



Curbing the menace of drug abuse: A social learning and socio-cultural perspective of drug addiction among youth in Bauchi State

Yunusa Umar¹ & Maida Umar Birai²

¹Department of Social Development, School of General Studies,
Abubakar Tatari Ali Polytechnic Bauchi, Nigeria.

²Department of Crime Management School of General Studies
Abubakar Tatari Ali Polytechnic Bauchi, Nigeria.

Email: yunusaumar3@gmail.com

Abstract

This paper focused on curbing the menace of drug abuse among Youth. It discusses the concept of drug abuse, causes, effect, types and theories. The paper observed that peer group initiate youth in to drug abuse early in life and exposed them to deliberate drug consumption, smoking, drinking of any kind of substance abuse which have adverse effect on the individual, community and the Nation. The paper also discussed some drugs that are commonly abused by the youth which are mostly over the counter drug that are available and easily accessible. Two theories were adapted for the study the social learning theory and the socio-cultural theory of drug abuse and addiction, health implications of youth drug behaviour were also explored. The paper concluded that there should be serious concern, and worried that in the way youth are fast joining the drug wagon and gambling with their future for the pleasure of getting high, this, poses a threat to the health and safety of the family, their community and the country. The paper recommend that parent should give proper orientation to their children on the danger of drug also Ministry of Education in-collaboration with National Drug Law Enforcement Agency (NDLEA) should expand measures for sensitizing particularly youth on the adverse effects of drugs abuse, in addition community and religious organization should put concerted effort toward tackling the scourge of drug abuse and addiction so that to live a drug free society.

Keyword: Drug abuse, Drug addiction, Family, Peer group,

1. Introduction

The problem of drug abuse has worried researchers since time long-established. It is a psychosocial problem that disturbs every society and impends the future of the young people drug addiction has turned many young people into psychopaths, irresponsible and criminals.

Drug abuse and addiction are important social problems throughout the world, in Nigeria the problem negatively impact both at individual and societal level. In his research, Amayo G.N (1994) contends that drug taking is an ancient element and not a new plan. What is new according to him, are the types of drugs and methods of their acquisition. In the past, drug taking was

periodically for religious, social-ritual and treatment purposes and only by certain groups under certain conditions which were recommended. Such purposes and circumstances militated against dependency or abuse. Youth who are pride of every nation loved an independent life that is free from societal interference, there by engaging in various delinquent acts, such as drug abuse, rape, robbery, kidnapping, burglary and gangstarism like (Sara-suka) that are dangerous to community and the nation. Sule (2011). The impact of drug abuse among youth has been a threat to moral decadence, peaceful coexistence, and mutual relationship that

were cherished by people. The menace of drug abuse and addiction among youth has eaten deep into the fabrics of our society; however, the problem of drug abuse has been common places among the youth of both sexes (boys and girls) are recruited into the trend on daily basis. (Ubom I.U., Obiomaka, V.O., & Okwodudu, B. 2014) The situation becomes worrisome with deeply involvement of young girls and women. These emerging trends provide them with opportunities to engage in experimenting the use of drug especially during social gathering or in any social event with their peers who are already in to drug use.

According to Sijibomi (2014) the types of substances and their nature being abuse created health hazards to the well-being of young people who pander into such behaviour. Substance abuse is rampant due to being associated to socio-cultural as well as customs that allow some socially accepted types of substances to be used without control during cultural event, festival and marriage ceremony, substances specifically meant for socio-cultural activities are allowed to be prepare. Ozohu (2006). Other reason that promotes the abuse of these types of substances is that they are cheap, reachable as well as easily available in every place. The main issue of concern is that substance abuse poses danger to the well-being of young people particularly in the way and manner they consume drugs and the situation offered competition among users interms of the ability to consume large quantity without showing a sign of drunkenness and the ability to drink faster than the challenger is another reason for abuse of alcohol amongst the youth. Dumbili (2013:22). However, despite societal rejection on the use of most commonly substances of abuse such as cigarette, codeine, Indian hemp, and others substances yet youth have not given a listening ears to these restrictions. As it has been observed that there had been an increased in number of the point of

selling Indian hemp particularly in the major towns in Nigeria and majority of consumers are youth adult aged 17-35 (UNODC 2018).

