Effect of Client-Centered Counselling Therapy in Reducing Drug Addiction among Youths in Azare Metropolis

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Abstract
This study was carried out to determine the effectiveness of Client-centered counselling therapy in modifying drug addiction attitudes among youths in Azare Metropolis, Bauchi State. The objective of the study is to determine whether there is difference attitude of those exposed to treatment and those who were not. The research design adopted for this study was quasi-experimental pre-test-post-test control group design. The participants in the study comprised 50 drug addict youths) made up of 40 male and 10 women between the ages of 18-30, who were selected using purposive sampling technique in the study area. The instruments used for data collection are: (1) Drug Addiction Screening Scale (DASS), and Drug Attitude Scale (DAS). Hypotheses formulated tested, the significant difference of the pre and post-test attitudes of the respondents was determined. There were two groups one experimental and the other was control group. The analyses of data were done using independent t-test by pairing pre-test scores. The results show that was significant difference in the post-test scores on the reasons why youths were addicted to drugs? All the items mean score were above the decision mean. There was significant difference in the post-test scores on the effectiveness of client-centered therapy in modifying drug attitude among youths in the study area. There was significant difference in the mean of pre-test and post-test scores on the attitude of youths towards addiction related to client-centered therapy on experimental group only. From the findings reported in this study we conclude that, client-centered therapy is effective in reducing drug addiction attitude among youths in Azare Metropolis. It was recommended that, Government should provide community counselling unit in order to provide services to Youths within the community whose their mentality always is to use drugs in order to feel normal, get away with certain thoughts, or feeling, and to look smart, counsellors should make constant utilization of Client-centered counselling therapy in treatment of substance abuse, in the school and society, and counsellors should make use of therapy when modifying behaviour of youths on substances.
Keywords; client, addiction, drugs, therapy, screening, attitude, pre and post-test.

Introduction

Drug abuse is referred to taking more than recommended dose of prescription drugs such as barbiturates without medical supervision or using Government control substances such as marijuana, cocaine, heroin, or other illegal substances. The problem of substance abuse is very common among youths, the drugs commonly abused by youths particularly at adolescent stage are: sedative-hypnotics or narcotic, psychoactive substances and nicotine, which has been classified as leading gateway drug addictions. Substance abuse does not only expose the individual to major health problem but also serve as a predisposing factor for crimes. Despite the negative effects associated with the misused of drugs and substance, there is a high increase in the habits among the youths. It causes enormous human suffering in terms of diseases, mortality and economic loss that in the long term can threaten the very fabric of almost all society. This is the major concern of Federal, State, and Local Government. Similarly, in Azare metropolis the current trend of substance abuse among youths is one of the major concerns of parents, community elders, religious leaders, and non-governmental organization in the area. The widespread of drug addiction is no longer confined to small segments of a

giving population but cut across nooks and comers of the society. The population of the research consist all drug addiction youths within the study area, as confirm by the screening results.

Sara and Hashidu (2016) whose worked on effectiveness of two modes of counselling treatment therapy on youth's attitudes towards drug addiction in Dutse Metropolis, Jigawa state Nigeria. The population of the study comprises of 120 registered drug addiction youths within Dutse Metropolis, with the sample of 45 young men and women between the ages of 18 and 30 who were randomly selected in the study area. The instruments of the study were; 1. Behaviour assessment scale. 2. Drug abuse predictor scale. 3. Interval control index. Research design used for the study was the quasi-experimental pretest and posttest control group design. The hypotheses were tested and formulated and tested. The significance of the pretest and post-test attitude of respondents was determined. There were two treatment groups and control group. The analysis of data was done using a 2/3 analysis of covariance. The results showed that there was a significant difference in the posttest scores on the perception of drug addiction by the drug addiction predictor scale and the internal control index. The research recommended that there is need for psychological and mental reorientation to drug addiction youths by trained counsellor. Novak (2013). Experiment the preventive effects of the unplugged prevention intervention in reducing substance use among Czech adolescent's school population. The study seeks to determine gender specific effectiveness of drug, prevention programme, experimental design was used, data of the study was collected using test among six grade students and its gender, the specific effectiveness was tested using three indicators. Data were analyzed using Persons Chi square and process using SPSS software. The results comparing the experimental and control group provide evidence of statistically significant effect for any drunkenness among boys and any tobacco use among girls in the 30 days prior to testing. The result was found to have positive effects on both genders cannabis use, with girl showing lower level.

