DRUGS ABUSE, CIVIC BEHAVIOUR AND STUDENTS' ACADEMIC PERFORMANCE: PERSPECTIVES OF SENIOR SECONDARY SCHOOLS IN ZARIA EDUCATION ZONE, KADUNA STATE, NIGERIA

SAMUEL GODWIN ATAYI, GEORGE ETHEL O., SULEIMAN ISMAILA, OLOKOBA OPEYEMI EUNICE,

AND OGBONNA NKECHINYERE CHINWENDU

ABSTRACT

Background: As a consequence of rapid social change and the resultant breakdown of traditional social structures, illegal use of drugs have spread across the globe without exception of Nigeria.

Methods: Cross-sectional descriptive design was used. Five Senior Secondary Schools were selected. Using Research advisor (2006) Sampling table, 365 respondents were sampled using stratified random sampling technique out of 3812 students. Standardized questionnaire structured by Afuwai in 2016 was adapted. Data from the pilot study was analyzed using Cronbach's alpha an reliability indexes of 804 and .813 were obtained. This is to determine the internal consistency of the responses to the items. Statistics were presented in mean and standard deviation and a three point-scale was used. Hypothesis were tested using independent sample t-test at .05 level of significance.

Results: The study revealed that students under the influence of drugs can: fight a teacher, sneak out of school and break school regulations, take part in fight where a group of their friends were against another group, damages school properties on purpose, got into problem with the police for something they did. The study showed that students who abuse drugs are often below average student in their respective classes. To buttress this, the null hypothesis which states that there is no significant influence of drug abuse on the academic performance of senior secondary schools student was rejected (p-value of 0.03 is less than 0.05 level of significance).

Conclusion: Drugs abuse has an influence on both students' civic behavior and academic performances.

KEYWORDS: - Academic, Behavior, Civic, Drugs, Performance.

INTRODUCTION

Substance use refers to the use of any psychoactive substances or drugs, which include licit and illicit drugs, other than which are medically indicated (WHO, 2012). According to the World Health Organization (WHO), Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs (WHO, 2017). It is now a major Public Health challenge all over the world. Complications of substance abuse by young people are grave including: increased odds of engaging in risky sexual behaviour, personality disorders, sexual violence, criminal tendencies and drug dependence among others (Ajibola, Ayodele, Olumide and Ayotunde 2018).

This habit not only affects health, education and occupational career, but it also incurs a huge financial and social burden on the society (Ningombam, Hutin and Murhekar, 2011).

Today, more Nigerian youths are becoming drug dependants, as Nigeria gradually transits from the status of a drug-consuming nation to that of a drug-producing one (Staff, 2012). Thus, more young people are getting involved in substance abuse in Nigeria (Oladele and Olufunmilayo, 2013 in Ya'u, 2015). The danger of this behavior is so dangerous that not only the abusers of drugs that feel the effects. Nevertheless, the larger community also risks the assets of the future leader as youths are the future of any nation.

Secondary students are individuals within the age range

Samuel Godwin Atayi, Department of Nursing Sciences, Faculty of Health Sciences, Bingham University, Karu, Nasarawa State, Nigeria.

George Ethel O., Department of Nursing Services, Ahmadu Bello University Teaching Hospital, Zaria, Kaduna State, Nigeria.

Suleiman Ismaila, Department of Educational Foundation and Curriculum Instruction, Ahmadu Bello University, Zaria, Kaduna State, Nigeria.

Olokoba Opeyemi Eunice, School of Nursing, Federal Teaching Hospital, Ido, Ekiti State.

Ogbonna Nkechinyere Chinwendu, School of Nursing, Federal Teaching Hospital, Ido, Ekiti State.

of 11-20. Usually, trial with drugs during this period (11–20 years) is common. At this age, they try so many new things. They use drugs for many reasons, including curiosity and desire to find out the effectiveness of a particular drug, to feel good, to reduce stress, or to feel vague. Using alcohol and tobacco at a young age increase the risk of using other drugs later (Hamisu, Ahmad and Lim, 2014). Adolescence is a period of changeover from childhood to adulthood and this critical developmental period is marked by several physical, psychological and social changes (Olugbenga; Adebinpe and Abodurin, 2009).