2. Literature Review

Conceptual Clarification and Theoretical Orientation

There exist varieties of conceptualizations about what constitute a drug. Drug can be define as *any substance, which changes the way the body functions, mentally, physically or emotionally.*

Drugs are also used as food supplements like vitamin and we necessarily benefit from drugs in terms of ill health, though prescribed by doctors (Elizabeth, & Martin, 2007). On the contrary, drugs are harmful and fatal if they are used wrongly. Perhaps drug may include any chemical or natural substances that when applied in to human body can modify behavior or cure diseases. Substance is considered abused if it is deliberately used to bring bodily or psychological effects for a purpose other than for beneficial drive. Psychoactive drugs are chemical substances that affect the function of the nervous system, altering person's perception, mood and consciousness. (Okoye,2001. Balogun, 2006. Nnachi, 2007) as cited in Dorcas (2012) Drug abuse can be viewed as a disorder which has devastating effect that lead to significant suffering

Drug abuse is the use of any drug for a purpose other than the one it was planned to serve or in a manner other than directed which can lead to clinically significant deficiency. Drug abuse can be regarded as a disorder which has devastating effect that lead to significant suffering. Addictive behavior results in a "tendency commonly boring that increases the danger of associated social problems". This is described by a "loss of control that signified by the persistence of the behavior despite the attempts to stop or limit it". Bahr, Hoffmann, Yang (2013).

Drug addiction refers to physical or psychological reliance on the drug, (NIDA,

1998). Most of the drug use grows over time starting with the smoking cigarette during social events or in association with peers who are already smokers, then afterward graduate to marijuana and other illicit drugs, Users who are dependent on drugs commonly have poor control over their intake. They may continue to use drugs despite its serious effect, further more, they may spend more of their day in activities related with drugs, earning money purchasing drugs, and increase desire for more harder drugs, however their life depend on drugs there by with out drug they cannot survive.

Causes of drug abuse and addiction among youth

Several factors account for the use and abuse of substances among youth from both sexes and the adults alike. Odedoumi (2010) assert that people abuse drugs of different kind for different purpose. In another development Atwan (2011) reiterated that, the causes of drug abuse are of various dimension and peculiar to individual abuser.

Peer influence; many young people use drugs because they find it difficult to resist pressure from their friends who are drug abusers, according to Atwan (2011) peer pressure is a fact of life, because peer group have their own distinct norms of behavior for any member to feel a sense of belonging should conform to the norms of that particular group. It is during this period that youth start to experiment with drugs in group usually on the invitation of a friend; some find it hard to resist. Hence a friend can be influence to be a drug user if he associates with drug abuser or addicts because he can be easily tempted to try the illicit drug and feel like his friend.

Pleasure seeking; Some youth abuse drugs in order to seek for happiness or pleasure. This is done with the view to forget reality of life more especially when they are faced with life challenging situation or if they want to get high to wipe off the feeling of psychological boldness, most often these

drugs improve physical performance such as stimulant this type of drugs stimulate the central nervous system and it produces pleasant effect of energy increase to user, like exaggerated self confidence, excessive work and so on.

Family background; some families are drug abusers so therefore their wards learned the skill and techniques of substance abuse. Similarly, people with personal or family problems are more likely to turn to drugs in their struggle to escape from such problems. As they start to take in to drug their problem may increase and their ties with other people weaken, instead they become more dependent upon drug. (pat, 2012) opined that many parent neglect their childrens to the point that they do not even care how and where they spent there life, this situation may done more harm than good and psychologically deprived such children from parental guardian to the extent that youth would end up in taking solace in some illicite drugs for survival. This may result in to serious psychological problem due to absence of expected love from parents, the adolescent will end up been full of hatred, indulging in illicite drug in compensating of the loss love and affection subsequently end up involved in criminal and violent lifestyles and becomes social nuisance, thugs, vagabond among others anti social behavior to society.

Availability of the drugs; Availability of drugs is one of the reasons contributing to the increasing drug abuse among youth, easy access to drugs has been identify as one of the existing situations that provide opportunities for youth to indulged in illicite drug. Logically when accessibility of drugs is easy, the likelihoods of people vexing and subsequently being addicted to drugs is increased. Despite increase in price but still people squeeze hard to obtain substances of abuse to satisfy their cravy for drugs.