Naqshbandi (2012) investigated the drug addiction pastes problem among youths in developing countries. The study looks at the impact of conflict and unemployment in increase of drug addiction among youths in Kashmir. Survey design was used using interview to collect data from the respondents, a sample of 56 respondents were used for the study and SPSS was used to analyzed data. The results of the study revealed that, girls take drugs more than boys in the school, and also educational stress is one of the reasons for youths to be engaged in misuse of drug. Heidary and Amiri (2016) investigated the effects Person-centered narrative therapy on happiness and death anxiety in elderly people. The study aimed at increasing happiness and reduce death anxiety among elderly people. The population of the study include elderly people in Nursing Tehran, research tools include Oxford Happiness Questionnaire (1989) and Famplear death anxiety death anxiety scale. Data were analyzed using chart and graphical analyses also results of the study shows that person-centered therapy has the positive effects in increasing happiness and reduced death anxiety.

Mamman, Othman and Lian, (2014) investigated adolescents and drug abuse in Nigeria, the purpose of the study was to determine the reasons why adolescents are vulnerable to drug abuse and causes. Survey design was used, the study revealed that most drug abuse adolescent started smoking from their young age. In addition, there is indication 65 percent of high school students used drug to have food.

Methodology

A research design is a blue print or plan that guides a researcher on how to collect, analyzed and interpret data relating to a given problem. For the purpose of this study survey was used to elicit information on reasons why youths were addicted to drugs. While quasi experimental research design was adopted using pretest, posttest-control group design. Pre-test and Post-test administered to experimental and control group (O_1) prior to the administration of treatment. The essence of pretest was to ensure that the experimental and control group are not significantly different in their ability level before the treatment. The

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treatment is to use client-centred counselling therapy in reducing drug addiction attitude among youths (X). The control group were given placebo treatment on the choice of career, (X$_0$) posttest (O$_2$) was administered after administering the treatment to determine the effect of the therapy on reducing drug addiction attitude among youths in the study area. The target population for the study comprises of 256 drug addicts (Youths) between the ages of: 16-30, who were registered in social welfare office Azare.

A sample of 50 out of 256 drug and substance abuse addict's youths were selected within the study area, and randomly assigned to experimental group (25 Experimental group and 25 Control group)

and Control group. Due to nature of the study. Similarly, the same samples were used to elicit information on reasons for abusing substances by the drug addicts. Two different instruments were used for data collection in this research work: Drug Abuse Screening Test, developed by Skinner, H. (1982), and Drug Attitude Scale developed by Cambell, D (2006). The two different instruments were adapted through modifying some of the items that were not applicable or suit the context of this study, because of the disparity of location.

Results
Research Question 1: What are the reasons given by the participants why they were addicted?

Table 1: Mean Scores of reasons for Drug addiction

S/N	Item	Mean	Std. Dev
1.	When I use drugs, I feel normal	3.78	1.200
2.	People use drug in order to get over certain thoughts or feelings	4.04	1.029
3.	I always plan to use drugs if I want to look smart	3.74	1.139
4.	I use drugs to calm my nerves/negative emotions	4.06	0.913
5.	I feel that is good when I get drunk	3.40	1.309
6.	I feel powerless to prevent myself from using drugs	3.28	1.262
7.	*Decision mean*	*3.00*	

Table 1 shows the responses rate on the reasons why youths were addicted to drugs. The table revealed that the strengths at which youths were addicted to drugs are Items 1, 2, 3,4, 5 and 6. This is determined by comparing their mean scores and the decision mean. All the items mean score in the Table were above the decision mean

(3.00) and therefore, considered as the reasons why youths were drugs addicted.

Hypothesis 1: There is no significant mean score difference between the attitude of drug addicts exposed to client-centered therapy and those who were not.

Table 2: t-test on Attitude of Drug Addicts Exposed to Client-Centered Therapy and those who were not

Group	N	Mean	Std. Dev	df	t-cal	t-crit	p-value	Remarks
Experimental	25	93.92	5.634					
				48	16.388	2.021	0.000	Significant
Control	25	63.00	7.566					

Significant at P≤0.05

Table 2 shows the summary of t-test of the attitude of drug addicts exposed to client-centered therapy and those who were not. The Table reveals that the mean score of those in experimental group is 93.92, which is greater than 63.00 mean score of those in control group. The Table also reveals that the t-cal is 16.388, which is greater than

2.021 of the t-crit. Also, the p-value of 0.000 is less than the 0.05 level of confidence. Therefore, the hypothesis is rejected, because it implies that, there is a significant mean score difference between the attitude of drug addicts exposed to client-centered therapy and those who were not. By implication, the investigation shows that

there is a significant change in the attitude of drug addicts when exposed to client-centered therapy.

Hypothesis 2: There is no significant mean score difference between the pretest and post-test attitude of the drug addicts exposed to client-centered therapy only.