STATEMENT OF THE PROBLEM

Apart from cannabis misuse, there is a growing abuse of synthetic drugs, which were once strange to the Nigerian society. Amphetamine, methamphetamine, cocaine, heroin, paint thinner, glue, cough syrup made with codeine, cement and animal faeces are being widely abused among adolescence who are mostly Secondary Schools Students across Nigeria, Zaria Education Zone in Kaduna State inclusive. Between 2010 and 2012, six methamphetamine factories were discovered in Delta and Lagos states of Nigeria, said the National Drug Law Enforcement Agency (NDLEA) (Punch, 2016). Drug abuse is a worldwide issue and not limited to Nigeria, and it is causing serious concern both to governments and individuals. The problem is more prevalent among young people who in most cases, are not aware of the implications of what they do. Many of such youths abuse drugs out of frustration due to poverty, which results from unemployment. Others abuse drugs out of ignorance of its dangers, while some do so out of deviant behaviour. Hence, they just want to be disobedient to authorities and to their parents (Ya'u, 2015).

Drop in the performance of students, absenteeism from school and increased potential for dropping out of school are problems associated with substance abuse among secondary schools Students in Zaria education Zone, Kaduna State, Nigeria as observed. Hawkins, Catalano, and Miller (2002) explained that low level of commitment to education and higher truancy rates appear to be related to substance misuse and abuse among adolescents.

Drug abuse is becoming like a cankerworm in public secondary schools across Nigeria today with Zaria Education Zone, Kaduna State not left out. Hence, the Study; drug abuse, civic behavior and students' academic performances: a perspective of senior secondary schools students in Zaria Education Zone, Kaduna State, Nigeria.

RESEARCH OBJECTIVES

The study was carried out to achieve the following specific objectives;
1.   To describe the influence of drug abuse on civic behavior of senior secondary schools students in Zaria Education Zone, Kaduna State, Nigeria.
2.   To determine how drug abuse influences senior secondary schools students' academic performance in Zaria Education Zone, Kaduna State, Nigeria.

RESEARCH HYPOTHESES

The following null hypotheses were formulated and tested in this study at the 0.05 level of significance:
1.   There is no significant influence of drug abuse on the civic behavior of secondary school students in Zaria Education Zone, Kaduna State, Nigeria.
2.   There is no significant influence of drug abuse on the academic performance of secondary school students in Zaria Education Zone, Kaduna State, Nigeria.

RESEARCH METHODOLOGY

ETHICAL CONSIDERATION

The ethical clearance was given by Quality Assurance Authority Zaria Division, Kaduna State Ministry of Education, Science and Technology on the 10th October, 2019 with reference number: ZA/ZON/G.198/VOL. I/262 to conduct the study.

RESEARCH DESIGN

This study used a cross-sectional descriptive study design to collect information about the opinions of students and teachers about drug abuse, civil behavior and academic performance of Senior Secondary Schools in Zaria education zone, Kaduna State, Nigeria in 2019.

SAMPLE SIZE AND SAMPLING TECHNIQUE

The sample size for this study was calculated using the Research Advisor table of recommendation of 2006 (Research Advisory, 2006). A Study population of 3812 students of senior secondary schools and 156 teachers were used (Kaduna State Ministry of Education, 2019). A total of three hundred and sixty five (365) students and 108 teachers were selected from five randomly selected schools out of the following Secondary schools in Zaria Education Zone:- Government commercial college Muchia, Government Secondary School (GSS) Chindit (Senior), Angwangodo, Government Girls Secondary School (GGSS) Chindit (Senior), Sabon Gari, Government Secondary School (GSS) Aminu, and Government Secondary School (GSS) Muchia. The following five Schools were selected randomly: Government commercial college, Government Secondary School (GSS) Chindit (Senior), Government Secondary School (GSS) Muchia, Government Secondary School (GSS) Aminu and Government Girls Secondary School (GGSS) Chindit (Senior). From the five randomly selected public Secondary Schools, stratified sampling technique was used to select the senior students proportionately from each stratum depending on the population of the stratum (Senior Secondary (SS) 1, SS 2 and SS 3). From the respective schools, one hundred and eight (108) teachers were sampled proportionately to the total number of teachers in each school using simple random sampling technique.

