

Effects of happiness and burnout on alcohol and drug abuse among officers of the police force in Ibadan, Nigeria

Authors

*Opeyemi Olubusuyi Fasanu¹, Kehinde Oyeyemi Oderinde² & Opeyemi Omolayo Odunfa¹

Affiliations

¹Department of Psychology, University of Ibadan, Nigeria.

²University of Benin Teaching Hospital, Benin City, Nigeria

*Corresponding author

Opeyemi Olubusuyi Fasanu

Department of Psychology, University of Ibadan, Nigeria.

E-mail: fasanuopeyemi@gmail.com

Submitted: August 24th 2024

Published: December 30th 2024

<https://dx.doi.org/10.4314/ajada.v12i1.4>

Abstract

Drug abuse as well as its correlates is less researched among law enforcement officers in Nigeria than the general populations. This study examines the prevalence and impact of happiness (authentic and fluctuating) and burnout as psychological predictors of alcohol and drug abuse among officers of the Nigeria Police Force. A cross-sectional survey was conducted among 297 Nigerian police officers in Ibadan, Nigeria, with a structured survey tool comprising Authentic Happiness Scale, Burnout Assessment Tool, Drug Use Disorder Identification Test, and Alcohol Use Disorder Identification Test. The results revealed burnout significantly

predicted higher levels of alcohol use, $\beta = 0.331$, $t = 6.350$, $p < 0.01$. Authentic happiness predicted less of alcohol use, $\beta = -0.103$, $t = 2.073$, $p < 0.05$. Fluctuating happiness predicted higher levels of alcohol use, $\beta = 0.329$, $t = 6.474$, $p < 0.01$. Additionally, burnout significantly predicted increase in the use of psychoactive drugs, $\beta = 0.339$, $t = 6.260$, $p < 0.01$. Whereas fluctuating happiness significantly predicted higher levels of drug use, $\beta = 0.276$, $t = 5.235$, $p < 0.01$, authentic happiness did not significantly predict drug use in this study, $\beta = -0.065$, $t = 1.256$, $p > 0.05$. The study concluded that low levels of authentic happiness, high levels of fluctuating happiness, and burnout are significant risk factors of substance abuse among Nigerian police officers. The need for targeted interventions to address these psychological factors and improve the overall well-being of police officers is recommended.

Keywords: *Alcohol use, Drug use, Happiness, Burnout, Police officers*

Introduction

Drug abuse refers to the use of psychoactive substances in a way that is harmful or hazardous (World Health Organization [WHO], 2024). Hazardous use of psychoactive drugs brings on negative consequences for the individual affected and others around them. For example, harmful use of alcohol accounts for 3.3 million deaths every year and injection of psychoactive drugs increases the chances of HIV infections (WHO, 2024). A psychoactive substance is any substance that has the

capacity to alter perception, consciousness, behavior, reasoning, moods and emotions (WHO, 2024). Examples of psychoactive drugs include cannabis (marijuana), cocaine, alcohol, nicotine, amphetamines, codeine, and heroine among others. These substances are able to change or alter perceptions, emotions, and behaviors because of their ability to bind to various receptors in the brain and act on the brain in much same ways as natural neurotransmitters do.

While some reports have documented cases of drug abuse among members of the police like in the United States (Gorta, 2009), literature search showed that drug abuse is an understudied area among Nigerian police officers. Only a handful of studies have attempted to investigate the prevalence of alcohol and drug abuse among law enforcement personnel in Nigeria. For example, Kwaghe et al. (2024) reported a prevalence of 14.9% among 275 police officers who had used one or more psychoactive substances within the last 12 months. Abikoye & Awopetu (2017), reported 22.3% of 389 police officers surveyed had used psychoactive drugs other than alcohol. Ijomanta & Lasebikan (2016) reported 76% 12-month prevalent use of alcohol among soldiers in a military community in Ibadan. The limitation in these three studies was that severity of use was not reported.

Abraham et al. (2022) interviewed 5 cadets in the Nigeria Police Academy in Kano State where it was found that some of them were involved in substance abuse before and after they were admitted into the academy. In another related study, stress reduction, wanting to socialize, influence from friends and curiosity were reported as some of the factors that precipitated the abuse of illicit drugs among 78 cadets of the Nigeria Police Academy interviewed (Odivwri, 2021). However, these two

studies could not establish prevalence in Nigeria. There is need for more data on, not only the prevalence but also the severity of alcohol and drug use involvement among police officers in Nigeria because of police involvement in drug trafficking and police brutality against civilians in recent times (Voice of America, 2022; Daily Trust, 2023).