Table 3: Paired Sampled t-test between the Pre-test and Post-test on the Attitude of Drug Addicts when Exposed to Client-Centered Therapy

Group	N	Mean	Std. Dev	df	t-cal	t-crit	p-value	Remarks
Pre-test	25	82.08	17.944					
				48	3.025	2.021	0.006	Significant
Post-test	25	93.92	5.634					

Significant at P≤0.05

Table 3 represent the summary of paired sampled t-test between the pretest and post-test attitude of drug addicts exposed to client-centered therapy only. The Table reveals that the pre-test mean score is 82.08 while the post-test's mean score is 93.92. The difference in the mean scores is 11.84. The Table also reveals that the p-value is 0.006 which is less than the 0.05 level of significant. The hypothesis is rejected because there is a significant mean score difference between the pretest and post-test of the attitude of drug addicts when exposed to client-centered therapy.

Discussion
The study examined the effectiveness of client-centered therapy in reducing drug addiction attitude among youths in Azare Metropolis. With respect of the reasons why youths were drug addicted in Azare Metropolis. Some items show youths were addicted to drugs due to the following reasons:
1. Youths were addicted to drugs in Azare because of their desire to feel normal,
2. Desire to get over pressing problem or issues,
3. In an attempt to look smart.
After the treatment using client-centered therapy of counselling to the experimental group shows significant difference in modifying the attitude of youths towards reducing drug addiction. This shows that the treatment is effective. This finding is in line with Sara, et al (2016) findings, which revealed that, drug addicts do not differ significantly on their reasons given for addiction. The result However, disagrees with Dow and John 2013) findings which revealed that, drug abusers differ significantly on the reasons given by them,

for abusing drugs. This may not be unconnected with the fact that drugs addicted are drawn from different homes and socio-economic background.

The first hypothesis stated that, there is no significant difference in the mean score of the respondents with particular reference to attitude towards drug addiction by respondents in experimental and control groups respectively. between experimental and control group related to client-centered therapy in reducing drug addiction attitude among youths in Azare Metropolis. The study reveals that, client-centered therapy had significant effects in reducing drug addiction attitude among youths in Azare Metropolis after six weeks of counselling treatment. It means that, there was significant difference in the post-test scores of the counselling therapy group of client-centered therapy, while there was no significant difference in the pre-test scores of control group. The interpretation of this result shows that the counselling therapy given to the experimental group is effective in reducing attitude towards drug addiction among youths in Azare Metropolis because most of the participants in the experimental group were willing to withdraw from substance abuse after receiving six weeks counselling treatment on hazards associated with misused of drugs. This study confirms the work of Weston, (2011), Ajidahun, (2014), Leal and Humboldt (2012), Alabi (2015), Sara (2014) Sara et al (2016) and Umar (2016) who revealed that client-centered therapy is effective in the treatment of addiction, and other abnormal behavior among in-school and out of school youths.

Hypothesis two stated that there is significant mean score difference between the pretest and post-test attitude of the drug

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addicts exposed to client-centered therapy only. The results reveals that after the paired sampled t-test between the pretest and post-test attitude of drug addicts exposed to client-centered therapy. The findings reveal that; the therapy is significant. The hypothesis is rejected because there is a significant mean score difference between the pretest and post-test of the attitude of drug addicts when exposed to client-centered therapy. The findings corroborate with Ekwe, and Maduka, (2017) and disagree with Glawak and Ali (2018) whose findings revealed that significant different did not exist between pretest, and posttest mean scores of experimental group on effect of behaviour modification therapy on attitude of youths towards peace building in Maiduguri Metropolis.

Conclusion
The Client-centered therapy is effective in modifying drug addiction attitude among youths in Azare Metropolis, Bauchi State, Nigeria. While the subjects who did not receive any treatment failed to show any changes in their behaviour towards reducing addiction. Behaviour modification therapy was also effective in changing undesirable behaviour to desirable one. The Client-centered therapy shows no gender and parental socio-economic status bias among the participants. Generally, client-centered therapy tends to be effective while counselling drug addiction youths, and also the experimental group shows significant improvement in reducing drug addiction attitude. While the control group did not show any significant improvement in reducing drug addiction attitude,

Recommendation
Based on the findings of this study, the following recommendations were made:
1. Government should provide community counselling unit in order to provide services to Youths within the community who's their mentality always is to use drugs in order to feel normal, get away with certain thoughts, or feeling, and to look smart.
2. Counsellors should make constant utilization of Client-centered counselling therapy in treatment of substance abuse, in the school and society.

3. Counsellors should make use of therapy when modifying behaviour of youths on substances.

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