METHOD OF DATA ANALYSIS

Statistics were presented in Mean and standard deviation and a modified three point-scale rating of Likert format was used. Ranging from agree (A), Neutral

(N) and disagree (D); with scores of 3, 2, and 1 respectively. Hypotheses were tested using an independent sample t-test at the .05 level of significance to determine whether there is a statistically significant difference between the means of the two unrelated groups. All statistics were done using Statistical Package for Social Sciences (IBM-SPSS version 24).

INSTRUMENTATION

The instrument that was used for data collection was an adapted standardized questionnaire used by Afuwai in 2016 who carried a study on drug abuse on socio-emotional behavior of secondary school students in kaduna State, Nigeria (Afuwai, 2016). The pilot study was analyzed using Cronbach's alpha method to determine the internal consistency of the instruments. The reliability index of .804 was found for the first administration and .813 for the second administration of the instrument.

DECLARATION OF INTEREST

There was no known competing financial interests or personal relationships that could have appeared to influence the study reported in this paper.

RESULTS

Table 1: Opinion of Respondents on the Influence of drugs abuse on Civic behavior of Senior Secondary School Students in Zaria Education Zone, Kaduna State, Nigeria
A = Agree; N = Neutral; D= Disagree.

S/N		Students			Teachers			Mean	Std. Dev	Remark
		A	N	D	A	N	D			
1	Under the influence of drugs fought a teacher	294	18	37	52	14	22	2.54	0.75	Agreed
2	Taken part in fight where a group of their friend were against another group	308	21	20	67	16	5	2.77	0.54	Agreed
3	Sneaked out of school and break school rule and regulations	313	11	25	76	7	5	2.82	0.53	Agreed
4	Damaged school property on purpose	302	15	32	54	20	14	2.61	0.68	Agreed
5	Got into problem with the police for something they did	281	26	42	57	19	12	2.60	0.70	Agreed
	Cumulative :							(2.67)	(0.64)	

Key and Benchmark: Mean ≥ 2.00 = Agree; Mean < 2.00 = Disagree.

Table 1 shows that the cumulative mean responses of all the items is 2.67 which is greater than the benchmark mean of 2.00 with the standard deviation value of 0.64. This implies that the responses were noteworthy. Explicitly, majority were of the opinion that students sneaked out of school and broke school rules and regulations due to the influence of drugs (This attracted the highest mean response of 2.82 and standard deviation of 0.53 with details showing that 389 respondents were in agreement). The respondents agreed that students under the influence of drugs can fight a teacher, take part in fight where a group of their friends were against another group, damages school properties on purpose, got into problem with the police for something they did. This is so as all these opinions have means score greater than the benchmark of 2.00. This may not be far from the fact that drug abuse has a way of influencing the users negatively.

Table 2: Opinions of Respondents on Drug Abuse and its Influence on the Academic behavior of Senior Secondary School Students in Zaria Education Zone, Kaduna State, Nigeria

S/N		Students			Teachers			Mean	Std. Dev	Remark
		A	N	D	A	N	D			
1	Well above average	141	38	70	19	22	47	1.80	0.88	Disagreed
2	Above average	152	59	138	20	27	41	1.90	0.86	Disagreed
3	Below average	216	55	78	45	21	22	2.33	0.83	Agreed
4	Well below average	200	57	92	36	30	22	2.24	0.83	Agreed
5	Poor, they are probably one of the worst	236	35	78	59	16	13	2.49	0.79	Agreed
	Cumulative:							(2.15)	(0.84)	