These studies are a pointer to the fact that drug abuse is not only a problem in the general population, but also in the Police force. Law enforcement officers are put in place to increase public safety, social and health standards and decrease crimes (United Nations Office on Drugs and Crime [UNODC], 2023). However, this objective could fail if members of the police are involved in the same problem they have been established to curb. Additionally, previous findings have shown that drug abuse has a negative effect on the performance of police officers (Ngeera, 2019; Abikoye & Awopetu, 2017). Police officers who engage in drug abuse are more likely to engage in counterproductive work behaviours (Abikoye & Awopetu, 2017). This underscores the importance of knowing precipitating factors of substance use behavior of police officers. Such understanding could inform the development of effective interventions and policy that could bring about a significant change in police reforms.

Predictors of Substance Abuse

In order to understand why members of the police force abuse psychoactive drugs, a number of factors have been considered. For example, in Tanzania, depression was reported as a potential reason some police officers were abusing psychoactive substances such as alcohol and tobacco (Ndumwa et al., 2023). Tobacco products contain nicotine which is a stimulant. In

other words, when nicotine is consumed, it activates the central nervous systems (CNS) and brings a temporary feeling of wellbeing, alertness and motivation (Singh et al., 2023). Nicotine is also known for its ability to improve concentration and memory. Alcohol increases the feeling of relaxation when ingested. This suggests that such police officers might be using these psychoactive substances partly as a coping mechanism when they experience low moods, to improve their sense of wellbeing (happiness), and motivation. Happiness is fundamental for a stable mental state.

Happiness has been described as a state when one feels contented and satisfied with life as a whole or within a specific life situation (Ackerman, 2019). One may well ask how happy (contented and satisfied) police officers are with life or their job. It is not uncommon to see individuals engage in substance abuse in order to relieve stress and achieve happiness and police officers appear to not be exempted in this trajectory (Ndumwa et al., 2023). Happiness could be authentic or fluctuating. The authentic happiness theory informs that being happy is about experiencing pleasure (hedonism), engagement and meaning in life (Tandler et al., 2020). Where an employee experiences a life of pleasure, engagement and meaning, there is a better chance they will experience better satisfaction and less stress from work (Tandler et al., 2020). In the light of this, the present study brings into focus the role that happiness could be playing in relation to involvement in substance abuse among Nigerian police officers.

The work of a police officer is prone to bringing fatigue and burnout experience (chronic stressors) which could precipitate a breakdown in both physical and mental health (Baker et al., 2023). Police officers often find themselves in harm's way as they endeavor to maintain public safety, law and order. The consistent exposure to difficult situations such as responding to gang attacks, armed robbery, accident victims, and sometimes societal anger and distrust could increase their mental fatigue and burnout. Burnout is an experience characterized by prolonged psychological syndrome of experiencing emotional exhaustion (feeling low in energy), depersonalization (cynicism about work) and reduced personal accomplishment (performance inefficacy) (Maslach, 2001). The impact of burnout could leave a lasting mark on mental health balance and become a fundamental precursor for substance use as a coping mechanism. Whether this is the case among police officers in Nigeria is yet to be empirically studied among Nigerian police officers.

The Current Study

The prevalence of substance abuse among officers of the Nigeria Police Force has little investigative research attention despite cases of drug-related issues among police officers including drug trafficking (Voice of America, 2022). Only a few studies (Kwaghe et al., 2024; Abikoye & Awopetu, 2017) have attempted to document this negative phenomenon in a segment of the population where it is less expected. This is, perhaps, the reason there is less research spotlights on substance abuse among police

officers. Additionally, Abikoye & Awopetu (2017) identified how substance use could impact the performance of police officers but did not show factors that could precipitate their substance use. Kwaghe et al. (2024) reported demographic and work-related characteristics as factors associated with substance abuse among police officers. However, the possible contribution of psychological factors were not considered. Consequently, this present study was designed to investigate the prevalence, severity, and psychological predictors of alcohol and drug abuse among Nigerian police officers. The researcher hypothesized that happiness (authentic or fluctuating) and burnout of Nigerian police officers will significantly predict their alcohol and drug use behavior.

Methods

Design

Correlational design was adopted in this study where burnout and happiness (fluctuating and authentic) were the predictors and alcohol and drug use were the dependent variables. The dependent variables and the predictors were measured on interval scale of measurement as continuous data. This enabled the researcher to regress the dependent variables on the predictors in order to achieve the objectives of this study. A structured survey was used to collect data.

