

**ADOLESCENTS' PERCEIVED EFFECTS OF SUBSTANCE ABUSE AS CORRELATE TO  
THEIR TENDENCY OF SUBSTANCE USAGE IN ANAMBRA STATE**

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**Abstract**

*The study investigated the adolescents' perceived effects of substance abuse as correlate to their tendency of substance usage in Anambra State. Two research questions guided the study and one hypothesis was tested at .05 level of significance. The study employed a correlational survey design. The population for the study comprised of 23,396 Senior Secondary School Students (SS2) in public Secondary Schools in Anambra State. The sample of the study were 567 SS2 students and simple random sampling was used in selecting 35 schools. Two questionnaires, namely Adolescent Perceived Effect of substance Abuse (APESA) and Adolescent Tendency to Substance Usage Questionnaire (ATSUQ) both were adopted by the researcher. Adolescent Perceived Effect of substance Abuse (APESA) was develop by Ahunwa in 2014. There was no need for further revalidation, therefore the researcher adopted the instruments. Adolescent Perceived Effect of substance Abuse (APESA) has a reliability of 0.77 which was established by Ofozor in 2015 using Crombach alpha reliability in a pilot test while Adolescent Tendency to Substance Usage Questionnaire (ATSUQ) has a reliability of 0.70 that was determined by Ahunwa in 2014. The questionnaire were distributed to the sample schools and was collected back by the researchers with the help of six researcher assistants. This was done in four weeks. The data collected was analyzed using mean, standard deviation and T-test statistics. The mean and standard deviation was used to answer the research questions while the T-test statistics was used to test the null hypotheses at 0.05 level of significance. From the response of the research questions, items with mean score of 2.50 and above were regarded as agreement while items with less than 2.50 were regarded as disagreement. Results of the studies showed that; there is no significant relationship between male and female adolescent students' perception scores on the effect of substance abuse on their tendency to substance usage is accepted. Recommendations was made that, frequent organization of drama and debate among adolescent centered on dangers of drug abuse and usage will help to sensitize them while in school in midst of peer group or at home.*

**Keyword: substance abuse, substance usage, tendency, adolescents.**

**Background to the Study**

The phenomenon of adolescent substance involvement has increasingly become a worldwide problem that demands the attention of all stake holders in the educational system. This situation appears to have reached a stage where it can be said that some secondary school students involved in substance abuse at one time or another during their educational programme or career. As a society, we should be concerned about the rates of substance abuse and substance use among our adolescent population. Determining why

one adolescent is more vulnerable than another to substance use has been an area of research spanning the past three decades.

The aetiology of substance use is not the same as the aetiology of substance abuse, and might even vary for the abuse of particular substance. This notion has been supported by Stein, Newcomb, and Bentler (2012), analyses of their longitudinal study of drug use by American students that indicated that substance use and problematic substance use were differentially determined. Gorsuch (2009) noted that researchers no longer:

*“assume that initial substance use and substance addiction have the same causes. Admittedly, some theories do take a single-stage, take it once and hooked for life approach. However, we found the evidence strong that many who do have an initial experience with a particular drug do not become continual users, and that many who become continual users do not become addicts. Hence, the causes for each stage may be different, and a set of stages is necessary”.*

It has been argued, for example, that the abuse of substance occurs as a result of social influences, where as substance usage results from psychological processes such as self-medication from emotional distress (Spooner, 2009). According to Pavla (2015), several factors influence adolescent substance abuse perception and attitudes of adolescent towards substance use. The main factors in attitudes forming include family and school environment, that is, attitudes of the parents and peers. However, individual experience with substance use is viewed as one of the principal factors. In Nigeria, doctors and scholars have recognised that substance use and substance abuse have effect on schooling and educational achievement of students (Adamu & Lawal, 2013). In the same vein, Atoyebi (2013), reported that most of inappropriate classroom behaviour, such as aggression and impulsivity; academic failure are attributed to substance abuse. This is also in line with Mayo (2013) who argued that substance abuse leads to low self-esteem or poor social coping skills and academic failure among the youths. As a result of this ugly incidence, the federal and state agencies have responded to problems of substance abuse by introducing health tips and guidance services in the curriculum of secondary schools. It therefore follows that schools have become the major focus of drug and alcohol abuse education and prevention activities of youths in Nigeria.