Key and Benchmark: Mean ≥ 2.00 = Agree; Mean < 2.00 = Disagree; **A=Agree; N=Neutral; D=Disagree.**

Table 2 shows that the cumulative mean responses of all the opinions is 2.15 which is greater than the benchmark mean of 2.00 with the standard deviation value of 0.64 implying that their responses were noteworthy. From the table, it was observed that majority of the respondents were of the opinion that student who abuse drugs has poor academic performance and they are probably one of the worst academic wis. This attracted the highest mean response of 2.49 and standard deviation of 0.79 with details showing that 272 respondents were in agreement. Moreover, the respondents were of the opinions that students who abuse drugs can never be a well above

average and an average student but they will rather be a very well below average student.

TESTING OF NULL HYPOTHESES
Null Hypothesis One: There is no significant influence of drugs abuse on the civic behavior of senior secondary school students in Zaria Education Zone, Kaduna State, Nigeria.

Table 3: Correlation for opinions of Teachers and Students on Influence of Drugs Abuse on the Civic Behaviors of Senior Secondary School Students in Zaria Education Zone, Kaduna State, Nigeria.

Variables	N	$\overline{X}$	S.D	Df	r-cal	r-crit	P	Remark
Teachers	88	12.82	2.31					
				435	0.02	0.10	0.88	Not Sig.
Students	349	13.85	2.15					

r-crit = (0.10), P>0.05 Key: N = Sample Size; $\overline{X}$ = Mean; SD = Standard Deviation; df = Degree of Freedom; r-cal = Correlation Calculated; r-crit. = Correlation Critical; Sig = Significant

Table 3 revealed a mean of 12.82 with standard deviation of 2.31 for teachers as against a mean of 13.85 with standard deviation of 2.15 for students respectively. There is weak influence of drug abuse on students' civic behavior based on the opinions of the respondents which was statistically not significant (*r* = 0.02, *n* = 437, *p* = 0.88). This is an indication that drug

abuse has little or no influence on the civic behavior of senior secondary school students in Zaria Education Zone, Kaduna State, Nigeria. Based on the result, the null hypothesis which states that there is no significant influence of drugs abuse on the civic behaviors of senior secondary schools students in Zaria Education Zone, Kaduna State, Nigeria was retained. This is because the p-value of 0.88 is greater than 0.05 level of significant.
Null Hypothesis Two: There is no significant influence of drugs abuse on the academic performance of senior secondary schools students in Zaria Education Zone, Kaduna State, Nigeria.

Table 4: Correlation for opinions of Teachers and Students on influence of Drug Abuse on the Academic Performance of Senior Secondary Schools Students in Zaria Education Zone, Kaduna State, Nigeria

Variables	N	$\overline{X}$	S.D	Df	r-cal	r-crit	p	Remark
Teachers	88	10.39	1.97					
				435	-0.73	0.10	0.03	Sig.
Students	349	11.11	2.60					

r-crit = (0.10), P<0.05 Key: N = Sample Size; $\overline{X}$ = Mean; SD = Standard Deviation; df = Degree of Freedom; r-cal = Correlation Calculated; r-crit. = Correlation Critical; Sig. = Significant

Table 4 revealed a mean of 10.39 with standard deviation of 1.97 for teachers as against a mean of 11.11 with standard deviation of 2.60 for students respectively. There is strong negative influence of drug abuse on students' academic performance based on the opinions of the respondents which was statistically significant (*r* = -0.73, *n* = 437, *p* = 0.03). This is an indication that drug abuse has influence on the academic performance of senior secondary school students in Zaria Education Zone, Kaduna State. Based on the result, the null hypothesis which states that there is no significant influence of drugs abuse on the academic performance of senior secondary schools students in Zaria Education Zone, Kaduna State, Nigeria was therefore rejected. This is because the p-value of 0.03 is less than 0.05 level of significant