Participants

There were 297 police officers in the Nigeria Police Force who participated in the study. Participants were selected using convenience sampling by approaching and

inviting each police officer in their various police stations in Ibadan North, Oyo State, Nigeria, to participate in the study. Those who consented to participate were recruited into the study. The sample size was determined by using Slovin formula ($N/(1+Ne^2)$) where $N = 600$ (estimated population size) and $e = 0.05$ (margin of error). This yielded a total of 240. However, a minimum of 20% possible attrition was added. Only participants who met the inclusion criterion (that is, being a current member of the Nigeria Police Force) were included in the study. Individuals who were not police officers in the stations were excluded.

Materials

Participants responded to a structured questionnaire comprising the 16-items Authentic Happiness Scale, 12-item Burnout Assessment Tool, 11-item Drug Use Disorder Identification Test, and 10-item Alcohol Use Disorder Identification Test. Demographic data were also collected.

Authentic Happiness Scale

The 16-item Authentic Happiness Scale developed by Sanli et al. (2019) was used to measure authentic happiness (items 1, 5, 6, 8, 9, 15, 18) and fluctuating happiness (items 2, 3, 4, 7, 11, 12, 13, 14, 17). It is a 5-point likert scale which ranges from 1 (strongly disagree) to 5 (strongly agree). A high score on the authentic happiness subscales indicates a high propensity for authentic happiness while a high score in the fluctuating happiness subscale indicates a high inclination towards unstable and momentary happiness. The authors reported a good internal consistency (Cronbach's

alpha = 0.78). Similarly, a good internal consistency was found for authentic happiness (Cronbach's alpha = 0.69) and fluctuating happiness (Cronbach's alpha = 0.768). A sample item is: "I am aware of the meaning of my life."

Burnout Assessment Tool (BAT)

The 12-item Burnout Assessment Tool developed by Hadžibajramović et al. (2022) was used to assess burnout syndrome on a 5-point likert (1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always). The tool assesses four components of burnout: exhaustion, mental distance, cognitive impairment, and emotional impairment. A high score indicates a high level of burnout syndrome. The authors reported a good internal consistency (Cronbach's alpha = 0.93). The present study found Cronbach alpha of 0.92. A sample item is, "At work I feel mentally exhausted".

Drug Use Disorder Identification Test (DUDIT)

The 11-item Drug Use Disorder Identification Test developed by Berman et al. (2005) was used to assess drug use disorder on a 5-point Likert (1 = Never, 2 = once a month/ less often, 3 = 2-4 times a month, 4 = 2-3 times a week, 5 = 4 times a week or more often). If a male shows a score of 6 or more points, he probably has drug related problems – either substance abuse/harmful use or dependence. A woman with a score of 2 or more points probably has drug-related problems according to the interpretation given by the authors (Berman et al. 2002). Total score was obtained by summing all scores together. All participants whose scores were

less than 2, 2 – 24, and 25+ were categorized into low, medium/high, and very high risk respectively. The scale's authors reported a good internal consistency (Cronbach's alpha = 0.86). The present study found Cronbach alpha of 0.94. A sample item is "How often do you use drugs other than alcohol?"

Alcohol Use Disorders Identification Test

The 10-items Alcohol Use Disorder Identification Test developed by World Health Organization et al. (2001) was used to assess alcohol use disorder. Responses were rated on a 5-point likert scale (1 = Never, 2 = once a month/less often, 3 = 2-4 times a month, 4 = 2-3 times a week, 5 = 4 times a week or more often). Total scores of 8 or more are recommended as indicators of hazardous and harmful alcohol use, as well as possible alcohol dependence. Higher scores simply indicate greater likelihood of hazardous and harmful drinking. The scale's authors reported a good internal consistency (Cronbach's alpha = 0.86). In the present study, a Cronbach's alpha of 0.91 was found. A sample item is "How often do you have a drink containing alcohol?"

Procedure

The researcher obtained an ethical approval for the study from the Social Sciences and Humanities Research Ethics Committee, University of Ibadan, Ibadan, Nigeria, with the assigned number UI/SSHREC/2024/0023. Additionally, the researchers sought permission for data collection among the police officers from the Nigeria Police Force Headquarters, Ibadan, Oyo State, Nigeria. After which, the researchers went on to collect the

data from the proposed participants of the study. Data collection was conducted at police stations in Ibadan North Local Government. Two hundred and ninety-seven ($n = 297$) copies of the questionnaires were distributed to the respondents. In order to ensure confidentiality, data were collected anonymously, that is, identifying information was not requested. Participation was voluntary and a participant could decline without any consequences.