However, Eneh and Stanley (2014), observed that much of substance use among adolescent take place in schools. The incidence of substance use among students is high. Drug and alcohol use during adolescence is almost always a social experience and a learned behaviour (Swaid 2011). One of the important psychological phenomena observed during this period of adolescence is experimentation (Graham, Turk & Verhulst 2013). This behaviour has been found to lead to the trying out of new experiences such as drug and sex, sometimes with dire consequence for the adolescents. Despite the interference of substance abuse on students' ability to think clearly, exercise good judgment, and academic pursuit, misuse of drugs has become a common thing among students. Substance abuse among students is at increasing rate, shifts in the pattern and types of drugs abuse among school age children have been reported and increasing female involvement and multiple drug use pattern have also been noticed (Ifabumuyi, 2007). As a result, the researcher tend to investigate adolescents perceived effects of substance abuse as correlate to their tendency of substance usage in Anambra State, Nigeria.

The term substance abuse and drug abuse have being used interchangeable in literature. In the view of Agbonghale and Okaka (2014), substance abuse, is generally viewed as the use of a substance that modifies mood or behaviour in a manner characterized by a maladaptive pattern of use. Musto (2008) says that substance abuse is the use of drug that can cause disorder characterized by the use of a mood or behaviour altering substance in a maladaptive pattern resulting in significant impairment or distress, such as failure to fulfill social or occupational obligations or recurrent use in situations in which it is physically dangerous to do so or which end in legal problems. What this connotes is that it modifies behaviour. Drugs are chemicals. They work in the brain by tapping into the brain's communication system and interfering with the way nerve cells normally send, receive, and process information.

Some drugs, such as marijuana and heroin, can activate neurons because their chemical structure mimics that of a natural neurotransmitter. This similarity in structure “fools” receptors and allows the drugs to lock onto and activate the nerve cells. Although these drugs mimic brain chemicals, they do not activate nerve cells in the same way as a natural neurotransmitter, and they lead to abnormal messages being transmitted through the network. Other drugs, such as amphetamine or cocaine, can cause the nerve cells to

release abnormally large amounts of natural neurotransmitters or prevent the normal recycling of these brain chemicals. This disruption produces a greatly amplified message, ultimately disrupting communication channels. The difference in effect can be described as the difference between someone whispering into your ear and someone shouting into a microphone.

According to Cecilia (2010) opined that medically, substance abuse is the use of drug to an extent that it produces definite impairment of social, psychological or physiological functioning of the user. It is the use of illegal drugs, or the misuse of prescription or over-the-counter drugs. It refers to the use of a drug for purposes for which it is not intended or using a drug in excessive quantities. Such drugs of abuse include tobacco, barbiturates, amphetamines and narcotics. Substance abuse entails a strong cultural and subjective bias, depends on whether a society at a particular point in time views the use of a particular substance as acceptable or not. Enakpoya, (2009) also defined substance abuse as taking of drug without medical advice or direction. The use of alcohol and other substances constitutes one of the most important risk taking behaviour among adolescent and young adults in secondary schools despite the world wide concern on education about psychoactive substances, many adolescent and youth in our secondary schools today have limited awareness of the adverse consequences.

Most youth in our secondary schools who find themselves started by experimenting with the so called gateway drugs such as tobacco, alcohol, marijuana. Although the survey of student tendency to substance abuse among secondary schools is a global problem for instance, in American study drug or substances use rate of 19.6% between the ages of 18 – 20years. Marijuana is the most commonly used substances and then tobacco follows. Further study has also reviewed that most organs of the body can be destroyed for example; the heart, the liver, the kidney, lungs and brains which are the most center of perceiving and stimuli (Manbe, 2009). They went further that victims of substance abuse find it difficult to cope with his/her academic performance as well as other social activities. This shows that peer group among student have some influences on the individual involvement in the act of drug abuse. The consequences have been poor grades in academic performance as well as exhibition of aggressive tendencies which leads to violent act like suicide attempt, rape, theft, armed robbery, juvenile act, expulsion from school and these student later become social misfit among members of the society.

Tendency refers to a likelihood that a person would engage in a particular behaviour or action (Anyamene, Nwokolo & Madegbuna, 2015). Freeman (2013) defined it as a prevailing movement in a given direction. Macmillan (2013) defined tendency as a strong chance that something will happen in a particular way. Tendency in the context of this work refer to the ability of the adolescent to indulge in the usage of substance or drug. Criminal tendency sometimes arise as a result of substance abuse. It has been documented that such involvement is more common with the adolescent and in line with Mba (2008), assertion between age brackets 13-23 as revealed by Ekpo (2013), are at the greatest risk. Adolescence as the period in human growth and development that occurs after childhood and before adulthood, from ages 10 to19. It represents one of the critical transitions in the life span and is characterized by a tremendous pace in growth and change that is second only to that of infancy.

