



Journal of Professional Counselling (JPC)

Volume 3, Number 1, 2020

JOURNAL OF PROFESSIONAL COUNSELLING (JPC)

All Right Reserved

While the Editorial Board makes every effort to ensure that no misleading information or statement appears in **JOURNAL OF PROFESSIONAL COUNSELLING (JPC)**, the data and information in the articles are the responsibility of the contributors/authors. Therefore, the Editorial Board accepts no responsibility for the consequences of any such misleading data and / or information

ISSN: 2645-2308

**Published in Nigeria by:
Association of Professional Counsellors in Nigeria (APROCON)**

JOURNAL OF PROFESSIONAL COUNSELLING (JPC)

Editor

Professor (Mrs) Mary Grace Fajonyomi
University of Ilorin, Ilorin, Nigeria

Associate Editor

Dr. Chikwe Agbakwura

Editorial Board

Prof. Frederick Ocansey	-	University of Cape Coast, Ghana
Prof. Funmi Sotunade	-	Olabisi Onabanjo University, Ago-Iwoye, Nigeria
Prof. John Carey	-	University of Massachusetts, Amherst, USA
Dr. Ian Martin	-	University of San Diego, USA
Prof. A. N. G. Alotu	-	University of Benin, Nigeria
Prof. Irene Dorosaro	-	University of Ilorin, Nigeria
Prof. Marilyn Campbell	-	Queensland University of Technology, Australia
Prof. Belinda Harris	-	University of Nottingham, UK
Prof. Bayode Popoola	-	Obafemi Awolowo University, Ile-Ife
Prof. Charles Iwundu	-	Ignatius Ajuru University of Education, Port-Harcourt, Nigeria

The Executive Committee of APROCON

1. Prof. Oyaziwo Aluede	-	President
2. Prof. (Mrs.) Ekundayo Ochoji	-	Vice-President
3. Prof. Ngozi Owareten	-	Secretary General
4. Prof. Abdulrazaq O. Oniye	-	Ass. Gen. Secretary
5. Prof. A. O. Badejo	-	Treasurer
6. Dr. S. A. Adisa	-	Financial Secretary
7. Prof. (Mrs.) Mary G. Fajonyomi	-	Editor
8. Dr. C. Agbakwura	-	Asst. Editor
9. Dr. A. Sanni	-	P.R.O.
10. Dr. (Mrs.) Womiloju	-	Internal Auditor
11. Dr. K. Kpanja	-	Welfare Officer
12. Mal. L. Hassan	-	Membership Secretary
13. Prof. Mopelola Omoegun	-	Ex-Officio

JOURNAL OF PROFESSIONAL COUNSELLING (JPC)

EDITORIAL COMMENTS

The Journal of Professional Counselling (JPC) is devoted to advancing knowledge, practice and theory of Guidance and Counselling. The Journal receives and publishes papers or articles on diverse areas relating to guidance and counselling. It encourages original research efforts contributing to the advancement of counselling in and outside Nigeria. Fundamental practical problems and challenges in the society are synthesized and solutions proffered from counselling perspectives.

The present volume is the third edition essentially published to promote the contributions of seasoned professional counsellors nationwide on Mental Health Issues and Counselling in Nigeria. The papers are expository and expressions of serious concerns about the mental health state of Nigerians cutting across all spheres of human endeavour and the place of counselling as a remedy for addressing such challenges. Papers have been written and assessed across six broad sub-themes on mental issues and counselling.

The editorial board appreciates all the contributions of dedicated members towards the actualization of the aims of the Association particularly in the production of the edition of the journal. Special tribute is paid to all our members who contributed to the success of the edition but passed away before its actualization.

Elders, executive members and all dedicated APROCON members, well done, let us keep the flag of APROCON and Counselling flying in Nigeria and the world.