Statistical Analyses

Demographic characteristics and prevalence rates were analyzed and reported in frequencies and percentages. Pairwise correlations between the predictors and

the dependent variable were done by using Pearson's correlations. Additionally, hypotheses testing was conducted by using linear multiple regression. All statistical analyses were done using the Statistical Package for Social Sciences (SPSS) version 29.

Results

The results of the data analyses, which includes descriptive and inferential statistics, are presented as follows:

Descriptive Summary of Demographic Distributions

The demographic distribution of the participants was analyzed using descriptive statistics and the results are presented in Table 1 as follows:

Table 1

Demographic Characteristics Distributions

Groups	Frequency ($n = 297$)	Percent	Mean	Std. Dev.
Age			33.56	8.24
Work experience (years)			9.21	6.68
Gender				
Male	144	48.5		
Female	153	51.5		
Marital status				
Single	122	41.1		
Married	148	49.8		
Divorced/Separated/Widowed	27	9.1		
Religion				
Christianity	195	65.7		
Islam	99	33.3		
Others	3	1.0		
Ethnicity				
Yoruba	192	64.6		
Igbo	66	22.2		
Hausa	20	6.7		
Others	19	6.4		

Educational status				
Primary	12	4.0		
Secondary school	36	12.1		
ND/NCE	50	16.8		
HND	74	24.9		
University degree	100	33.7		
Postgraduate degrees	25	8.4		
Ranks				
Superintendent	7	2.4		
Asst. Superintendent	12	4.0		
Inspector	78	26.3		
Corporal	67	22.6		
Constable	67	22.6		
Sergeant	58	19.5		
Deputy Superintendent	8	2.7		

Note: ND = National diploma; NCE = National Certificate Examination;

HND = Higher National diploma

Table 1 shows that 297 participants were in the study, among whom were 144 (48.5%) males and 153 (51.5%) females with average age of 33.56 (SD = 8.24) years. There were 122 (41.1%) unmarried and 148(49.8%) married individuals. Christians were 195 (65.7%); Muslims (33.3%). Most of the participants were Yoruba (64.6%) and most had a university first degree (33.7%) and HND (24.9%). The most represented ranks were inspector (26.3%), followed by corporal and constable (22.6%) respectively, and sergeants (19.5%).

Prevalence and Severity of Alcohol and Drug Use

Prevalence rates and severity of alcohol and drug use among the participants are presented in this section. The prevalence and pattern of alcohol and drug use are presented in Figure 1 and 2 as follows:

