



## **Substance Abuse in Sagamu Local Government of Ogun State**

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A – research concept and design; B – collection and/or assembly of data; C – data analysis and interpretation; D – writing the article; E – critical revision of the article; F – final approval of article.

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### **Abstract**

**Background:** The increasing drug abuse globally has brought problems of increased violent crimes, transmittable diseases such as HIV/AIDS, Hepatitis B viruses and tuberculosis.

**Objective:** The main objective of this study was to assess substance abuse in Sagamu Local Government, Ogun State.

**Material and Methods:** A cross sectional survey was carried out in Sagamu Local Government, Ogun State, Nigeria. A convenient sample size of 300 respondents (15-50 ± SD years) who satisfied the inclusion and exclusion criteria was used for this study. Self-administered questionnaire were used to collect relevant information from the consented respondents. SPSS was used for data analysis while statistical significance was set at p value < 0.05.

**Results:** Male to female ratio was 1.49:1.51 (p=0.944). While the singles (36.3%) were in the majority, the single parents were 30.3% and the separated were 22.7%. Of the studied population, 40.7% had secondary education while 71.7% were unemployed. Majority (94.3%) understood which drugs are considered illicit and 76% were involved in illicit drug use of which 49.3% used it for calmness and sleep. Coffee was reported as the most consumed psychoactive drug used by them and their parents (52.7 and 64.3% respectively). Marital problems (46.0%) is a key predisposing factor to the use of illicit drugs while peer influence (42.0%) lured these people into the act.

**Conclusions:** High prevalence of substance abuse among these respondents depicts weakness on the part of regulatory authorities. The commonly abused drugs were coffee and alcohol while the common initiator was peer pressure. Parents should strive to be role models rather than being drunken menace.

**Keywords:** Substance abuse, Parents drug use, Alcohol problems, Ogun state

### **INTRODUCTION**

Substance abuse is the persistent use of drugs that is inconsistent with acceptable medical practice. It is a pattern of drug use which leads to clinically significant impairment, as manifested by failure to fulfill major role obligations at home, school or work, recurrent legal problems or interpersonal problems (American Psychiatric Association, 2000). Illicit drugs use may be defined as use of prohibited drugs by law such as heroin, marijuana, hallucinogens, cocaine, amphetamine, inhalants as well as the non-medical use of prescription-type psychoactives which include sedatives, pain relievers or stimulants. About 190 million substance abusers have been estimated to be living in the world and the number has continued to increase (DACA, 2005). Illicit drug use is a major problem in both developed and developing nations and this has led

to great wastage of human and material resources. A recent estimate showed that 9% of the world population aged 12 and above are dependent on psychoactive substances like alcohol (Deressa and Azazh, 2011). Donoghoe, (1996) estimated that illicit drug use was responsible for 100,000 deaths globally in 1990, the majority (62%) of which occurred in developing countries. As at 1996, Murray and Lopez reported that the actual prevalence of illicit drug use and its attendant adverse health effects may not be accurate. The increasing drug abuse globally has brought problems of increased violence and crimes, increase in transmittable diseases such as HIV/AIDS, Hepatitis B and C viruses and tuberculosis (UNODC, 2007; Oshodiet al, 2010). The high number of adolescents involved in consumption or abuse of alcohol in sub-Saharan Africa as revealed in literature is an indication that most youths are

engaged in this practice (Mathers et al, 2008; Needle et al, 2006). About 25% of secondary school students and youths are reported constant alcohol users (Kabiru et al, 2010). In Nigeria, illicit drug situation is not different from what obtains in other countries with a high probability that the rate of alcohol consumption will continue to rise (Adeyemo, 2007). According to previous researches, drugs are available in our cities in Nigeria including motor parks, Street corners, joints on campuses, uncompleted buildings, under bridges etc where youths have been found with the intake of cannabis and other drugs (Abudu, 2008; Oshodi *et al*, 2010). We cannot sit aloof and pretend that the menace of drug abuse does not exist in our society. Any nation that allows herself to be used as a transit route for drug trade has prepared to become and be known as a drug abused nation. The main objective of this study is to assess substance abuse in Sagamu Local Government, Ogun State.

## **METHODS**

### ***Study location***

The study was carried out in Ogun State, Nigeria. Sagamu is a city and the headquarter of Sagamu local government area of Ogun State in South Western Nigeria. Sagamu region is underlined by major deposit of limestone, which is used in the city's major industries, (in the production of cements). Agricultural products of the region include cocoa and kolanuts. The estimated population in 2007 was 228,382. The Olabisi Onabanjo University Teaching Hospital is located in Sagamu. The town is spread over 614km<sup>2</sup> (237/sqm). The community is served by several schools, hospitals (primary health care centers, private and tertiary hospitals), banks and hotels.

### ***Study Design***

The study was a cross sectional survey using pretested questionnaire administered to the youths in Sagamu Local Government Area.