Professor (Mrs.) Mary Grace Fajonyomi
Editor

CONTENTS

PREVALENCE OF TRAMADOL USE AND ABUSE AMONG SECONDARY SCHOOL STUDENTS IN RIVERS STATE: IMPLICATION FOR COUNSELLING Kennedy, George Margaret & Asodike Victoria	1
PREVALENCE OF DEPRESSION AND ITS ASSOCIATED FACTORS AMONG SENIOR SECONDARY SCHOOL STUDENTS IN PORT HARCOURT METROPOLIS, NIGERIA Obikoya Oluwatoyin Gladys	10
COUNSELLING AGAINST DOMESTIC VIOLENCE AMONG FAMILIES, A PANACEA TO BEHAVIOURAL PROBLEMS AMONG PRIMARY SCHOOL PUPILS IN NASARAWA STATE, NIGERIA Ayuba, I. H.; Oke, T. D.; & Jacks, S. C.	19
CORRELATES OF MENTAL DISORDERS AND SUICIDAL IDEATION AMONG YOUTHS IN RIVERS STATE: IMPLICATIONS FOR COUNSELLING Maxwell D. Eremie	26
DEPRESSION SYMPTOMS AND PREFERRED SOURCES OF ASSISTANCE AMONG IN-SCHOOL ADOLESCENTS IN EDO STATE: IMPLICATIONS FOR MENTAL HEALTH COUNSELLING Grace Alutu A. N. & Joseph C. H.	37
COMMUNICATION SKILLS TRAINING FOR MINIMIZING ANGER IN MARITAL RELATIONSHIP OF COUPLES IN SABON-GARI LOCAL GOVERNMENT OF KADUNA STATE Bilhatu Kumah Dagari	47
MENTAL HEALTH STATUS OF UNDERGRADUATES IN NIGERIA: IMPLICATIONS FOR COUNSELLING PRACTICE Obi, Osorochi Patricia & Nicholas, Jude Ikechukwu	54
COUNSELLING AGAINST DOMESTIC VIOLENCE IN NIGERIA Usman Jimoh Abdulkareem; Subair, Bashirat Olanike; & Abdulsalam Kehinde Musbau	65
COGNITIVE BEHAVIOURAL THERAPY AS A STRATEGY FOR COPING WITH POSTPARTUM DEPRESSION AMONG NURSING MOTHERS IN NIGERIA Jaiyeola, Bolanle Olufunmilayo & Fajonyomi, M. G.	75
EFFECTS OF DOMESTIC VIOLENCE ON ADOLESCENTS IN BORNO STATE, NIGERIA: IMPLICATIONS FOR COUNSELLING Kpanja Kashim Lagu; Ngohi, Bukar Umar; & Tunde Dayo Oke	83
PROFESSIONAL COUNSELLORS ROLES IN CHANGING MALADAPTIVE BEHAVIOUR AND ACADEMIC PERFORMANCE OF STUDENTS IN TERTIARY INSTITUTIONS, OGUN STATE Adeniji, Emily Oluyemisi & Oke Tunde Dayo	93
MARITAL COUNSELLING: A PANACEA FOR CURBING DOMESTIC VIOLENCE IN NIGERIA Essien, Bassey Samuel & Iwuoha Promise Chinonye	99

JOURNAL OF PROFESSIONAL COUNSELLING (JPC)

PERCEPTION OF ADMINISTRATORS, TEACHERS AND STUDENTS ON TYPES, CAUSES AND MANAGEMENT OF VIOLENT BEHAVIOURS AMONG SECONDARY SCHOOL STUDENTS IN KADUNA STATE Ahmed Yusuf Jibrin & Adisa, S. A.	111
NEED FOR COUNSELLING IN PROMOTING MARITAL FULFILMENT AMONG MARRIED COUPLES Akpede, Mabel Omonigho & Iriogbe, Lawrence Idiagi	118
INFLUENCE OF DRUG ABUSE AND EMOTIONAL ADJUSTMENT ON ACADEMIC ENGAGEMENT OF TERTIARY INSTITUTIONS' STUDENTS IN OGUN STATE, NIGERIA Olufunmilayo, A.T. Sotonade; Adekunle Adeniji; & Emily O. Adeniji	127
PERCEIVED ROLES OF GUIDANCE COUNSELORS IN CURBING DRUG ABUSE AMONG SECONDARY SCHOOL STUDENTS IN ABIA STATE Uchendu Ijeoma A. & Michael Onwumere	135
INFORMATION SEEKING BEHAVIOUR ON ABUSED SUBSTANCE AMONG SECONDARY SCHOOL STUDENTS IN ILORIN-SOUTH, NIGERIA: PRECURSOR TO MENTAL HEALTH COUNSELLING Fajonyomi, O.J.; Ogungbade O.K.; & Fajonyomi M. G.	144
CURBING THE MENACE OF DRUG ABUSE: IMPLICATIONS ON MENTAL HEALTH OF YOUTHS IN TERTIARY INSTITUTIONS Ibrahim Barakat B.; Mohammed Shuaib A.; & Buhari Sakirudeen A.	154
PARENTING STYLES AND DEPRESSION AMONG IN-SCHOOL ADOLESCENTS; IMPLICATIONS FOR COUNSELLING Oladayo, O. T. & Ekeh, P. U.	159
MENTAL HEALTH EDUCATION ON REDUCING STIGMA AMONG UNIVERSITY STUDENTS' SEEKING COUNSELLING IN NASARAWA STATE, NIGERIA Abeshi, Christiana Ladi	169
BEHAVIOUR PATTERNS AND PREDISPOSITION TOWARD BULLYING AMONG SECONDARY SCHOOL STUDENTS IN KWARA STATE, NIGERIA: IMPLICATION FOR COUNSELLING Ogungbade, O. K.; Yahaya, L. A.; & Robert, M. M.	176
GROUP COUNSELLING PROGRAMME: AN EFFECTIVE INTERVENTION FOR MARITAL ADJUSTMENT AND SATISFACTION AMONG MARRIED COUPLES IN EZINIHITE, MBAISE LOCAL GOVERNMENT AREA, OF IMO STATE, NIGERIA. Ogazie, Celestina Adaku	185
PSYCHOTHERAPY AND MENTAL HEALTH OF CORRECTIONAL CENTRE INMATES IN ONDO STATE: COUNSELLING IMPLICATION Adams, A. B.	197
ROLE OF SCHOOL ADMINISTRATORS AND COUNSELLING STRATEGIES IN MANAGING DRUGS ABUSE IN NIGERIAN SECONDARY SCHOOLS Barakatu Abdullahi	206