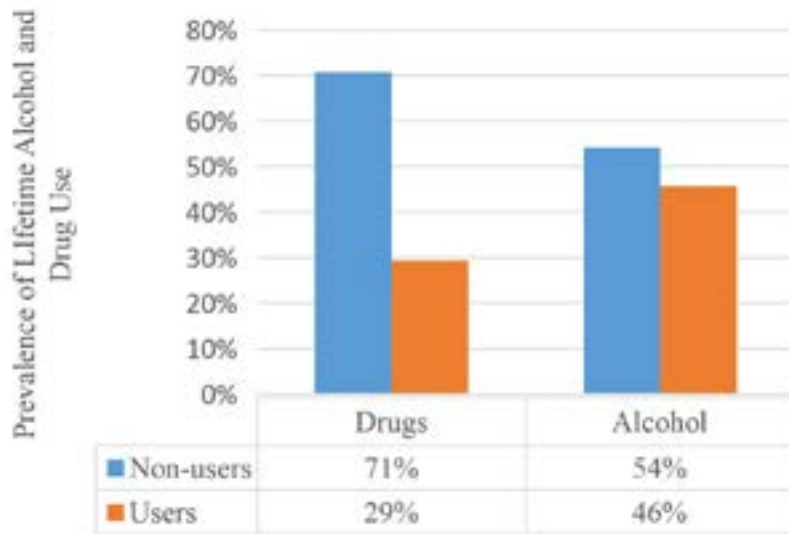


Figure 1: Prevalence of Alcohol and Drug Use

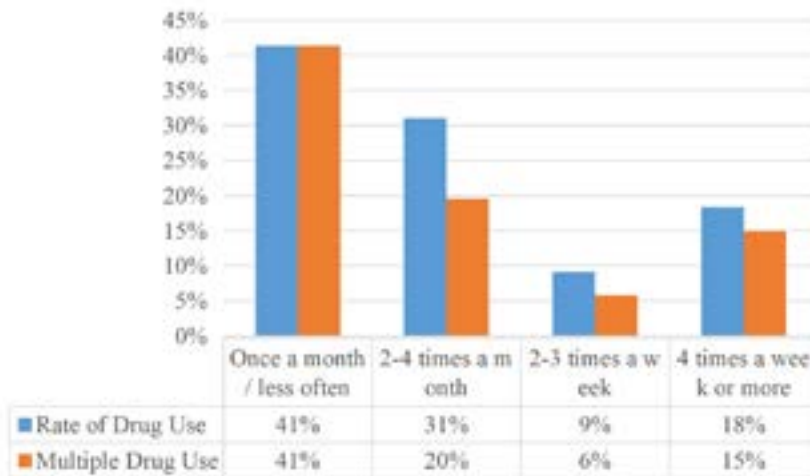


Figure 2: Pattern of Drug Use

The data, as in Figure 1, showed there were 87(29%) and 210 (71%) users and non-users of psychoactive drugs other than alcohol respectively. With regard to alcohol, there were 136 (46%) and 161 (54%) users and non-users respectively. Among the participants who used psychoactive drugs (n = 87), Figure 2 shows that 41% used drugs at least once in a month and 41% used more than one type of psychoactive drugs on the same occasion. Additionally,

18% used drugs at least 4 times weekly with 15% using more than one type of drugs.

With regard to risk levels and dependence of drug and alcohol use, the results are presented in Table 2 as follows:

Table 2
Drug and Alcohol Use Risk Levels and Dependence

Groups	Frequency (n = 297)	Percent
Alcohol use risk level		
Zone 1 (Needs alcohol education)	227	76.4
Zone 2 (Needs simple advice)	39	13.1
Zone 3 (Needs simple advise + brief counselling & monitoring)	13	4.4
Zone 4 (Needs further specialist diagnostic evaluation and treatment)	18	6.1
Alcohol use dependence		
Non-dependent	227	76.4
Dependent	70	23.6
Drug abuse risk level		
Low	198	66.7
Medium/High	92	31.0
Very high	7	2.4
Drug dependence		
Non-dependent	227	76.4
Dependent	70	23.6

The descriptive analyses of drugs and alcohol use risk levels and dependence in Table 2 showed that most of the participants (76.4%) would need to be educated about alcohol abuse, 13.1% would need some simple advice, 4.4% would need brief counseling and monitoring in addition to simple advice and 6.1% would need further specialist diagnostic evaluation and treatment for alcohol use. Additionally, 23.6% were dependent on alcohol. Among all participants, psychoactive drug use risk level was low (66.7%). However, it was moderately high (31%) and very high (2.4%) among participants who used drugs. The data also showed 23.6% were dependent on psychoactive drugs other than alcohol.

Test of Pairwise Correlations

A test of pairwise correlations between the dependent variable (alcohol and drug use) and the predictors (burnout and happiness) is presented in Table 3 as follows:

Table 3*Mean, Standard Deviation and Pairwise Correlations of Variables*

S/N	Variables	Mean	SD	Burnout	Authentic happiness	Fluctuating happiness	Alcohol use
1	Burnout	25.31	9.011	1			
2	Authentic happiness	25.61	5.109	-.259**	1		
3	Fluctuating happiness	18.53	6.061	.317**	-.135*	1	
4	Alcohol use	4.41	7.017	.462**	-.233**	.447**	1
5	Drug use	4.01	7.418	.443**	-.190**	.392**	.731**

Note: * Correlations were significant at 0.05

** Correlations were significant at 0.01

Pairwise correlations in Table 3 revealed that increase in burnout was significantly associated with more alcohol use, $r = 0.462$, $p < 0.01$, and psychoactive drug use, $r = 0.443$, $p < 0.01$. Higher levels of authentic happiness were significantly related to lower levels of alcohol use, $r = -0.233$, $p < 0.01$, and drug use, $r = -0.190$, $p < 0.01$. Table 3 further shows that higher levels of fluctuating happiness were significantly related to increased use of alcohol, $r = 0.447$, $p < 0.01$, and drug use, $r = 0.392$, $p < 0.01$. The more the participants used alcohol, the more they also used other drugs, $r = 0.731$, $p <$

0.01 . The effects of burnout, authentic and fluctuating happiness were tested as shown in Table 3.

Linear Regression Test of Burnout, Authentic and Fluctuating Happiness

The linear multiple regression results in Table 4 show burnout, authentic and fluctuating happiness significantly accounted for 32.4% of total variance of alcohol use, $R^2 = 0.324$, $F(3, 293) = 73$, $p < 0.01$, and 27% of total variance of drug use, $R^2 = 0.27$, $F(3, 293) = 36.20$, $p < 0.01$.