Frustration; majority of youth chose to taking substance of abuse when they belief

no chance to achieve their dream or goals, therefore such people feel cut off from the society. This is in line with Robert k. merton anomie theory which identified “retreatists” are people who lack the means to attain success and do not have institutional security. They are people who pull out from society altogether and cease to pursue culturally legitimate goals (Weschler, 2017) . they are drug and alcohol addicts who can no longer function to deal with challenging situation. Thus they may turn to drugs to ease their sense of hopelessness or to cope with stress and pressure of lives. For example sedatives that is largely belief to have relief stress and anxiety like Valium, codeine and superglue.

Effects of drug abuse

Psychoactive substance or drug can have many different consequences. Some of the consequences are trivial while others are very serious. Substance use has effects on the body, the life of the user and the society. It has emotional, Social and health effects. Mba (2008). Identified this negative effect on the body of abuser.

Intoxication; This is the condition of being under the influence of substances abuse. An intoxicated person will behave abnormally base on the amount of substance he consume and the types , consequently change the person's ways of thinking, perceptions, emotions or behaviour. Once a person becomes intoxicant as a result of the intake of drug their mood may change quickly between highs and lows. Some may tend to be highly aggressive more often. For instance same quantity of Indian hemp can make some people laugh while same amount make others cry, therefore different drug create different effect at different circumstance. Toxic substances may include solvents, glue, petrol and others. Drug use causes physical problem like liver cirrhosis, tuberculosis, mental disorder, Use of drugs can lead to deadly infections, such as HIV and Hepatitis B. Injecting drug

use is one of the major reasons for the increasing number

of HIV infections among youth.

Social effects; Young people sometimes have conflicts with family members and friends. The use of drugs however, can occasionally make these normal experiences more hostile or even risky. Drug users with meger income are frequently faced with the problem of finding money to buy their drugs. Some of them may end up resort to stealing or use violence to get the money using illegitimate ways, such as armed robbery, kidnapping, cyber crime and banditry to earn enough money. This ugly situation become a serious social problem to society.

Health effect; Mifflin (2010) identify health consequences of substance use and abuse. Regular use of substances may reduce the immune system, increasing vulnerability to infection, drug abuse also cause stroke and brain damage that can impact all aspect of daily life causing problem to memory, including mental confusion. Anamonye (2012) observes that majority of death, disabilities and illnesses occur as a result of drug abuse than from any other preventable health condition. Therefore drug abuse provides the user with severe physical and psychological harm and disorder it also lead to ggressiveness in socially unacceptable or non- conforming behavior.

Substance abuse is consider as a factor contributing to the rising incidence of crime and largely to social hatred which are becoming too rampant in contemporary society.

Types of substances commonly used by youth

There exist various kind of substances that can be abused, most drugs have their common names that are use in different environment . this types of drug can be categories base on their psycho- active effect on the centra nervous system on the individual abuser. As cited in Haladu (2003) are classified as follow:



Depressants; Is a drug which reduce excitement and stimulation in various areas of the brain. They affect the central nervous system by slowing down the message between brain and the body. This type of substance affects concentration and slows down a person's ability to act in an unanticipated situation. It is also used to reduce anxiety and stress and to help users to forget their problems. Examples of depressants are Alcohol, benzodiazepines, codeine, marijuana, petrol, glue and so on. However, depressants are the most common abusable drug among Youth because of the accessibility and availability of the substance. Non-medical use of cough syrups was comparable among men and women (2.3 percent among men vs. 2.5 percent among women) or roughly 2.4 million people had used cough syrups in the past year for non-medical purposes. (UNODC, 2018).

Stimulants; Is a class of drug that speeds up and stimulates the central nervous system. The drug can make a person feel more confident in every thing, feel energetic by doing extra work above the capacity of the person, alert and feeling of well being. Examples of stimulants include caffeine, amphetamines, cocaine, tobacco, and so on. Stimulants cause blood pressure to increase, body temperature to rise, and other physical effects may include talkativeness, reduced appetite and sleep disturbance.

Hallucinogens; Are drugs that change a person's awareness of their surroundings as well as their perception of the real world. Hallucinogens can cause sensations and make a person see, hear and feel things that are not real, sometimes a person experiences distortion in their interpretation of what is going on around them. More recently people use this drug for social or recreational purposes in order to wind up stress or just to feel different. The users of hallucinogen drugs stand at risk of serious harm because of the intense adjustment in perception and mood, users might do things

they would not have done in a real life situation or they might experience feelings of committing suicide.