JOURNAL OF PROFESSIONAL COUNSELLING (JPC)

EFFECT OF COUNSELLING SERVICES INTERVENTION ON STUDENTS' PERFORMANCE IN MATHEMATICS IN GOVERNMENT SENIOR SECONDARY SCHOOL, OTUKPO LGA OF BENUE STATE, NIGERIA

212

Rosemary Ochiaya Oghrodo Adesiga

TEACHERS PERCEPTION OF COUNSELLORS AS PREVENTION RESOURCE AGAINST VIOLENCE IN SECONDARY SCHOOLS IN BOMADI AREA COUNCIL OF FCT, ABUJA, NIGERIA

219

Adesola Nguzi Adedoyin & Ochele, E. F

INFORMATION SEEKING BEHAVIOUR ON ABUSED SUBSTANCE AMONG SECONDARY SCHOOL STUDENTS IN ILORIN-SOUTH, NIGERIA: PRECURSOR TO MENTAL HEALTH COUNSELLING

Fajonyomi, O.J.
University Library
University of Ilorin
fajonyomifemi1@gmail.com

Ogungbade O.K.
Department of Counsellor Education
University of Ilorin
ogunbadeoyelakink@yahoo.com

&

Fajonyomi M. G.
Department of Counsellor Education
University of Ilorin
gfajonyomi@gmail.com

Abstract

Increase in mental health cases among adolescents of secondary school age as a result of drug abuse is of grave concern to Nigerians and international communities and it is begging for decisive attention. In recognition of the conjecture that adolescence is a critical time for prevention of diseases and mental disorders and for the benefits of basing mental health counselling programmes on the information need and seeking behaviour exhibited by the adolescent, the present study investigated abused drugs secondary school students seek information on; the reasons for seeking information on abused drugs; ascertain their sources of obtaining information and drew implications for mental health counselling. The study was a quantitative type, conducted using survey research method. The population consisted of all secondary school students in private and public schools with a sample size of 224 which was determined by Cochran's formula and selected using multistage sampling technique. In collecting the data, a researcher-made questionnaire was validated and tested for reliability using Cronbach's alpha method. The data collected were analysed using descriptive statistics including frequency counts and percentages. The findings revealed that the students sought information on array of drugs being abused at a varying degree but less interested in hard ones ; while the sources of obtaining information on drug use and abuse were 'friends/peer group', 'internet', 'virtual social media', 'classroom teaching' 'school environment', 'neighbourhood practice', 'television' 'siblings/family members' with the least being printed materials in libraries, they searched for information mostly on how drug relate to 'overcoming shyness', 'academic performance enhancement' and 'outperform in competition'. Implications of the findings for mental health counselling were drawn: that mental health medical counsellors should take account of the value of students' behaviour in mental health counselling; recognise knowledge, information needs and seeking behaviour as integral of cognitive information processing approach (CIP) to decision making in counselling, as it concerns drug abuse and mental health, and; appreciate the outcome of information seeking behaviour research while developing mental health inventory and school counselling programmes on drug use. Lastly, the study implied that librarians, particularly medical librarians and professional counsellors, mental health counsellors need to collaborate in addressing

mental health issues in the society must especially in the educational institutions. In such institutions, workshops and conferences. Recommendations were provided based on the findings.

Keywords: Substance Abuse; Information Seeking Behaviour; Mental Health; Counselling Strategies

Introduction

It is not news that adolescents, including secondary school students in Nigeria and many countries of the world use abuse drugs or substances. The information is that the age of initiation is dropping, versus the age of drug abuse, particularly among the adolescents is increasing with resultant increase in the number of the adolescents having mental health issues. It is affirmation, Gertra, Zamboni, Ruzzi, Timpano and Zambelli (1999) observed an increase in active and illicit drug use among young people with the early onset of substance use in adolescents, at ages 4-13 years. Similarly, (Chikere and Mayowa (2011) found that in a number of schools and colleges surveyed in Nigeria, heroin use was most prevalent and most of them were introduced to the use of heroin at a tender age of 13-21 years by their family members. Moreover, the 2014 report of the first large scale, nation-wide survey which examined the extent and patterns of drug use in Nigeria revealed that the prevalence of any drug use in the year 2014 was estimated at 14.1 per cent or 14.1 million people aged between 17 and 64 years with male having higher prevalence of drug use, excluding alcohol. Conversely the report indicated that gender preference in the non-medical use of prescription opioids, tranquilizers and cough syrups was less marked between male and female users. Also, in the report, the overall prevalence rate was found to be higher than the 2016 global annual prevalence of any drug use of 5.6 per cent among the population (NIDA, 2018). Earlier, Gertra, Zamboni, Ruzzi, Timpano and Zambelli (1999) noted that gender preference was significant in the use of alcohol and ecstasy, with male subjects outnumbering females while the trend was inverted in the case of cannabis use. Precisely, the extent of exposure to alcohol and illicit drugs was more common among males than among females.