Table 4

ANOVA Test of Multiple Regression of Burnout, Authentic and Fluctuating Happiness on Alcohol and Psychoactive Drug Use

Model	Sum of Squares	df	Mean Square	F	Sig.	R ²
Dependent Variable: Alcohol Use						
Regression	4717.170	3	1572.390	46.732	0.001	0.324
Residual	9858.534	293	33.647			
Total	14575.704	296				
Dependent Variable: Psychoactive Drug Use						
Regression	4404.360	3	1468.120	36.195	0.001	0.270
Residual	11884.610	293	40.562			
Total	16288.970	296				

Dependent Variables: Alcohol and drug abuse

Predictors: Fluctuating happiness, authentic happiness, burnout

Furthermore, the data showed, as presented in Table 5, that burnout significantly predicted higher levels of alcohol use, $\beta = 0.331$, $t = 6.350$, $p < 0.01$. Authentic happiness predicted less of alcohol use, $\beta = -0.103$, $t = 2.073$, $p < 0.05$. Fluctuating happiness predicted higher levels of alcohol use, $\beta = 0.329$, $t = 6.474$, $p < 0.01$. Additionally, burnout significantly predicted increase in the use of psychoactive drugs, $\beta = 0.339$, $t = 6.260$, $p < 0.01$. Whereas fluctuating happiness significantly predicted higher levels of drug use, $\beta = 0.276$, $t = 5.235$, $p < 0.01$, authentic happiness did not significantly predict drug use in this study, $\beta = -0.065$, $t = 1.256$, $p > 0.05$.

Table 5

Effects of Burnout, Authentic and Fluctuating Happiness on Alcohol and Drug Abuse

Predictors	B	β	t	Sig.
Dependent Variable: Alcohol Use				
Burnout	.257	.331	6.350	0.001
Authentic happiness	-.142	-.103	-2.073	0.039
Fluctuating happiness	.380	.329	6.474	0.001
Dependent Variable: Psychoactive Drug Use				
Burnout	.279	.339	6.260	0.001
Authentic happiness	-.094	-.065	-1.256	0.210
Fluctuating happiness	.338	.276	5.235	0.001

Discussion

The study investigated the prevalence and severity of alcohol and psychoactive drug use as well as the effects of happiness and burnout as psychological predictors of substance use among officers of the Nigeria Police Force. The findings showed that when burnout experience is high, police officers are more likely to use alcohol and psychoactive drugs. Previous studies confirmed alcohol use among military personnel and police officers (Abikoye & Awopetu, 2017; Ijomanta & Lasebikan, 2016) just as the present study found, but, in addition to that, the present study found fluctuating happiness as a motivating factor.

Previously it was reported that depressed police officers were more likely to abuse alcohol and drugs (Ndumwa et al., 2023) and the present study confirmed that unstable happiness make police officers more likely to abuse alcohol and drugs. This underscores the role emotional state of law enforcement officers plays in shaping their behaviours and the need for government and policy makers to pay adequate attention to the mental and emotional well-being of those saddled with the responsibility of securing lives and properties. Alcohol increases the feeling of relaxation when ingested. It is possible that police officers who use psychoactive substances might be doing so as a coping mechanism when they experience low moods, to improve their sense of wellbeing (happiness) and relieve stress as previous studies have suggested (Ndumwa et al., 2023). Happiness comes with pleasure (hedonism), engagement

and meaning in life (Tandler et al., 2020). A happy police officer has a higher chance of experiencing satisfaction and less stress from work (Tandler et al., 2020).

Police officers who feel fulfilled and satisfied with their lives are less likely to seek solace or distraction in alcohol and drugs because, when people are able to foster a meaningful relationship and achieve happiness, they appear to be less likely to engage in substance use (Stone, 2022). Since positive affect and meaning in life are potential protective factors against substance use (Cranford et al., 2014), it is essential that such factors be strengthened among police officers in order to bring about a decline in the rate of substance use among them.

Law enforcement job could make police officers more prone to burnout especially when they are consistently exposed to stressors and this could precipitate a breakdown in both physical and mental health especially when the individuals are low on psychological flexibility (Baker et al., 2023). When this is the case, the current study revealed that such burnout is a risk factor for substance abuse among them. The link between the use of psychoactive substances and the need to relieve stress and enhance motivation has been empirically established (Jackson et al, 2016). By implication, it means that positive emotions can act as a buffer against substance misuse.