School survey conducted in different parts of the country shows that alcohol is the most common substance being used by Nigeria adolescent (Pela,2010). Similarly Obiamaka (2004), carried out a survey on the pattern of drug used among 484 randomly selected secondary school student in Warri and Efunrun, Delta State of Nigeria. He found out that 66% of boys and girls already have experience with alcohol. The international council of drug and addiction (ICAA) carried out a survey in 2006 on the content of substance abuse among secondary school students in Edo state and Delta state Nigeria. The result of the study also shows that alcohol was the most commonly abused substance. A substance is said to be commonly abused when it is immensely consumed without the concern for side effect. Individual engaged in substance abuse are also prone to accidents of different kinds (Okello, 2014 ).

In the same vein, Shek (2007) found out that in Kenya, more than 22.7% of the primary school children have taken alcohol, a figure that rises to 57.9% in secondary schools and to 68% among university students. A large number of students across all age groups have been exposed to alcohol, tobacco, Marijuana, and even hard substances such as heroin and cocaine. The practice has resulted in a number of negative effects in institutions of learning such as truancy, theft, rudeness, dropouts, injuries, loss of lives, destruction

of properties, draining away of morals, misallocation of resources, indiscipline, and compromised academic standards among others which pose serious challenges to managers of the educational institutions. National Agency for Campaign against Drug/ substance Abuse documented that 33.3% take alcohol, 8.3% smoke cigarettes, 9.1% , and 3.0% smoke marijuana(National Agency for Campaign against Drug Abuse, 2004).

Furthermore, Santrock (2011) agree on the following behaviours exhibited by those who abuse substances; watering eyes and nose, unusually talkative hence noise making, unusual quietness, unpredictable temper, concentration lapse, and loss of interest in education. Nyaga (2011) identified behaviours of those students who abuse substances. They include; carelessness and neglect of one's personal hygiene, general irresponsibility, high irritability, and hostility to close friends, dirty and tattered *clothes* and normally being in one clothe for many days. These behaviours, he noted present many challenges to managers of schools.

In general populations, Spooner (2009), posited that males tend to (a) start drinking alcohol at an earlier age than females, and (b) be morelikely than females to drink alcohol, to drink heavily and to experience alcohol-related problems. Gikonyo (2012), reported that males were twice as likely as females to be heavy drinker s and four times as likely to report cannabis use . Further, males are more likely to use illicit drugs, to engage in poly drug use, to use illicit drugs at an earlier age and to use drugs to deal with problems than females. The gender effect is probably the result of both genetic and environmental factors. The main treatment implication is the need to address gender-specific influences on alcohol and other drug use, particularly with males.

According to Komen (2013), substance usage such as alcohol consumption has health and social consequences; alcohol dependence ,and other biochemical effects of alcohol. It causes chronic diseases and contributes to serious outcomes that kill or disable at a relatively young age, resulting in the loss of many years of life due to death or disability. In 2012, about 3.3 million deaths, or 5.9% of all global deaths, were attributable to alcohol consumption. In the same year, 139 million DALYs (disability dusted Life Years), or 5.1% of the global burden of disease and injury, were attributable to alcohol consumption (WHO, 2014).A study on secondary school students knowledge of the dangers associated with alcohol, tobacco and marijuana done in Anambra State, Nigeria found that students were not aware of most of the dangers associated with alcohol, tobacco and marijuana (Nwankwo, Obi, & Nwosu, 2013).

In Ilorin, Nigeria, an analysis of responses on the current and lifetime use of eleven substances of abuse, their frequency of use, and the effect of gender and school location on use trends was done. It revealed that although a significant increase in current use rates was recorded for alcohol, cannabis, mild stimulants and hypno sedatives, all of these substances (except stimulants) showed a shift towards less frequent use in 1993. The only consistent gender effect was found for smoking, which remained significantly a male activity (Adelekan, 1993). In view of the well-documented cases on the prevalence and effects of substance abuse in secondary schools and the harmful psychological, social, physical, and social effects on the abusers, it is necessary to investigate the adolescents perceived effects of substance abuse as correlate to their tendency of substance usage in Anambra State, Nigeria.