On the basis of the foregoing and for the negative and debilitating economic, medical, physical, political and social consequences on the users, immediate and remote communities including family members, friends, relations and governments at local, national and international levels, the use of abuse of drug has generated a great concern in recent time. With reference to Nigeria, the 2013 National Survey indicated that users reported poor health status with health conditions ranging from chronic pain, high blood pressure, heart diseases, liver diseases, kidney diseases and HIV/AIDS, depending on the duration, type of drugs and behavioural practices of the abusers. In addition, effects on others manifested as harm to the health and wellbeing of a person, domestic violence, and relationship issues among others while the other related problems are concerned with family issues (conflict or breakup), loss of work or employment, or legal issues (criminality or arrests) as a result of someone's drug use. Regarding the effect of drug abuse on the adolescents who are schooling, drug and substance abuse have been found to cause myriad of problems, including academic difficulties, health-related problems, poor peer relationships and incarceration for committing juvenile offences. Similarly, there are consequences for family members, the community, and the entire society like conflict between friends, family breakdown, violence, gang rivalry, and drug trafficking. Declining grades, absenteeism from school and other activities, and increased potential for dropping out of school are also associated with adolescents' substance abuse (Abdu-Rahim, 2011) & Maadi, 2014). Furthermore, low level of commitment to education and higher truancy rates appear to be related to substance use among adolescents. Again, drug abuse was noted to indicate short attention span, boredom, loss of interest in school work including co-curricular and peer judgement activities (Kikusi, 2009 & Adamson, Olufadele and Ogunwale, 2010) and with the abusers exhibiting unruly or illicit behaviours, like destruction of school property, they create un conducive learning environment which affects the learning of other students (Olley, 2008; Olufadele & Ogunwale, 2010; United Nations, 2015). The use of drugs with their abuse has been found to push the users to engage in illicit sex resulting to early pregnancy in the case of female students and its attendant problems including

INFORMATION SEEKING BEHAVIOUR ON ABUSED SUBSTANCE AMONG SECONDARY SCHOOL

the chance of these abusers, irrespective of gender to contracting STIS and AIDS (Oshikoya & Ali, 2006, Mathya, 2009, & Chinkere & Mayowa, 2011).

Therefore, it is not gainsaying that drug use and abuse negatively affects everybody directly or indirectly irrespective of someone's location or position in the society. Thus, it is not impossible that the third goal of Sustainable Development Goals which is aimed to ensure healthy lives and promote well-being for all at all ages, and the fifth target, that is, to strengthen prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol (UNDP, 2015) have been conceived in recognition of the ripple effect of drug use and abuse as well as the need for all hands to be on deck to mitigate the effect. Also, it is a fact that to prevent drug abuse or treat drug abusers, the place of relevant and adequate information cannot be fathomed out. In this instance, Information means the communication of knowledge about an event and given condition or the spread of knowledge derived from observation, study or instruction (Bates, 2010). Besides, Powell (2006) noted that information is an important and integral part of health care and above all he remarked that information can be used to prevent disease, to promote self-care, to support treatment choices and to improve the effectiveness of health care. Thus, this study on the information seeking behaviour of students regarding drug use or abuse is helpful to address issues of drug abuse among adolescents, particularly students in the secondary schools. Specially, such study would help to identify effective information and communication management strategies for the prevention, treatment and recovery of victims of substance use and abuse. In the same vein, Higgins, Sixsmith, Barry, and Omega (2011) opined that such knowledge would generally lead to the promotion, protection and maintenance of health together with mental health.

Drugs and alcohol are said to have greater effects on adolescents than adults (Gonzales, 2018). Also, the conjecture is that adolescence is a critical time for prevention of disease and mental disorders. Considering the benefits of basing mental health counselling programmes on the information need and seeking behaviour exhibited by the adolescent, the present study investigated abused drugs secondary school students sought information on; find out the reasons for seeking information on abused drugs; ascertained their sources of obtaining information and drew implications for library and information management, mental health counselling and school policy on drug prevention. The study of this nature is germane as it revealed how individual interacts and reacts to information, in terms of information needs, seeking, evaluation, selection and usage (Kumar, 2015). In the blatant statement of Bates (2010) there would always be much to learn from knowledge about information behaviour, more so, with the emergence of wide range of information and communication technologies and broad spectrum of end-users of the result. More, information behaviour is regarded as an important resource that contributes towards the development of a nation, provides the core of the development of knowledge, the basis for innovation, the resources for informed citizenry and becomes commodity for progress of a society (Wasserman, 1991 & Kumar, 2015). Also, Fajonyomi, (2006), reiterated the importance of information service provided by counsellors in helping secondary school students take wise decision about their lives and academics.