As previous studies showed that when there is a need for efficacy, users of drug, in comparison with non-users of drugs, experience more burnout (Obekpa et al.,

2022), it suffices to say that police officers who experience burnout as they endeavor to show work efficacy could turn to drug abuse as a coping strategy. Stress is significant and a burnout experience has the capacity to reduce people's ability to control their impulses and increase the propensity to engage in risky behaviours such as drug abuse (Sinha, 2008). The present study provides an empirical data support for this fact that, with continuous exposure to burnout, police officers are more likely to engage in psychoactive substance abuse.

Conclusion

The present study shows that alcohol and drug use is one of the maladaptive practices among Nigerian police officers. Low levels of authentic happiness, high levels of fluctuating happiness, and burnout are significant risk factors of psychoactive substance abuse among Nigerian police officers. Patterns of alcohol and drug use showed that there are severe risk levels and dependence of alcohol and drugs use among some Nigerian police officers. Many of them are experiencing increasing burnout and fluctuating happiness that makes involvement in risky alcohol and drug use more likely.

References

Abikoye, G.E. & Awopetu, R.G. (2017). Drug use and multidimensional work performance in a sample of police men in Nigeria. *African Journal of Drug & Alcohol Studies*, 16(2), 59 – 68.

Abraham, U.E., Shittu, O.T., Bibire. H.A., & Oluwafemi, O.O. (2022). Exploring the substance abuse problem in a Police Academy in Nigeria: Implications for its cadets and authority. *African Journal of Drug and Alcohol Studies*, 21(1 & 2), 19-37. <https://dx.doi.org/10.4314/ajdas.v21i1-2.2>

Recommendations

Given the fact that low levels of authentic happiness, increasing fluctuating happiness and increasing burnout are risk factors that make it more likely for Nigerian police officers to abuse alcohol and drugs, it is recommended that the Nigerian government should create effective stress management interventions and policies that enhance the happiness of Nigerian police officers. Such interventions and policies are essential protective agents against substance abuse among them.

Regular psychological assessment and drug and alcohol use screening exercises, as part of welfare programmes for Nigerian police officers, will be an important step to take in order to tackle the challenge of drug and alcohol abuse in this laudable profession. The establishment of psychological help centres to address problems of burnout, stress, unhappiness, drug and alcohol abuse, and other psychological problems in various police stations across the country, is another important strategy that could enable police officers to access necessary help and support.

Ackerman, C.E. (2019). *What is happiness and why is it important?* Retrieved from <https://www.positivepsychology.com/what-is-happiness/>

Baker, E. (2023). An investigation into the relationship between burnout and wellbeing and its association with individual and organizational factors. University of Southampton, Doctoral Thesis, pp. 123. Retrieved from <https://eprints.soton.ac.uk/481745>

Baker, L.D., Richardson, E., Fuessel-herrmann, D., Ponder, W., & Smith, A. (2023). Police burnout and organizational stress: Job and rank associations. *Policing: An International Journal*, 46(4), 682-689. <https://doi.org/10.1108/PIJPSM-01-2023-0004>

Berman, A.H., Bergman, H., Palmstierna, T., & Schlyter F. (2005). Evaluation of the drug use disorders identification test (DUDIT) in criminal justice and detoxification settings and in a Swedish population sample. *European Addiction Research*, 11(1), 22-31. <https://doi.org/10.1159/000081413>.

Cranford, J.A., Krentzman, A.R., Mowbray, O., & Robinson, E.A.R. (2014). Trajectories of alcohol use over time among adults with alcohol dependence. *Addictive behavior*, 39(5), 1006-1011. <https://doi.org/10.1016/j.addbeh.2014.02.009>

Daily Trust (2023). Police who killed Lagos lawyer sentenced to death. <https://dailytrust.com/policeman-who-killed-lagos-lawyer-sentence-to-death/>

Gorta, A. (2009). Illegal drug use by police officers: Using research and investigations to inform prevention strategies. *International journal of Police Science and Management*, 11(1), 85-96.