### ***Study Population***

The study population included youths and adults who lived in Sagamu Local Government Area within the period of the study and whose age was between 15 to below 50years.

### ***Sample Size***

This consisted of a convenient sample size of 300 people who volunteered to participate in the study.

### ***Inclusion Criteria***

All youths within Sagamu Local government area who met the age criteria at the period of data collection.

### ***Exclusion Criteria***

People on admission in the hospital or were incompetent, children below the age of fifteen years, adults above the

age of fifty years old and people living outside Sagamu Local government area of Ogun State at the period of data collection.

### ***Instrument Validity and Reliability***

To ensure validity of the research instrument, items were selected from previous studies and the questionnaire was pretested among 20 people within Sagamu city. Any ambiguous question was reworded.

### ***Method of Data Collection***

Self-administered questionnaire comprising two sections: demographic information and informations on illicit drug use. The first section contained questions on demographics such as age, gender, marital status, religion, educational level, job status and income while the second part contained questions relating to illicit drug use.

Copies of the self-administered questionnaire were distributed to the respondents personally and collected immediately after completion.

### ***Statistical Analysis***

The returned questionnaires were coded for easy references and entered into Microsoft Excel for sorting. The responses were analyzed using SPSS version 16.0. Statistical significance was set at p value < 0.05.

### ***Ethical Issues***

Permission to administer the questionnaire was obtained from Sagamu Local government Area while verbal consent was sought and given by the individual respondent.

## **RESULTS**

### **Socio-Demographic Characteristics of Respondents**

Male to female ratio was 1.49:1.51 (p=0.944). While the singles (36.3%) were in the majority, the single parents were 30.3% and the separated were 22.7%. Those with secondary education were 40.7% and the unemployed group was 71.7%. (Table 1).

### **Illicit Drug Use Among Respondents**

Half of the respondents believed drugs are used for disease treatment but 5.7% indicated illicit drugs are used for performance enhancement. Majority (94.3%) understood which drugs are considered illicit although 24% said they do not use illicit drugs. The main reason adduced for using illicit drugs was for calmness and sleep (49.3%). Majority (52.7%) identified coffee as the most psychoactive drug used by their parents and by them (64.3%) and drinking bars/restaurant (51.3%) was identified as the main place of purchase. Marital disorder (46.0%) was the major problem identified with the use of illicit drugs. Others included weight loss (45.0%) and waste money and property (41.3%). Peer influence lured these youths into the act of illicit drug use (Table 2).

**TABLE 1: Socio-Demographic Characteristics of Respondents**

<b>Age</b>	<b>Frequency</b>	<b>Percentage (%)</b>
15-19	135	45.0
20-24	124	41.3
25-29	20	6.7
30-50	21	7.0
<b>Gender</b>		
Male	149	49.7
Female	151	50.3
<b>Marital Status</b>		
Single	109	36.3
Single parents	91	30.3
Separated	68	22.7
Widow/widower	3	0.01
Married	25	8.3
Divorce	4	1.3
<b>Educational Level</b>		
None	20	6.7
Primary	1	0.3
Secondary	122	40.7
Undergraduate	86	28.6
Tertiary	71	23.7
<b>Job Status</b>		
Unemployed	215	71.7
Self-Employed	47	15.7
Employed	26	8.7
Apprentice	12	4.0
<b>Income per month</b>		
Dependent	201	67.0
N5000-N15000	24	8.0
N16000-N25000	25	8.3
N26000-N35000	9	3.0
Above N35000	41	13.7

**TABLE 2: Illicit Drug Use Among Respondents**

<b>Parameters</b>	<b>Frequency</b>	<b>Percentage (%)</b>
<b>What do you think drugs are meant for?</b>		
Treatment of diseases	150	50.0
To enhance performance	17	5.7
Both	133	44.3
<b>Which drugs are considered illicit drugs?</b>		
Drugs that the law disagrees with their sales and circulation	283	94.3
Drugs sold only in pharmacies and patent medicine shops	17	5.7
<b>Do you use any illicit drugs?</b>		
Yes	228	76
No	72	24
<b>Why do you use illicit drugs?</b>		
Out of frustration	94	31.3
To feel high	93	31.0
For pleasure	92	30.7
Peer pressure	78	26.0
For calmness and sleep	148	49.3
For experimentation	53	17.7
<b>Did/do your parent/guardian use any of these?</b>		
Alcohol	139	46.3
Valium	106	35.3
Coffee	158	52.7
Indian hemp	31	10.3
Lexotan etc	43	14.3
Cigarette	54	18.0
<b>How do you get access to these drugs?</b>		
Pharmacy	124	41.3
Hospital	33	12.0
Drinks bar/restaurants	154	51.3
Illegal hide outs	74	24.7
Home	30	10.0