### **Statement of the Problem**

Substance abuse is a general problem in Nigeria today especially in areas where there is no adequate supervision, that is, monitoring of students and effective usage of punishment for deviant behaviours in adolescent substance use. According to a number of researches, substance use and illicit substance abuse imposes a significant social burden and has been associated with a range of adverse outcomes such as reduced educational attainment, criminality, mental health problems and delinquency among adolescent with tendency to substance abuse. Recently NDLEA officials reported cases of junior secondary school students in possession of Indian hemp. Substance use and abuse of alcohol present a significant public health problem with far reaching ramifications ranging from poor health outcomes to diminished production in all sectors of the economy, and insecurity. For example, Intoxicants alter the state of a person's mental, social and physical wellbeing thereby influencing his/her thoughts, realities, decisions and action. Alcohol and drug abuse during adolescence are the single most predictive factor for adult drug dependence.

Cases such as riots during inter-house sports, among secondary school students wielding dangerous weapons such as cutlasses, broken bottles, and so on can also be linked to the effect of this dangerous act called substance/drug abuse. One then wonders whether these adolescents are aware of the dangerous effects of substance usage and abuse. It is necessary to investigate the adolescents' perceived effects of substance abuse as correlate to their tendency of substance usage in Anambra State, Nigeria.

### **Research Questions**

The study was guided by the following research questions.

1. What are students perception scores on the effect of substance abuse?
2. What are students tendency to substance usage scores?
3. What are the relationship between students perception scores on the effect of substance abuse and their tendency to substance usage scores?

### **Hypotheses**

The following hypothesis was tested at 0.05 levels of significant.

1. There is no significant relationship between male and female adolescent students perception scores on the effect of substance abuse and their tendency to substance usage.

### **METHOD**

This study employed a correlational survey design. A correlational survey design is a kind of survey design that seeks to establish a relationship between two or more variables as well as indicates the direction and magnitude of the relationship between the variables.

### **Population and Sampling**

The population for the study comprised of 23,396 Senior Secondary School Students (SS2) in public Secondary Schools in Anambra State (Post Primary School Management Board, Awka, 2018). The sample of the study were 567 SS2 students and simple random was used in selecting 35 schools. The sample size for the study is 567 SS2 students.

### **Instrument for Data Collection**

Two questionnaires, namely Adolescent Perceived Effect of substance Abuse (APESA) and Adolescent Tendency to Substance Usage Questionnaire (ATSUQ) both were adopted by the researcher. Adolescent Perceived Effect of substance Abuse (APESA) was developed by Ahunwa in 2014. Adolescent Perceived Effect of substance Abuse (APESA) consists of 18 items based on a 4-point Scale of Strongly Agree, Agree, Disagree and Strongly Disagree. The 18 items covered all characteristics and attributes of Perceived Effect of substance Abuse in relation to the individuals. While Adolescent Tendency to Substance Usage (ATSU) was developed by Ofozor in 2015. Adolescent Tendency to Substance Usage Questionnaire (ATSUQ) has 16 items and a 4-points scale, ranging from Strongly Agree to Strongly Disagree.

### **Validation of the instrument**

The instruments: Adolescent Perceived Effect of substance Abuse (APESA) was validated in Nigeria by Ofozor in 2015 and Adolescent Tendency to Substance Usage (ATSU) was also validated in Nigeria by Ahunwa in 2014. The instrument has both face and constructs validity. There was no need for further revalidation, therefore, the researcher adopted the instruments.

### **Reliability of the study**

Adolescent Perceived Effect of substance Abuse (APESA) has a reliability of 0.77 which was established by Ofozor in 2015 using Cronbach alpha reliability in a pilot test while Adolescent Tendency to Substance Usage Questionnaire (ATSUQ) has a reliability of 0.70 that was determined by Ahunwa in 2014. This study adopted the Nigeria version whose reliability coefficient of 0.77 and 0.70 have been determined, there was no need for further reliability estimation.

**Method of Data Collection**

The questionnaire was distributed to the sample schools and collected back by the researchers with the help of six researcher assistants. This was done in four weeks.

**Method of Data Analysis**

The data collected was analyzed using mean, standard deviation and t-test statistics. The mean and standard deviation was used to answer the research questions while the T-test statistics was used to test the null hypotheses at 0.05 level of significance. From the response of the research questions, items with mean score of 2.50 and above were regarded as agreement while items with less than 2.50 were regarded as disagreement. For the test of hypotheses, the null hypothesis was accepted when the calculated T-test is less than the T-table, and rejected when the calculated t-test is greater than T-table value at 0.05 level of significance.