DISCUSSION
From the study, the respondents agreed that students under the influence of drugs can fight a teacher, sneak out of school, break school regulations, take part in fight where a group of their friends were against another group, damages school properties on purpose, got into problem with the police for something they did. This is so as mean scores of more than 2.00 were obtained for all these items respectively. The null hypothesis which states that there is no significant influence of drugs abuse on the civic behaviors of Senior Secondary Schools Students in Zaria Education Zone, Kaduna State, Nigeria was retained. This is because the p-value of 0.88 is greater than 0.05 level of significant. This might be an indication to show that drug abuse alone may not be the cause of some negative behaviors seen among Senior Secondary Schools Students in Zaria Education Zone, Kaduna State, Nigeria. Due to this, it can be deduced that many of the public secondary students might not be well disciplined by the school authorities and therefore misbehave even without being under the influence of drug abuse. Thus, bad civic

behaviors in Senior Secondary Schools can be attributed to both indiscipline and drugs influence among students. This study is not in agreement with a study carried out by Afuwai (2016) on drug abuse on socio-emotional behavior among Secondary Schools Students in Kaduna state, Nigeria which revealed a significant difference in the influence of drug abuse on the social and emotional behavior of drugs abusers. According to this study the respondents agreed that a significant number of the students reported to have taken part in a fight where a group of friends were against another group, taken something from a shop without paying for it, set fire to somebody else's property on purpose, damaged school property on purpose, got into trouble with the police for something they did, participated in a group teasing and bruising someone, and run away from home for more than one day under the influence of drugs. Another study in Kenya by Kavutha (2015) on the influence of drug use on academic performance among secondary school students in Matinyani district, established that majority of the students' reported that drug use leads to disobedience to teachers (98.9%), bullying in schools (91.1%), noisemaking (90.3%), inciting others to defy teachers (85.9%), sneaking out of school (82.5%) and breaking school rules and regulations (80.7%). These findings were also not in agreement with that of this study which rejected the facts that drugs abuse only can not affect civil behaviors of students as such there are conglomerates of factors including indiscipline.

Moreover, from the study the respondents were of the opinions that students who abuse drugs are very well below average student in their respective classes. More so, the null hypothesis which states that there is no significant influence of drug abuse on the academic performance of Senior Secondary School Students in Zaria Education Zone, Kaduna State, Nigeria was therefore rejected. This is because the p-value of 0.03 is less than 0.05 level of significant. This is an indication that drug abuse has influence on the academic performance of Senior Secondary Schools Students in Zaria Education Zone, Kaduna State, Nigeria. Hence, there is a strong negative influence of drug abuse on students' academic performances. This finding is in line with a study by Amadi and Akpelu (2018) who examined drug abuse and academic performance of secondary school students in Emohua Local Government Area of Rivers State. Their findings revealed that drug abuse has effect on the academic performance of the secondary school students. The finding of the study is also related to the finding of another study in Kenya by Muusya Jackline Kavutha (2015) on the influence of drugs use on academic performance among secondary school students in Matinyani district, who established that drug use is common among secondary school students in Matinyani District and it leads to poor academic performance among the students. The findings also agreed with the finding of Agbonghalel and Okaka (2014) who examined the effects of drug abuse on academic performance on technology education students in public universities in Nigeria cited in Paulo PM (2017) showed that 82.79% of the population participated in their study agreed that hard drugs caused some side effects on the academic performance in Nigeria for those who engaged in drug abuse. Moreover, Paulo Peter Masenga in 2017 found out that the rate of school/class attendance for students who involve in the use of drugs was observed that drug abuse leads to poor class/school attendance which contribute to low in academic performance. In addition to that, the terminal and annual examination performances among children involved in drug abuse was commented generally being very poor because most of the students who use drugs score below average grades in their subject hence failure of the school regional and national wise compared with those who dot use the drugs.

CONCLUSION
Based on the findings of this study, it can be concluded that drugs abuse has an influence on both students' civic behavior in and outside the school. It also has a negative impact on their academic performances rather than positive. This thereby affect who they will be in the future and even their career.