3. Methodology

The method adopted by this paper was content analysis, where work on drug abuse was reviewed with the view to identifying what others have found in terms of drug addiction in Nigeria. The literature was sourced from Journals, books and the internet. Themes were identified from the available literature based on the objective of the paper and are presented to give a clear understanding of what the researcher has found from the review.

4. Theoretical framework

There are several theories as to why people take to drug abuse. In this context social learning and socio-cultural theories shall be examined.

Social Learning Theory

One of the purposes of the study was to examine the link between social learning theory and drug use and addiction, the theory as developed by Akers (1998), argues that people learn deviant and criminal behavior through the interactions with intimate groups that provide negative role models, definitions favourable to crime, and positively reinforce deviant behavior. Akers developed this theory based on the prior work of Sutherland (1947) differential association theory. The theory proposes that, through interaction with others individuals learn the values, attitudes, techniques and motives for committing delinquent and criminal behavior. An individual who receives positive rewards for using drugs is likely to continue using the drug, while the contrary is also true. Differential association shows that youth peer association has a link with drug use. From this non-exhaustive review of the literature, we expect that peer association has a positive link with substance use.

The relevance of the differential association theory in the study of substance abuse among youth lies in the fact that drug abuse



generally is learned in interaction with others, mostly in intimate groups. According to the theory acts like smoking, stealing, thuggery, assault and other antisocial behavior are learned in the process of interaction with other drug addicts in the society. However they learn where to get the drug, how much it is sold, how to use the drug and the quantity to take at a particular time. One find all kind of people in the society, both those who are drug addicts and those who are living a drug free life but the free ones are usually influenced negatively by the life style of the drug addicts making them to become drug users.

Socio-Cultural Theory

Sociocultural theory strengthen the role that social interaction plays in psychological development. It suggests that human learning is largely a social process, and that our mental functions are formed based on our interactions with those around us who are more skilled. According to the sociocultural perspective our psychological growth is guided, in part, by people in our lives who are the role model type, such as parents and friends. Over times, we develop our values and beliefs through our interactions within social groups or by participating in cultural events. Sociocultural theory focuses on how mentors and peers influence individual behaviour, but also on how cultural beliefs and attitudes affect our behaviour including drug abuse and addiction. Occasionally individuals find the lifestyle of the substance abuser to be attractive perhaps even desirable. The theories maintain that abuse is determined by socio-cultural values of the people. For instance, certain cultures permit the consumption of alcohol and cigarrete, other cultures do not. Among the sayawa's, miyawa and zullawa's in Bauchi State they processed locally made alcohol i.e. burukutu which is consumed during cultural and other social activities.

5. Findings

Based on the discussion it was concluded that:

1. More men engaged in the drug use than their female counterpart. As a result of which they have a higher number of involvement.
2. Peer influence is one of the major reasons why youth are heavily in the drug abuse and are within the age limit of 18 – 35 years.
3. There exist some improvements in the fight against drug abuse because of the intensive effort of NDLEA in curtailing the supply chain of the drug.
4. The establishment of community counseling centre will reduce the incidence of drug use with the help of Qualified health counselor by given professional advice on hazard drug use and addiction.

6. Conclusion and Recommendations

Conclusion

Drug abuse is becoming a serious health problem among youth. The abuse of drugs and other substances constitutes one of the most important risk behaviour among our youth's in Nigeria. We all accepted that drug abuse is undesirable feature of our culture, and it is also imperative to emphasize the fact that majority of our youths are seriously getting involve in joining the drug wagon which poses a danger to their health and safety. Cubing the menace of the unwhole some situation may require concerned of civil society, religious organizations, community leaders and the National Drug Law Enforcement Agency (NDLEA) .

Recommendations

1. Parents should sincerely re-orient their children on the dangers of drug abuse on their health and others, since drug destroy persons life.
2. National Drug Law Enforcement Agency must also intensify their anti drug campaigns in order to have a drug free society with a special focus on the youth's and adolescents.



3. The Ministry of Education both Federal and State must include in to their curriculum a Drug-Education for both the secondary and tertiary institution. In addition to lectures, seminars, rallies, and film shows should be organize for the youth on the adverse effects of drug abuse.

4. All the three tiers of Government in Nigeria, the NGOs and concerned individuals must made concerted effort in curbing the spread of the menace of drug abuse among our youth.