**Results**

**Research Question 1:** What are student’s perception scores on the effect of substance abuse?

**Table 1:** Mean and standard deviation on student’s perception on the effect of substance abuse.

S/N		N	Mean	Std. Deviation	Decision
1	Do you think the use of psychoactive substances can hinder/affect student's progress at school	567	2.33	.78	Rejected
2	Does psychoactive substance abuse have any harm	567	2.51	.50	Accepted
3	Will you advice your friend to abuse psychoactive substances	567	1.28	.45	Rejected
4	Is it possible for a person to protect himself or herself from psychoactive substances abuse?	567	3.60	.49	Accepted
5	Are there any potential benefits associated with psychoactive substances abuse?	567	1.72	.45	Rejected
6	Daily use of one wrap of cannabis is not necessarily harmful	567	1.76	.87	Rejected
7	Smoking cigarettes leads to cannabis use, which in turn leads to the use of other hard drugs	567	2.28	.45	Rejected
8	Cannabis use leads to mental illness.	567	2.54	1.03	Accepted
9	heroin is so addicting that no one can really recover once he/she becomes an addict	567	2.72	.45	Accepted
10	All heroin use leads to addiction	567	3.04	.77	Accepted
11	Weekend party users of drugs will progress to misuse.	567	2.64	1.10	Accepted
12	An alcohol or drug dependent person who has relapsed several times probably cannot be normal	567	3.33	.78	Accepted
13	Most alcohol or drug dependent persons are unpleasant to work with	567	2.72	.45	Accepted
14	Using any hard drug shortens one’s lifespan	567	3.19	.39	Accepted
15	Alcohol is so dangerous that it could destroy the youth of our country if not controlled by law	567	3.60	.49	Accepted
16	Alcoholism is associated with a weak will	567	3.28	.45	Accepted
17	taking drugs brings about feel highness or intoxication.	567	2.93	.69	Accepted
18	Drug abuse can damage one’s lung	567	3.53	.50	Accepted
		<b>Grand mean</b>	<b>2.72</b>		

Table one above shows mean and standard deviation on effect of substance abuse. The shows that respondent agreed to items 2,4,8,9,10,11,12,13,14,15,16,17 and 18 to be students perceived effect of substance abuse since their response is 2.50 and above which is the acceptance region (bench mark) while items 1,3,5,6 and 7 were rejected since their mean response were below 2.50. The table also showed a grand of 2.72.

**Research Question 2:** What are student’s tendency to substance usage?

**Table 2:** Mean and standard deviation on student’s tendency to substance usage.

S/N	ITEMS	N	Mean	Std. Deviation	Decision
1	Have you ever abused psychoactive substances?	567	2.53	1.11	Accepted
2	Do you have any plan to abuse psychoactive substances?	567	1.52	.51	Rejected
3	Is it easier to get the drugs for abuse?	567	2.72	.514	Accepted
4	Do you accept the use of psychoactive substances?	567	2.26	.84	Rejected
5	Do you have a friend who is abusing the psychoactive substances?	567	2.96	.72	Accepted
6	Would you prefer a friend who is abusing psychoactive substances?	567	1.49	.50	Rejected
7	Cannabis should be legalized	567	1.51	.50	Rejected
8	Personal use of psychoactive drugs should be legal in the confines of one own home	567	2.29	.82	Rejected
9	it can be normal for a teenager to experiment with drugs	567	1.49	.50	Rejected
10	Parents should teach their students how to use alcohol	567	2.52	.69	Accepted
11	If your friend offers you a drink of alcohol, would you drink it?	567	2.50	.51	Accepted
12	If your friend dares you to smoke a cigarette and your parents don’t want you to smoke, would you smoke it	567	1.52	.51	Rejected
13	When I feel I need inspiration, I can take drugs.	567	3.29	.82	Accepted
14	When I am very anxious & stressed, I would prefer to use drug.	567	3.04	1.22	Accepted
15	When I am very angry about something or someone, using drug is not bad.	567	2.29	.83	Rejected
16	I use drug, When things are not going my way and I am frustrated	567	2.76	.43	Accepted
		<b>Grand mean</b>	2.29		

Table two shows the mean and standard deviation of substance usage. The shows that respondent agreed to items 1,3,5,10,11,13,14 and 16 are students tendency to substance usage since their response is 2.50 and above which is the acceptance region (bench mark) while items 2,4,6,7,8,9,12 and 12 were rejected as student students tendency to substance usage since their mean response were below 2.50. The table also showed a grand of 2.29.

**Research Question Three**

3. What are the relationship between students perception scores on the effect of substance abuse and their tendency to substance usage scores?