RECOMMENDATIONS
The following recommendations were made:
1. Policies should be put in place by the government to ensure discipline in public secondary schools are strictly adhered to so that these children are not left to go in and out of school at will which consequently, leaves them at the mercy of drug peddlers
2. Teachers should be sent for special programmes and training on drugs abuse and rehabilitation.
3. Parents should be educated on drug abuse and its sign. This will enable them to identify early signs in students in order to provide early intervention to save many of these students from being victims of drug abuse at the long run.
4. Prevention projects aimed at adolescents who stand the risk of abusing drugs should be established in every state, so that public secondary students can be made to participate in such projects.

REFERENCES

Afuwai E. N., 2016. Drugs abuse on Socio-Economic Behavior Among Secondary School Students in Kaduna State, Nigeria. Unpublished.

Ajibola I, Ayodele O. A., Aderonke O and Ayotunde O. O., 2018. Substance abuse among students in selected secondary schools of an urban community of Oyo-state, South West Nigeria: implication for policy action, Afr Health Sci. 2018 Sep; 18(3): 776–785. doi: 10.4314/ahs.v18i3.36

Amadi E. C. and Akpelu G. O., 2018. Drugs Abuse and Academic Performance of Secondary School Students in Emohua Local Government Area of Rivers State. International journal of innovative psychology and social development 6(1): 21-26, ISSN: 2467-8546

Hamisu M., Ahmad T. O. and Lim H. L., 2014. Adolescents and Drugs Abuse in Nigeria. Journal of Biology, Agriculture and Healthcare, Vol.4, No.1, 5-9.

Hawkins J. D., Catalano R. F., Arthur M. W., 2002. Promoting Science-based Prevention in Communities. Addict Behavior, 27: 951-976.

Kaduna State Ministry of Education 2019. Zonal Office, Zaria: 2018/2019 Academic session record.

Kavutha M. J., 2015. Influence of drugs use on academic performance among secondary school students in Matinyani district, Kenya. International Journal of Scientific research publication, Vol 59 ISS 11.

National Drug Law Enforcement Agency 2016. National report on drug abuse, National News Paper: Punch, 2016.

Ningombam S, Hutin Y and Murhekar M. V., 2011. Prevalence and pattern of substance use among the higher secondary school students of Imphal, Manipur, India. Natl Med J India. 2011;24:11–15. [PubMed] [Google Scholar].

Olugbenga-Bello, A. I., Adebimpe, W. O., Abodunrin, O. L., 2009. Sexual risk behaviour Among in-school adolescents in public secondary schools in a south western city in Nigeria. International Journal of Health Research, 2(3): 243 – 251

Paulo P. M., 2017. The impact of drugs abuse on academic performance in public secondary schools in Kishapu District, Tanzania. A dissertation submitted in partial fulfillment of the requirement for master degree of education in administration, planning and policy studies of the Open University of Tanzania. Unpublished.

Research Advisory 2006. Sample Size Table: The Research Advisors (http:/research-advisors.com) Staff K., 2012. Drug use on the rise among Nigerian youths. Retrieved from http://news2onlinenigeria.com/news/top-stories/144286-drug-use-on-the-rise-amongNigeria- youths.html.

Ya'u H. U., 2015. Combating Drug Abuse Through Adult Education In Nigeria, International Journal of Humanities and Social Science Invention, ISSN Online: 2319 – 7722, ISSN Print: 2319 – 7714, www.ijhssi.org Volume 4 Issue 3 ‖ March. 2015 ‖ PP.36-40.

World Health Organization 2012. Guide to drug use epidemiology. Available at http://whqlibdoc.who.int/hq/2000/a58352_PartA. pdf accessed on 12 Dec 2012.

World Health Organization, author 2017. Substance Abuse. 2014. October 12th, 2017. Available on http://www.who.int/topics/substance_abuse/en/.