Methodology

The study employed descriptive and quantitative survey research design which enabled the researcher to obtain relevant and dependable information from a representative sample of the population using a valid instrument, analyse the information and data collected, explained results and described relationships between or among the variables considered in the study (Fajonyomi & Fajonyomi, 2013; Kothari, 2014).

The population consisted of all secondary school students of senior secondary school gross age (14-17 years) in public and private schools within the boundary of Iforin South Local Government Area, Kwara State. Out of the population of 4078, a sample size of 224 determined by Cochran's formula was selected using multistage sampling technique for its advantages of ensuring inclusiveness (Kaplan, 2014) Table 1

parents' distribution of the sample by age, gender, family means of transportation and means of transportation for work.

Table 4.1 Characteristics of respondents

Characteristics	Information	Frequency	Percentage
Gender	Male	154	66.6
	Female	126	53.4
	Total	224	100
Age	16-17 years	Frequency	Percentage
	16	90	40.2
	17	98	43.8
	18	91	41.0
	19	6	2.7
	Total	224	100
Family means of transport	Not having any means of transport	63	28.1
	Motorcycle	64	28.6
	Motor car	93	41.5
	Total	224	100
No. of children sleeping in a room	1	80	35.7
	2	130	58.5
	3 and more	14	6.3
	Total	224	100

In collecting the data, a researcher made questionnaire, entitled Information Seeking Behaviour of Senior Secondary Students on Drug Abuse (ISSS-DAI) was prepared and used. Preparation of the questionnaire took cognizance of the objectives of the study and literacy ability of the respondents. The questionnaire was divided into four sections A, B, C, and D. Section A had four items including age, gender, family means of transportation as a measure of economic status, and number of family members sleeping in the same room. Section B focused on the abused drugs students ever sought information about and how often. Nine drugs and substances such as tobacco, alcohol, pain reliever, amphetamine, hallucinogens, sleeping pills, inhalant, patch, chewing gum and inhalant made the list. Respondents indicated how regular they have sought information about the drugs with three options: very often (at least five times), often (two to four times) plus rarely (at least once). Section C, centered on the reasons why the students sought information concerning the drugs. The section comprised 12 items. Examples of items in this section 'C' were 'could not sleep', 'eliminate stress', 'for improvement in learning', and 'for curiosity just to know'. Respondents simply made a tick on 'yes' or 'no' against each item. Section D was concerned with where the students usually got information on abused drugs from. Sources identified and enlisted were television, radio, friends or peers in neighborhood, class school mates, teachers, book/resources in school library, family members, satellite channels, visual social media, adults in the society, recommended school textbooks and religious gatherings. The respondents affirmed the sources by indicating 'yes' or 'no'. The instrument was properly validated to guarantee its face and content validity by giving it to Experts in the Department of Information and Library Science and Department of Counselling Education in the University of Iloilo. In testing for reliability of the questionnaire, Cronbach's alpha technique involving ten senior secondary school students was employed.

INFORMATION SEEKING BEHAVIOUR ON ABUSED SUBSTANCE AMONG SECONDARY SCHOOL

The mean of inter item correlation was .73 with values ranging from .49 to .91 which suggest strong relationship among the items.

The researchers visited each school selected purposely to introduce themselves to the management of the school and sought permission to conduct the research. With the permission granted, they went to the classroom to explain the study and gave out parental permission and assent forms to selected students. That is, parental permission was sought before administration of the questionnaire. On the second visit, copies of the questionnaire were administered on the students whom permission and assent forms were obtained in their classrooms with the consent of the school's authority and cooperation of the class teachers. Research assistants who had been trained provided instructions, answered questions raised by the respondents. All of the sample (224) returned the duly completed permission and assented forms well as participated by duly filling the questionnaire.

The data collected were analysed using descriptive statistics including frequency counts and percentages.

Results

Results of the analyses are presented in tables 2, 3 and 4

Table 2: Abused drugs/substance on which information ever sought

Drugs	Very Often	Often	Rarely	Mean	Rank
Cigarette (Tobacco)	13 (5.8)	20(8.9)	191 (85.3)	1.21	3
Alcohol	10(4.5)	27(12.1)	187(83.5)	1.21	3
Chewing gum	64(28.6)	115(51.3)	45(20.1)	2.08	1
Pain reliever (Tramadol)	4(1.8)	37(16.5)	183(81.7)	1.20	5
Caffeine (Kola nut)	0(0.0)	30(13.4)	194(86.4)	1.13	6
Cocaine	3(1.3)	10(4.5)	211(94.2)	1.07	7
Indian hemp	0(0.0)	13(5.8)	211(94.2)	1.06	8
Patch or liquid (codeine syrups, bull)	24(10.7)	16(7.1)	184(82.1)	1.29	2
Hallucinogens(LSD ,magic mushroom)	0(0.0)	14(6.3)	201(93.8)	1.06	8

