

## Assessment of Causes and Effects of Drugs and Substances Abuse among Youth: A Case Study of Katsina Metropolis (North West Nigeria)

Nasiru Lawal<sup>1\*</sup> and Al Mustapha A. Aliyu<sup>2</sup>

<sup>1</sup>Health Service Management Board, Katsina State, Nigeria.

<sup>2</sup>Department of Accounting, Usmanu Danfodiyo University, Sokoto, Nigeria.

### Authors' contributions

*This work was carried out in collaboration between both authors. Author NL designed the study, performed the statistical analysis, wrote the protocol and wrote the first draft of the manuscript. Author AMAA managed the analyses of the study and the literature searches. Both authors read and approved the final manuscript.*

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### ABSTRACT

**Aims:** To determine the cause, effect and type of drugs commonly abuse among youth in Katsina metropolis.

**Study Design:** Descriptive cross-sectional design carried out in Katsina metropolis in June to September 2018.

**Methodology:** A descriptive cross sectional design was used for the study where by 384 respondents were selected through a purposive and snowball sampling techniques to select the study subject from the study areas. A validated and structured interviewer administered questionnaire (IAQ) was used to collect data from the respondents. Data was analysed using SPSS version 20.0.

**Results:** Findings from the study showed that peer pressure 75(19.5%) and desire for enjoyment 51(13.3%) are the major cause associated with the abuse of drugs by the respondents. The most commonly abused substances by the respondents include Tobacco 112(29.2%), Codeine 68(17.7%) Marijuana (Indian hemp) 55(14.3), and cola nut 17(3.4%) and majority of the respondent

\*Corresponding author: E-mail: [formular32@yahoo.co.uk](mailto:formular32@yahoo.co.uk);

perceive negative effect of poor health (madness) 212 (55.2%) as the major effect and aggressive behavior's 71(18.5%).

**Conclusion:** The major cause of substance abuse among youth are peer pressure and desire for enjoyment, common effect is poor health and Tobacco is the common abuse drug. It is therefore recommended that Parent should take good care of their children during teenage age and government should control the production and supply of these illicit substances.

*Keywords: Drugs; substance; abuse; youth.*

## 1. INTRODUCTION

An estimated quarter of a billion people, or around 5 per cent of the global adult population, use drugs at least once, more worrisome is the fact that about 29.5 million of those drug users, or 0.6 per cent of the global adult population, suffer from drug use disorders [1]. Globally, deaths directly caused by the use of drugs increased by 60 per cent from 2000 to 2015 World drug report [2].

Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and other illicit drugs. Psychoactive substance use can lead to dependence syndrome, a cluster of behavioural, cognitive, and physiological phenomena that develops after repeated substance use and that typically includes a strong desire to take the drug, difficulties in controlling its use, persistence in its use despite harmful consequences. A higher priority given to drug use than to other activities and obligations, increased tolerance, and sometimes a physical withdrawal state WHO, [3]. According to 2012 International Narcotics Control Board Report INCB, 2013) the prevalence of drug abuse is as a result of increase in drug trafficking people had easy accessibility to this drugs. Drug trafficking is a global phenomenon. The report further states that in the last 10 years, West Africa has become the new transit hub for cocaine enroute Latin America and Europe, with Nigeria's commercial capital Lagos emerging as the most active center for air trafficking of cocaine.

The magnitude of drug criminal business and its internationalization places Nigeria at the very center of one of the most dynamic drug routes in the world. Thus, Nigeria faces a number of complex challenges related to illicit drug trafficking, through and within its borders. Another worrisome issue is no comprehensive data is available on the estimated number of illicit drug user in Nigeria. Most of the researches are hospital- based and retrospective, making

prediction of trends rather difficult (NDCMP, 2015) and to curtail this problem there is need to understand the cause, effect and source of these drug into our country. Moreover, law enforcement strategies aimed at reducing the supply of illicit drugs needs to focus on aspects of drug supply chain where they can optimize the reduction of the supply of drugs. This study sought to generate useful data on the causes, effect and possible methods of prevention and control of illicit drugs and substances abuse among the youth in Katsina. North West part, of Nigeria, this issue of drug abuse has been a serious concern for the society. In recent times, the rate at which youths abuse drugs have been so alarming and worrisome that much effort have been made to eradicate it. Katsina is among the country's highest drug abuse rate in the northwest part of Nigeria, based on the number of seizures, arrests of addicts and convictions of arrested dealers, according to the National Drug Law Enforcement Agency NDLEA, [4].

### 1.1 Scope of the Study

The study was carried out to assess the cause and effect of drug and substances abuse among youth in Katsina metropolis.