Hadžibajramović, E., Schaufeli, W., & Witte, H.E. (2022). Shortening of the Burnout Assessment Tool (BAT) – from 2 to 12 items using content and Rasch analysis. *BMC Public Health*, 22:560. <https://doi.org/10.1186/s12889-022-12946-y>

Ijomanta, I.N. & Lasebikan, V.O. (2016). Lifetime and 12 months prevalence of alcohol use and alcohol use disorders among soldiers residing in a military community in Ibadan. *Substance Use Misuse*, 51(6), 722-732. <https://doi.org/10.3109/10826084.2016.1153111>

Jackson, E.R., Shanafelt, T.D., Hsan, O., Satele, D.V., Dyrbye, L.N. (2016). Burnout and alcohol abuse/dependence among US Medical students. *Academic Medicine*, 91(9), 1251-6. <https://doi.org/10.1097/ACM.0000000000001138>

Kwaghe, K.J., Tsiga-Ahmed, F.I., Amole, T.G., Bello. M.M., Jalo, I.R., Kwaku, A.A., Ibrahim, U.I., Abdullahi, H.M., & Aminu, A. (2024). Factors associated with 12-Month psycho-active substance use among police officers in Kano Metropolis, Kano, Nigeria. *Nigerian Journal of Basic & Clinical Science*, 19, 132-8.

Maslach, C. (2001). Psychology of Burnout. *International Encyclopedia of the Social and Behavioural Science*, 1415-1418. <https://doi.org/10.1016/B0-08-043076-7/03843-2>

Ndumwa, H.P., Njiro, B.J., Francis, J.M., Kawala, T., Msenga, C.J., Matola, E., Mhonda, J., Corbin, H., Ubuguyu, O., & Likindikoki, S. (2023). Prevalence and factors associated with potential substance use disorders among police officers in urban Tanzania: A cross-sectional study. *BMC Psychiatry*, 23(1), 175. <https://doi.org/10.1186/s12888-023-04663-6>

Ngeera, J.M (2019). *Influence of substance abuse on service delivery by the Kenya Police Officers: A case study of Nairobi County, Kenya*. Retrieved from <https://ir-library.ku.ac.ke/handle/123456789/21717>

Obekpa, O., Amedu, M., Udofia, O., Okaro, C., & Audu, I. (2022). Burnout syndrome and associated substance use among undergraduates of a tertiary institution in Northern Nigeria. *Benue Journal of Medicine*, 1(1), 7-14. <https://doi.org/10.5281/zenodo.6466135>

Odivwri, J.E. (2021). Patterns of Substance Abuse among Cadets in Nigeria Police Academy, Wudil, Kano State. *Redeemer's University Journal of Management and Social Sciences*, 4(1), 1-17.

Sanli, E., Celik, S. B., Gencoglu, C. (2019). Validity and reliability of the authentic happiness scale. *Khazar Journal of Humanities and Social Sciences*; 22 (1): 5 – 20. <https://doi.org/10.5782/2223-2621.2019.22.1.5>

Singh, N., Wanjari, A., & Sinha, A.H. (2023). Effects of nicotine on the central nervous system and sleep quality in relation to other stimulants: A narrative review. *Cureus*, 15(11); e49162. <https://doi.org/10.7759/cureus.49162>

Sinha, R. (2008). Chronic stress, drug use, and vulnerability to addiction. *Annals of the New York Academy of Sciences*, 1141, 105-30. <https://doi.org/10.1196/annals.1441.030>

Stone, B.M. (2022). A positive psychology framework for why people use substances: Implications for treatment. *Frontiers in Psychology*, 13, 1017186. <https://doi.org/10.3389/fpsyg.2022.1017186>

Tandler, N., Krauss, A., & Proyer, R.T. (2020). Authentic happiness at work: Self- and peer-rated orientation to happiness, work satisfaction, and stress coping. *Frontiers of Psychology*, 11:1931. <https://doi.org/10.3389/fpsyg.2020.01931>

United Nations Office on Drugs and Crime (2023). *The role of law enforcement officers in drug use prevention within school settings – A guiding document*. Retrieved from <https://www.unodc.org/unodc/drug-prevention-and-treatment/publications/data/2023/may/the-role-of-law-enforcement-officers-in-drug-use-prevention-within-school-settings-a-guiding-document.html>

Voice of America (2022). *High-ranking Nigerian police officer arrested for alleged drug trafficking*. Retrieved from <https://www.voanews.com/amp/high-ranking-nigerian-police-officer-arrested-for-alleged-drug-trafficking/6443668.html>

World Health Organisation (2024). *Drugs (psychoactive)*. Retrieved from https://www.who.int/health-topics/drugs-psychoactive#table=tab_1

World Health Organisation (2024). *Substance abuse*. Retrieved from <https://www.afro.who.int/health-topics/substance-abuse>

World Health Organisation, Babor, T.F., Higgins-Biddle, J.C., Saunders, J.B., & Monteiro, M.G. (2001). AUDIT: the alcohol use disorders identification test: guidelines for use in primary health care, 2nd ed. World Health Organisation. <https://iris.who.int/handle/10665/67205>