(...) Percentages in brackets

Table 3: Reasons for seeking information about the abused drug(s)

Reasons	Yes	No
Aid sleep	119(53.1)	105(46.9)
Eliminate shyness	119(53.1)	105(46.9)
Improve learning ability	136(60.7)	88(39.3)
Enhance performance in physical activities	130(58.0)	94(42.0)
Just to know about the drug (for curiosity)	150(67.0)	74(33.0)
Make someone happy	119(53.1)	105(46.9)
Identify with group to belong	71(31.7)	153(68.3)
Know consequences of use/abuse	84(37.5)	140(62.5)
Know if the drug is cheap	78(43.8)	146(65.2)
Improvement in health status	91(40.6)	133(59.4)

(...) Percentages in parentheses

Table 4: Sources of information on drugs

Sources	Yes	No
Television	217(96.9)	7(3.1)
Radio	133(59.4)	91(40.6)
Friends/peers	203(90.6)	21(9.4)
Class/school mates	178(79.5)	46(20.5)
Teachers	89(39.7)	134(60.3)
School library	35(15.6)	189(84.4)
Family members	110(49.1)	114(50.9)
Satellite channels	110(49.1)	114(50.9)
The internet	210(93.8)	14(6.2)
Visual social media	191(85.3)	33(14.7)
School textbooks	107(47.8)	117(52.2)
People around your house	168(75.0)	56(25.0)
Religious gathering (church/mosque)	59(26.8)	161(73.2)

(...) Percentages in brackets

Table 2, on whether the students ever sought information about the listed drugs and how often, revealed that the respondents sought information about the drugs but at varying degrees. Information was mostly sought on chewing gum (Mean= 2.08), followed by patch/solution (sevan, buil) (Mean= 1.29), alcohol (Mean=1.21) and cigarette (Mean=1.21), pain reliever (tramadol) (Mean= 1.20), caffeine/cola nut (Mean= 1.13), cocaine (Mean= 1.07), Indian hemp (Mean= 1.06), hallucinogens (LSG), magic mushrooms (Mean= 1.06). Table 3 showed that there were different reasons for seeking information on the abused drugs with the indication that the respondents sought information on abused drugs to just know the drug (for curiosity) with a frequency of 130 (67.0%), trailed by improving learning ability with 126 respondents (66.7%), making one strong for competition (58 %) and knowing if the drugs are cheap having the least number of respondents of 78 (43.8%). Table 4 on sources of information revealed that television had the highest frequency with 217 (96.9%) respondents indicating that they got information on the abused drugs through telecast. It further revealed that the internet was the next means of sourcing information on abused drugs with a response rate of 210 (93.8%) , then followed by friends/peers with a response rate of 203 (90.6%), visual social media with 85.3 percent, people in the neighbourhoods (75.0%), and radio (59.4%). The patronage of each of the other sources was less than 50 percent. Family members and satellite channels were patronised each by 49.1 percent of the respondents. One hundred and seven respondents (47.8%) consulted the school-text to get information on abused drugs, 89 (39.7%) received information on abused drugs from the teachers, 59 (26.8%) at religious gatherings and the school library had the least response rate of 35 (15.6%).

Discussion of Findings

The first finding of the study found that the students are aware that the drugs listed were being abused, if not by them, by their secondary school mates and more they have sought to know about the drugs at one time or the other. However, there was variation as to the regularity of seeking information the drugs with (stimulant) chewing gum topping the list followed by cigarette, alcohol and pain reliever. This result is not unconnected with the findings on drug use among the adolescents. A few studies, for example, Adewuya (2005), Adamson, Onifade and Ogunwale (2010) and Germain, Gharat, Taheri, Monserre, Nahrizawidh, Farajzadegan, Heidari (2014) found out that students and young people mostly abuse substances such as stimulants, depressants and narcotics in the form of alcohol, tobacco and tranquilizers, tobacco and chewing gum. Except in the work of Germain and others, most studies tend to overlook the significance of stimulant chewing gum as a substance subtly being abused particularly among school children. It is important to note and be watchful of the various substances being consumed by the

adolescents as drugs are being introduced to these seemingly innocent ones in sneaky ways, especially through advertisements. In other words, this development should be of concern to all as incidence of drug or substance abuse, as previously observed, most often starts off from adolescent age and it is a function of the information and knowledge received.

On the reasons for seeking information on the abused drugs, the finding showed that students look out for information on abuse substance mostly for four topmost reasons: curiosity, improvement of learnability, enhancement of performance in physical activities, boldness and control of sleep. On the ground of curiosity which depicts explorative tendency of adolescence, most adolescents and young ones begin to experiment with drugs. Perhaps, the finding mirrors the reason why students take or abuse drugs. For instance, Linhardt (2001) noted that students see the use of stimulants as channel for relief from pain and problems, elevation of mood, wakefulness, increased confidence, feeling and psychomotor activities, athletics, and feeling of euphoria. Also, Ajayi and Ekundayo (2010) noted that students possibly took to drug to reduce pain, anxiety and tension, ignorance and misinformation about parental background, urge to commit crimes, peer group influence, isolation and loneliness. However, the veracity of the claims are questionable taking cue from the results of the studies by McCrystal, Higgins and Percy (2007) and Abdul-Raheem (2013) which confirmed that instead of drugs being abused to enhance students' performances they resulted to the students' academic failure.