### 1.2 Justification of the Study

Statistics shows that students start engaging on drug abuse at an early age of ten Bashir [5]. The Katsina State Command of the National Drug Law Enforcement Agency (NDLEA) has nabbed 443 drug suspects with not less than 336.4043 kgs of illicit drugs and 2,553.06 litres of cough syrup suspected to be codeine within six months, prosecuted and sentenced 23 suspects, while 110 cases were at different stages of trial at Federal High Court Katsina. NDLEA Katsina branch also disclosed this while briefing journalists in an event to mark the United Nations (UN) Anti-drug Day, said 24,000 bottles of codeine, 51kgs of cannabis sativa and 53kgs of Tramadol tablets were seized in the state.

She reaffirmed that the agency also apprehended 21 students and children under the age of 13 across Katsina State with 128 bottles of cough syrup with codeine. There was no published data regarding cause, effect and common abuse drug in Katsina State, this research serve as a tool for policy makers to curtail the menace and source of literature to future researchers.

### 1.3 Research Questions

These are the questions that the study seeks to answer.

- 1 What are the main causes of drug abuse among youth?
- 2 What type of drugs are commonly abused by youth in study area?
- 3 What is the perception of youth about drug abuse?
- 4 What methods should be adopted to prevent and control drugs abuse?

**Aims:** To determine the cause and effect of drugs and substances abuse among the youth in Katsina metropolis.

### 1.4 Specific Objectives

1. To determine the causes of drug abuse among youth
2. To determine the types of drugs commonly abused among youth in the study area
3. To assess perception of youth about drugs abused
4. To assess youth perceived methods of prevention and control of drug abused

## 2. MATERIALS AND METHODS

### 2.1 Study Design

Descriptive cross-sectional design.

### 2.2 Study Area

Katsina State, Nigeria. Is located on latitude 12<sup>0</sup> 59' N and longitude 7<sup>0</sup> 36' E. The city of Katsina is the administrative capital of Katsina State, Nigeria. The main town is situated about 400 kilometers east of Sokoto, 160 kilometers northwest of Kano, 300 kilometers north of Kaduna, 460 kilometers north of Abuja Federal capital and about 90 kilometers south-east of Maradi in Niger Republic. It covers an area of

about 24,192sqkm (9341 sq. miles). Katsina is famous for agricultural production and trade. Agricultural products such as maize, guinea corn and millet are widely grown all over the state mainly for subsistence use, where as other products such as groundnuts, cotton and hides are produced for commercial purposes. Various kinds of fruits and vegetables are also widely produced during both rainy and dry seasons for both subsistence and commercial purposes. Temperatures are high throughout the year ranging from about 21°C to 28°C in winter and about 34°C to 40°C in summer. The winter season is dry, cold and mostly hazy and spans approximately from November to March each year. Summer season in the area is hot and wet and spans mostly between the months of April to October each year. The major hotel and joint where people engaged in drug abuse are Gabby, Luna, Goma guest inn, Ahuta, among others.

### 2.3 Study Population

The target populations for this study were youth residing within the Katsina metropolis in Nigeria who abuse substances but do not have obvious signs of psychosis. Psychosis is the term used to describe a state of mind in which the individual experiences a distortion or loss of contact with reality, without clouding of consciousness.

### 2.4 Inclusion Criteria

Study subject were youth between the ages of 15-35 years (Youth is define as a period of transition from the dependence of childhood to adulthood's independence. African union [6]. Who abuse one form of substance or the other, and were residing in Katsina metropolis, and were not in psychotic state.

### 2.5 Exclusion Criteria

The researcher excluded youth who indulged in substance abuse and are psychotic during the study. And those that are not residing in Katsina metropolis Youth below the age of 15 and above the age of 35 years were also excluded from this study.

### 2.6 Sample Size Determination

The minimum sample size was determined using the formula below since the population at large was > 10,000.

$$n = Z^2 pq / d^2 \text{ Ibrahim, [7]}$$

where:

n=Minimum sample size  
z=Standard normal deviate at 95% confidence interval= 1.96  
P=75%= 0.75 (proportion of respondents who agreed that use of illicit drug without prescription is wrong in a study by Umar et. al. [8], at Bauchi)  
q=q= 1-P (1-0.75) = 0.25  
d=Precision expected at 95% confidence limit (0.05) precision of tolerable alpha Error.  
From  $n = Z^2 pq / d^2$   
 $n = (1.96)^2 \times (0.75) \times (0.25) / (0.05)^2$  Therefore  
n= 288

Allowing for 10% non-respondent rate the optimum sample size will be n/RR [7] where n=350, RR=90% (0.9) this gives 350/0.9 = 389. Therefore a total of 389 or above youth will be enrolled in to the study.