Stolen	6	2.0
Friends	60	20.0
<b>How were you initiated?</b>		
Peer pressure/influence	126	42.0
Boredom	69	23.0
Experimentation	93	31.0
Absentee parent	64	21.3
Depression and anxiety	85	28.3
Personality/feel among	79	26.3
<b>Have you used any of these before?</b>		
Alcohol	150	50.0
Coffee	193	64.3
Valium	66	22.0
Cigarette	82	27.3
Indian hemp	51	17.0
Cocaine	3	1.0
Lexotan etc	21	7.0
<b>Problems associated with illicit drug use</b>		
Marital disorder	138	46.0
Weight loss	135	45.0
Case with the law	110	36.7
Loss of job	98	32.7
Waste of money and property	124	41.3
Stealing	104	34.7
Becoming useless to relatives	100	33.3
Physical damage	93	31.0
Psychological damage	111	37.0

## DISCUSSION

There was no significant gender difference in this study as male:female was equiponderate. This result is different from that of Tesfahun *et al*, 2006 who found substances abuse in males to be three and half times higher than that in female respondents. Majority of the respondents were below the age of 25years, a finding similar to previous

ones (Oshikoya and Alli, 2006; Lawoyin, 2005). People belonging to this age group are likely to be curious and adventurous, as they would want to try out anything that could give them a new experience. Although a high proportion of the respondents knew drugs that are classified as illicit they never the less continued to indulge in their usage. Our percentage was higher than that in a previous study by Oshikoya and Alli, 2006, whose

respondents' acclaimed high awareness of drugs of abuse did not correspond to correct classification nor identification of such drugs.

The main reason for illicit drug use cited by our respondents was for calmness and sleep, this is inconsistent with the result gotten by a previous researcher (Abudu, 2008) whose respondents indicated their main purpose to be for good time with friends and experimentation purposes. The question is what could make individuals within this age group unable to sleep as to resort to the use of drugs? This may be due to unemployment or lack of interest in their education as revealed in our results.

The proportions of the parents of the respondents who used coffee and alcohol were 52.7% and 46.3%, respectively as compared to the usage by the respondents themselves (64.5% and 50.0%, respectively), thus indicating that substance abuse is higher in the youths than in their parents. A study by Amiegheme, 2013 also showed a significant correlation between alcohol abuse by youths and consumption of alcohol by their parents. It is a well-known fact that children learn faster from their parents than from strangers. This could be the explanation of the above results. Previous work indicated that most drug addicts started smoking from their youth days but gradually gravitated into hard drug abuse as they get older (Oshodi et al, 2010; Igwe, et al., 2009). The percentage of alcohol abuse in this study was however lower than that found in a study by Tesfahun et al, 2013 although cigarette abuse was higher (27.3%).

## **CONCLUSION AND RECOMMENDATION**

This study found a high percentage of the population assessed to be substance abusers which could be as a result of frustration, to feel high, for pleasure, peer pressure, for calmness and sleep experimentation. Although the respondents had a high awareness of illicit drugs and problems associated with their use, they never the less displayed a careless attitude. The fact that a lot of them were found to engage in substance abuse depicts weakness on the part of the regulatory authority. The commonly abused drugs were coffee and alcohol while the most common initiator was peer pressure. These therefore should be targeted for intervention at the household as well as the community levels if we must rid our society of the menace of illicit drug use. Children are supposed to learn

The access point of their illicit drug use was the drinks bar/restaurants which may be in a bid to shield themselves from the public as well as from law enforcement agents. Our study also indicated that most of the youths were initiated into illicit drug use through peer pressure/influence, a finding similar to earlier ones (Abrha, 2011; Lemis et al, 2008). In a bid to belong or fit into a group, there is every possibility for children to impress their friends by engaging in activities they had never done before. This could be true with illicit drug use as seen in this study.

The commonly abused drugs in this study were coffee, alcohol and cigarette in that order. Oshikoya K.A. and Alli, 2006, also found coffee to be the most commonly abused drug although coffee has been approved as recreational drug along with cigarette (Edeh, 1990).

The finding of alcohol and cigarette as been the most commonly used illicit drugs among youths is consistent with the results from Tesfahun et al, 2013; Abrha, 2011 although with lower percentages. Problems of illicit drug use could be unquantifiable. It ranges from immense adverse effect on the health and well-being of the users to their death and disability (Hulse et al. 1999). Adolescents on illicit drugs are likely to be prone to immoral behaviour, problems in school or with the law due to their deviant behavior. Illicit drug use has also been found to affect relationships with family and friends. (National Youth Anti-Drug Media Campaign, 1998).

from their parents but whence therefore, parents are into alcohol use malady, they become vices to their adolescent children rather than being role models. To strive to do the needful by parents in guiding their children rightly is the supreme task. Youths should be counseled to consider education as a primary goal which is an essential ingredient for personal and corporate development. On the other hand, government should strive to provide jobs for its citizenry or restructure its educational policy so that every child that passes through the secondary or tertiary educational level system would have been equipped to become job self-sufficient as well as creator of jobs in the country.

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