Table 3

Table showing the relationship between students perception scores on the effect of substance abuse and their tendency to substance usage (N = 567)

Variables	Pearson Correlation coefficient (r)
effect of substance abuse	0.287
tendency to substance usage	

The result in Table 3 revealed that the relationship between student’s perception scores on the effect of substance abuse and their tendency to substance usage of adolescents is low and positive. The Pearson correlation coefficient (r) is 0.287 which indicates a low relationship. It is then concluded that there is low and positive correlation between students perception scores on the effect of substance abuse and their tendency to substance usage.

**Hypothesis one:** There is no significant relationship between male and female adolescent students perception scores on the effect of substance abuse and their tendency to substance usage.

**Table 4:** Pearson correlation on the relationship between male and female adolescent students perception scores on the effect of substance abuse and their tendency to substance usage

Variable	N	Pearson’s r	Sig. (2-tailed)
Male and female adolescent students perception on substance abuse	567	.473	.248
Tendency to substance usage			

*a = .05*

The table shows a pearson r value of .473 and a p-value of .248. Testing at an alpha level of .05, the p-value is greater than the alpha level, so the null hypothesis which states that there is no significant relationship between male and female adolescent student’s perception scores on the effect of substance abuse on their tendency to substance usage is accepted.

**Discussion of Results**

The findings from the study shows that majority of the secondary school student in Anambra state have perceived effect of substance abuse among adolescent. It means that student aware of the psychological influence on any one who tend to abuse drug at its will. This finding support the work of Atoyebi (2013), that most of inappropriate classroom behaviour, such as aggression and impulsivity; academic failure are attributed to subsatnce abuse. This is also in line with Mayo (2013) who argued that substance abuse leads to low self-esteem or poor social coping skills and academic failure among the youths. Also, the work is in



line with Pavla (2015) claim that several factors influence adolescent substance abuse perception and attitudes of adolescent towards substance use. The main factors in attitudes forming include family and school environment, that is, attitudes of the parents and peers. However, individual experience with substance use is viewed as one of the principal factors.

The finding reveals that majority of the secondary student in Anambra state, tendency toward substance usage below the benchmark. This imply that the likelihood of the student to take start taking drug is low. This finding is contrary to the assertion of Eneh and Stanley (2014), that much of substance use among adolescent take place in schools. The incidence of substance use among students is high. Drug and alcohol use during adolescence is almost always a social experience and a learned behaviour (Swaid 2011). The contradiction o this finding could be due to the fact that the work was on substance usage tendency and not on substance usage as in the case of Eneh and Stanley 2014. Also the find revealed that the relationship between student's perception scores on the effect of substance abuse and their tendency to substance usage of adolescents is low and positive among secondary school student in Anambra state. This finding is in consonance with Enakpoya, (2010 ) that the use of alcohol and other substances constitutes one of the most important risk taking behaviour among adolescent and young adults in secondary schools despite the world wide concern on education about psychoactive substances, many adolescent and youth in our secondary schools today have limited awareness of the adverse consequences. Most youth in our secondary schools who find themselves started by experimenting with the so called gateway drugs such as tobacco, alcohol, marijuana.

The study further reveal that there is no significant relationship between male and female adolescent student's perception scores on the effect of substance abuse on their tendency to substance usage is accepted. This work is in support of Obiamaka (2004), that 66% of boys and girls already have experience with alcohol. The international council of drug and addiction (ICAA) carried out a survey in 2006 on the content of substance abuse among secondary school students in Edo state and Delta state Nigeria. The result of the study also shows that alcohol was the most commonly abused substance. Okello (2014) reported that substance is said to be commonly abused when it is immensely consumed without the concern for side effect. Individual engaged in substance abuse are also prone to accidents of different kinds.

## **Conclusion**

The study discovered that that majority of the secondary school student in Anambra state have perceived effect of substance abuse among adolescent. Also, The finding reveals that majority of the secondary student in Amanbra state, tendency toward substance usage is low. This implies that tendency of substance usage does not apply in the real sense as drug usage. However, there is no significant relationship between male and female adolescent student's perception scores on the effect of substance abuse on their tendency to substance usage among secondary school students in Anambra State, Nigeria.

From the findings the study the following recommendations are made:

1. Frequent organization of drama and debate among adolescent centered on dangers of drug abuse and usage will help to sensitize them while in school in midst of peer group or at home.
2. A collective multi-disciplinary and multisectoral approach is necessary by both government and non-government bodies on public enlightenment. Awareness about drug abuse and usage should be created through counselling and outreaches.

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