On the sources of information, respondents recognised varieties of sources ranging from television to internet, friends/peers, visual social media, radio, family members and satellite channels. The last four sources were school-text, the teachers, religious gatherings and the school library. That is, the major outlets of information on abused substance are from the stock of electronic media, friends peer group and family members. The finding of the present study partially corroborated that of Ilo, Ignatius, Nwimo and Onwunaka (2015) which indicated that vast majority of the students received their information on drugs from the mass media and friends and peers and very little communication regarding drugs occurred between the students and their parents, teachers or health workers (e.g., doctors & nurses). Plausible reasons adduced for their results were lack of interest on the part of teachers, culture on the part of parents and non-involvement in the organization of school health services on the part of health workers. The authors, however, did not check for the use of internet, visual social media and satellite channels which are products of advancement of science and technology and has significantly influenced media of communication of accumulated intellectual capital as well as has expanded means of information dissemination (Kumar, 2015) being enshrined not only in books and serials, but also in electronic and mass media. The questions, among others, are: what is the quality of information received through the sources? How reliable and helpful are the sources of information in stemming substance abuse among secondary school students and the general populace? How could the information through every of the sources be controlled? These questions are raised amidst the fear expressed by Halpern and Pope (2006) that many of these sources, especially internet could offer thousands of pages of information about questionable accuracy. Also, textbooks, school libraries, professional counsellors, teachers and religious organisations are expected to provide sound, relevant and reliable information on drugs and its abuse to these students but the sources were least patronized by these students, this calls for reorientation of their information seeking behaviours.

Conclusion

The study revealed that the students sought information on array of drugs being abused at a varying degree with various sources of obtaining information on drug use and abuse such as: peer group, internet, teachers, libraries, television and so on, in which they searched for information mostly on how drug relate to 'overcoming shyness', 'academic performance enhancement' and 'outperformance in competition. The outcome of the findings revealed that all are not well with secondary school students regarding their information seeking behaviour on abused substances and this calls for urgent solution to remedying this menace which should be the duty of all stakeholders in the school and outside the school.

Implications for Mental Health Counselling

- The findings of this study buttressed the importance of harvesting quality information and disseminating same in the management of mental health issues including mental health counselling of adolescents.
- All stakeholders (library and information scientists, school authorities, teachers, medical practitioners and mental health counsellors) should collaborate together in controlling information available to the students to obtain drugs and prevent misuse.
- School Librarians should work towards meeting the information needs of end users (e.g. teachers, students, counsellors) on the matter of drug use. They should cooperate to develop 'school policy on drug' to include responsibility of every group in the prevention and treatment.
- This would be done when professional counsellors collaborate with other stakeholders to provide information, orientation and referral services to concerned students as a means of stemming the tide of drug abuse and improving the mental health of students.
- Mental health counsellors should take account of the value of behaviour in providing mental health counselling, when carrying out sensitization, conferences for students. Recognition should be given to knowledge, information needs and seeking behaviour as integral of cognitive information processing approach (CIP) to decision making in counselling, as it concerns drug abuse and mental health, and there is need to appreciate the outcome of information seeking behaviour research while developing personality inventory and school counselling policy on drug use.

Recommendations

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

- Professional counsellors and librarians should provide regular information on drugs to all students so as to help them avoid misusing it within and outside the schools;
- Government should collaborate with all stakeholders (Professional counsellors, library scientists, teachers, psychologists) to meet the curiosity of information seekers by providing alternative to achieving their curiosity;
- Policy makers should provide tougher regulations to all stakeholders on the use of internet, visual social media etc in order to avoid subtle forms of getting information on drugs;
- Mental health counsellors should take account of the value of behaviour in providing mental health counselling, when carrying out sensitization, seminars and conferences for students.

References

- Abdu-Raheem, B. O. (2013). Sociological factors to drug abuse and the effects on secondary school students' academic performance in Ekiti and Ondo States, Nigeria. *Contemporary issues in education research –Second Quarter 6*, Clute Institute <http://www.cluteinstitute.com/233>.
- Adamson, T. A., Onifade, P. O. & Ogunwale, A. O. (2010) Trends in socio-demographic and drug abuse variables in patients with alcohol and drug use disorders in a treatment facility. *West African Journal of Medicine*, 29 (1), 12-18.
- Adewuya, A. O. (2005). Validation of the alcohol use disorders identification test (audit) as a screening tool for alcohol-related problems among Nigerian University students. *EPUB 40* (6), 575-577.
- Ajayi, I. A. & Ekundayo, H. T. (2010). *Contemporary issues in educational management*, Lagos: Bolabay Publications.