References

- Adeyemo Florence O. , Ohaeri Beatrice , Pat U. Okpala , Ogodo Oghale , (2016) Prevalence of Drug Abuse Amongst University Students in Benin City, Nigeria, *Public Health Research*, Vol. 6 (2), 31-37.
- Amayo, G.N. (1994). *International Institute for Prevention of Drug Abuse: A Handbook for Primary and Secondary Teachers' Guidelines in Drug Dependence Preventive Education*. Nairobi: Lama Limited Printers.
- Bahr SJ, Hoffmann JP, Yang X (2013). Parental and Peer Influences on the Risk of Adolescent Drug Use. *The Journal of Primary Prevention*. 26(6): 529-541.
- Denise.(2006). The difference of negative and positive peer pressure. Parentingteens.about.com/od/peer-pressure/a/handle-peer.hJabbari, H. B.F., Vahidi R, &
- Dorcias O.F (2012). Drug Abuse among Nigerian Adolescents Strategies for Counseling *The Journal of International Social Research Volume: 5 (20)*
- Dumbili, E., 2013. Changing Patterns of Alcohol Consumption in Nigeria: An Exploration of Responsible factors and Consequences. *A Journal of the BSA MedSoc Group*, 7(1):20-33.
- Elizabeth, A., & Martin, M.A., (2007). Oxford Concise medical dictionary. New York: *Oxford University Press*.
- Haladu, A.A. (2003). Outreach strategies for curbing drug abuse among out-of-school youth in Nigeria: A challenge for community Based Organization (CBOS), in A. Garba (ed). *Youth and drug abuse in Nigeria: Strategies for counselling, management and control*. Kano: Matosa Press.
- Mba, A.I. (2008). "Counselling techniques for the rehabilitation of drug addicts in Nigeria, *The Counsellor*, National Drug Law Enforcement Agency (1997). *Drug data collection and research*, Lagos: Drug Demand Reduction Unit, National Drug Law Enforcement Agency, 18(1) 10-18.
- Miffing, H. (2010). Epidemiology and control of substance abuse in Nigeria. Jos centre for research and information on substance abuse.
- Mohammad pour, A., A. (2008). High Risk Behaviors and Attitudes of Secondary School Students in Tabriz toward Drugs of Abuse. *Iranian Journal of Psychiatric Clinical Psychology*; 14: 350-4.
- National Institute of Drug Abuse (NIDA). 1998. "Nicotine Addiction." Retrieved August 2, 2020 (www.drugabuse.gov/research-reports/nicotine/nicotine.html)
- Obiechina, G.O & Isiguzo, G.B (2016). Curbing the Menace of Drug use Among Secondary School Students in Nigeria. *Journal European Journal of Research and Reflection in Educational Sciences* Vol. 4. (1) 2016
- Odedounmi, F. A(2010).Problematic use of prscription-type opioids prior to heroin use among heroin injectors.*Substance Abuse Rehabilitaion Journal* 2 (1) 173-180
- Odejide, A.O. (2000). "Research, prevention and treatment of alcohol and drug abuse in Nigeria: Problem and prospects" *Paper Presented at*



- the 10th Anniversary Lecture of CRISA. Jos European Journal of Research and Reflection in Educational Sciences* Vol. 4. (1) 2016
- Oshikoya, K.A. & Alli, A. (2006). Perception of drug abuse among Nigerian undergraduates. *World Journal of Medical Sciences*. 1(2), 133-139.
- Ozohu, A. S. (2006). The Nigerian youth in contemporary political development, relevance, challenges and role expectation. *Constitutional Development* 6 (4)
- Path, J. (2012). *Mental and social health*. New York: Maybest Publications.
- Sijibomi, O.O. (2004). Technical vocational education and training: A panacea to resolving youth unemployment for sustainable human security and national development. *Journal of Nigeria Vocational Association*, 19(1) 25-32
- Sule, A, (2011). Youth empowerment in Nigeria since independence. In Bawuro, B. & Folade, I.(Eds). *Nigeria at fifty: Issues and challenges in governance, 1960-2010*. Mukurdi: Aboki publisher
- Ubom, I.U., Obiamak, V.O & Okwodudu, B. (2004). Behaviour problems of children counseling intervention. *Nigeria Society of Educational Psychologist (NISEP)*, 47-58
- Wechsler, S.D. (2017). A prospective analysis; Drug and alcohol dependence 110 (2): 117-125