
5	at least 2 in every 10 students of tertiary institutions abuse drugs	341 (75.0)	109 (25.0)
11	tertiary institutions students from Christians religious affiliates abuse drugs	309 (69.0)	141 (31.0)
5	drug abuse could be found among the Muslim students of tertiary institution	258 (57.0)	192 (43.0)
4	female students of tertiary institutions are also abusing drugs	244 (54.0)	206 (46.0)
7	drug abuse is more common among public tertiary institutions	241 (53.0)	209 (47.0)
2	students of tertiary institution use alcohol more often	235 (52.0)	215 (48.0)
15	students from private owned tertiary institutions do abuse drugs	235 (52.0)	215 (48.0)
9	students of tertiary institutions from monogamous	225 (50.0)	225 (50.0)

	family abuse drugs	221 (49.0)	229 (51.0)
14	students of tertiary institutions from polygamous background use/abuse drugs	208 (46.0)	242 (54.0)

Table 1 presents the level of agreement and disagreement of respondents to the prevalence of drug abuse among students of tertiary institutions in Kwara State. The table shows that more than 50% of the respondents agreed to 13 out of the 15 items on the prevalence of drug abuse. This is indicated in the table above where 412 (92.0%), 409 (91.0%) and 401 (89.0%) of the respondents agreed with items 1, 6 and 12 respectively as most prevalent drug abuse among students of tertiary institutions in Kwara State. The items stated that "drug abuse is rampant among students of tertiary institutions", "drug use/abuse among students cut across various type of tertiary institutions" and "tertiary institutions students of all ages involve in drug use/abuse". It can be concluded therefore, that drug abuse is highly prevalent among students of tertiary institutions in Kwara State.

Hypothesis One: There is no significant difference in the prevalence of drug abuse among students of tertiary institutions in Kwara State on the basis of religion.

Table 2: Analysis of Variance (ANOVA) Comparing Respondents Prevalence of Drug Abuse on the Basis of Religion.

Source	df	Sum of Squares	Mean Squares	Cal. F-ratio	Crit. F-ratio
Between Group	2	86.785	43.393	0.54	3.00
Within Group	447	35,919.135	80.356		
Total	449	36,005.920			

Table 2 presents the calculated F-ratio of 0.54 which is less than the critical F-ratio of 3.00 at 0.05 alpha level. This implies that there is no significant difference in the prevalence of drug abuse among students of tertiary institutions on the basis of religion. Hence, the hypothesis is not rejected.

Hypothesis Two: There is no significant difference in the prevalence of drug abuse among students of tertiary institutions in Kwara State on the basis of family type.

Table 3: Mean, Standard Deviation and t-value of Respondents on Prevalence of Drug Abuse on the Basis of Family Type.

Family Type	N	Mean	SD	df	Cal. t-value	Crit. t-value
Monogamy	306	34.95	9.35	448	0.13	1.96
Polygamy	144	35.07	8.08			

Table 3 reflects that the calculated t-value of 0.13 which is less than the critical t-value of 1.96 at 0.05 alpha level. This indicates that there is no significant difference in the prevalence of drug abuse among students of tertiary institutions on the basis of family type. Therefore, the hypothesis is not rejected.

Discussion

Basically, the study revealed a high prevalence of drug abuse among students of tertiary institutions in Kwara State, Nigeria. The high prevalence of drug abuse among students of tertiary institutions in Kwara State may be surprising because Kwara is known to be one of the most religious state in Nigeria and many tertiary institutions there-in usually not condone indiscipline, most especially, the capital city, Ilorin and University of Ilorin. This thus suggests that even though the environment does not encourage such act, the students still discreetly take drugs. This is in line with the finding of the study of Adelekan, et. al. (1992) and Abdulkareem, et. al. (2005) where high prevalence rate of drugs was found among undergraduates of a Nigeria University in Kwara State and among adolescents in Ilorin respectively. The high prevalence of drugs among students of tertiary institutions in Kwara State might be because they see nothing wrong in its use, they also use it to conform with peers, in order to experiment how it works and because it makes them work better (Adegboyega, Oniye & Adigun, 2015).

Hypothesis one indicated no significant difference in the prevalence of drug abuse among students of tertiary institutions on the basis of religion. It implies that irrespective of religious affiliations, drug abuse is prevalent among students of tertiary institutions. This contradicts the view of Engs and Kenneth (1999) that having a strong religious commitment was associated with less substance use and that heavy drinking and using tobacco was correlated with illicit drug use. One could infer here that religious preaching (most especially Christianity and Islam) has not been having positive influence on the drug behaviour of their adherents many of whom are students in one tertiary institutions or the other in Kwara State.

Finally, there was also no significant difference in the prevalence of drug abuse among students of tertiary institutions on the basis of family type. It implies that family type does not determine drug abuse of a child. The finding negates that of Coleman (2010) who discovered that family size contributes immensely to inability of the parents

to control their children. Children without proper parental care and control are susceptible to drug abuse. The reason for respondents' agreement on the basis of family type may be that the society has become a global world where children could be exposed to several other motivating factors that may induce them to drug abuse.

Conclusion

There is high prevalence of drug abuse among students of tertiary institutions in Kwara State, Nigeria. Religion and family type have no influence on the prevalence of drug abuse among students of tertiary institution in Kwara State Nigeria.

Recommendations

Based on the findings of this study, it is recommended that:

1. The medical practitioners (pharmacists, doctors, nurses etc) should collaborate with the government agencies prevent the sales of hard drugs and regulate the legal medical drugs without doctors' prescription.
2. The Nigeria Drug Law and Enforcement Agency (NDLEA) should prevent the escalation of hard drugs in the country by preventing their importation so that students will be unable to access and abuse psycho-active substances.
3. The school counsellors should sensitize the students by organizing workshops, orientation programmes and conferences regularly about the danger inherent in the abuse of drug and suggests relevant activities they could engage themselves in order to improve themselves academically, socially and psychologically.
4. Clubs and associations in tertiary institutions in Kwara State should raise a bar against drug abuse and encourage students to involve other beneficial activities such as sports for self- development.
5. All government, Ministry of Education and other youth related institutions of training must have programmes directed at addressing the problems of drugs as part of its curricular or extra-curricular activities. Such programmes must address all facets of youth and drugs, as well as teaching them empowerment skills that serve to keep them away from drugs.
6. Newly admitted students into any tertiary institution must benefit from induction programme at the beginning of the academic year in order to expose them to danger in drugs abuse and how one could be lured into it. This will empower them to keep away from senior colleagues and colleagues who might want to take advantage of them.

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