INFORMATION SEEKING BEHAVIOUR ON ABUSED SUBSTANCE AMONG SECONDARY SCHOOL

- Bates, M. J. (2010). Information behaviour. In, Marcia J. Bates and Mary Niles Mazak, (Eds) *Encyclopaedia of library and information sciences*, (3rd Ed.) 2381-2391 New York: CRC Press.
- Chikere, I. C & Mayowa, M. O (2011). Prevalence and perceived health effect of alcohol use among male undergraduate students in Owerri, South-East, Nigeria: A descriptive cross sectional study *BMC Public Health* 11 (1), 118
- Fajonyomi, A. A. & Fajonyomi, M. G. (2013). Research in education and social sciences. Kaduna: Mike-B Press and Publication Nig. Ltd.
- Geramin, N., Gharaat, L., Taheri, S. A., Moherbpour, F., Nahvizavideh, M., Farajzadegan, Z., & Hesdan, K. (2014). Development of a questionnaire to assess drug abuse among high school students at Isfahan Province, Iran: An action research. *International Journal of Preventive Medicine*. 5 (2) S146-S153
- Gerra, A., Zaimovic, A., Rizzi, O., Timpano, O., & Zambelli, U. (1999). Substance abuse among secondary-school students and its relationship with social coping and temperament. *LI* (1 & 2), 12-10.
- Gonzales, M. (2018). *Teens drug and alcohol abuse*. Accessed on 30-06-2019 from webmaster@drugrehab.com
- Halpern, J. H. & Pope, H. G. (2001). Hallucinogen on the internet: a vast new source of underground drug information. *American Journal of Psychiatry*. 158(3): 481-483.
- accessed on 22-07-2019 from <https://www.ncbi.nlm.nih.gov/pubmed/112299937> dopt
- Higgins O, Sixsmith, J, Barry M.M. & Domegan, C. (2011). *A literature review on health information seeking behaviour on the web: a health consumer and health professional perspective*. Stockholm: ECDC.
- Ilo, C. I, Ignatius O. Nwimo, I. O. & Onwunaka, C. (2015). Drug use and Sources of drug information among secondary school students in Imo State, Nigeria. *Journal of Marketing and Consumer Research*. 12, 2-7
- Kaplan, J. (2014). *Multi-stage sampling: Better evaluation*. Retrieved July 9, 2019 from betterevaluation.org/evaluation-options/multistage.
- Kikuvi, R. N. (2009). *Determination of juvenile delinquency development among pupils in Machakos rehabilitation schools*. Unpublished Maters Degree Thesis. Kenyatta University.
- Kothari, C. R. & Garg, G. (2014). *Research Methodology*, Third Edition. New Age: International Publishers.
- Kumar, A. (2015). Information seeking behaviour by the research scholars and faculty members: A study of Kurukshetra University in the disciplines of social science. *E-Library Science Research Journal*, 3 (8). Retrieved on 18/07/2019 from www.lsrj.in
- Linhardt, R. J (2001). *Drug in World Book Encyclopaedia D 5*. Chicago: World book Inc, a Scott Fetzer Company.
- Mathya, R. W. (2009). *Drug abuse in secondary schools in Kenya: Developing a programme for prevention and intervention* Doctor of Education in socio-Education, University of South Africa
- McCrystal, P., Higgins, K. & Percy, A. (2007). Exclusion and marginalization in adolescents the experience of school exclusion on drug use and antisocial behavior. *Journal of Youth Studies*. 10 (1) 35-54. www.drugsandalcohol.ie
- Muotis, S. K. (2014). *Effects of drug and substance on academic performance among secondary school students, Kathonzwani district, Makueni county Kenya*. A research project submitted to the

Department of educational foundations in partial fulfillment of the requirement for the degree of Master of education, University of Nairobi.

Olley, B. O (2008). Child sexual abuse, harmful alcohol use and age as determinant of sexual risk behavior among freshmen in a Nigerian University. *African Journal of Reproductive Health* 2 (2), 75-88 DOI:10.2307/25470651

Oshikoya, K. A. & Alli, A. (2006) Perception of Drug Abuse amongst Nigerian Undergraduates. *World Journal of Medical Science*, 1, 133-139.

Powell, J. (2006) Information in mental health: Qualitative study of mental health service user. *Health Expectations*, 9 (4), 359-365, doi: 10.1111/j.1369-7625.2006.00433.x

United Nations (2005) *World drug report*. New York: Oxford University Press.

United Nations Development Programme (UNDP) (2015). 'Addressing the development of a national drug policy'. UNDP, New York.

United Nations on Drug & Crimes (2018). *Drug use in Nigeria*. Vienna: UNODC.

United Nations on Drugs & Crimes (2019). *Drug use in Nigeria*. Vienna: UNODC.

Wasserman, D.E. (1991). Lessons from hand-arm vibration syndrome research. *American Journal of Industrial Medicine* 19(4).