## 2.7 Sampling Technique

Purposive and snowball sampling techniques were used to select the study subject from the study areas. Purposive sampling is a non-probability sampling method in which the researcher selects the study subject on the basis of personal judgment, about which ones will be the most appropriate to generate the required data. While snowball sampling technique is used to get the study subject who are normally difficult to access Fossey, Harvey, McDermott, & Davidson, [9]. As a result, the researcher with the help of the community leader who then helped in recruiting other participants. The recruitment of the study subject was done by the researcher with the assistance of the respective community leaders. Went ahead to recruit the participants. This was after thorough explanation regarding the study was given and the youth who were not in psychotic state had been identified by the community leader and the principal researcher, who is a medical doctor.

## 2.8 Pretesting of Instrument

The research instruments were pre-tested in Sokoto metropolis by the principal researcher. The instrument was carefully structured by the researchers in relevance to the objectives of the study. Content of the tool was compared with available literatures on the topic. Items in the questionnaire, appropriateness of language and instructions to the respondents were reviewed and corrected.

## 2.9 Data Collection Method

The study was carried out between May to July 2018. The questionnaire was administered by trained data collectors in either English or Hausa language depending on the educational level and preference of the study subject. The interviews took place near or within the area where drug abuser lived. All study subjects were informed about the objectives of the study as well as their rights to refuse participation, with absolutely no negative consequences to them. In addition, they were assured of utmost confidentiality of their responses, and oral consent was obtained before the interview proceeded.

## 2.10 Data Management

The data collected from the field was analyzed using Statistical Package for the Social Sciences, version 20, (SPSS 20) this software was also used for the data entry and data cleaning. Microsoft Excel was also use in figures and charts.

## 3. RESULTS

Results as indicated in Table 1. Revealed that majority 85.2% of the respondents are male, within the age group of 25-29. The majorities 64.1% were not married and 88.5% of them indicated Islam as their religion. In terms of educational background, 186 (48.4%) of the respondents did not finish secondary school and 60.9% of them have no occupation and 36% live with their parents. With regard to parent occupation, less than half 46.1% of the respondents' reported their parent to be business men and 77.8% mothers are house wives and 60.9% of the respondents' parents are still in married. With 79.7 reported father did not take any illicit drug and 83% mothers has no history of taking illicit drug, likewise 67.2% of the respondents also reported no family history of taking illicit drugs.

From the above figure, it shows that Majority (38.5%) of the respondents reported peer pressure as the reason for their drug abuse followed by 19.5% for enjoyment and 13.3% to ease their disturbances

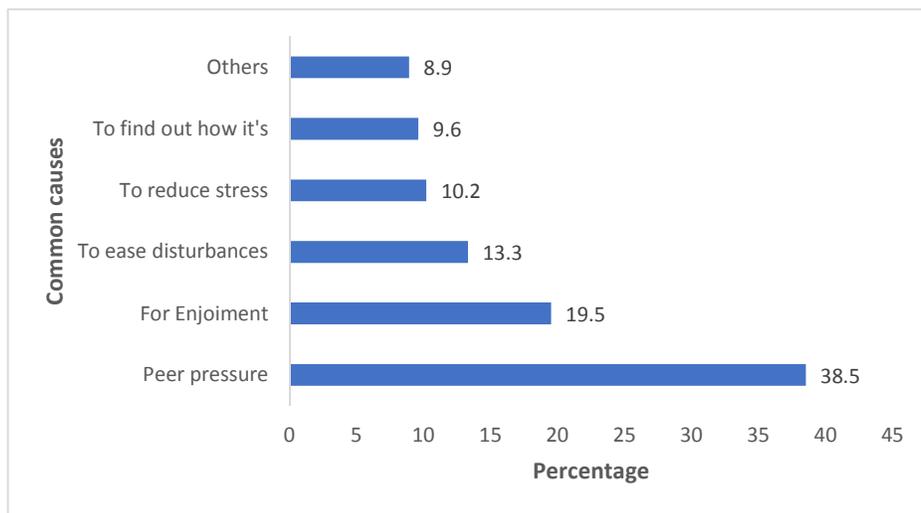
From the above figure we can see that majority 29.2% of the study subject abuse cigarette, 21.6% codeine, 17.7% marijuana, followed by 14.3% Roche and 9.1% tramadol respectively.

**Table 1. Socio-demographic profile of study subjects**

<b>Variables</b>	<b>n (%)</b>
<b>Age (Years)</b>	
10-14	0(0.0)
15-19	18(4.7)
20-24	105(27.3)
25-29	120(31.3)
30-34	103(26.8)
35years	38(9.9)
Total	<b>384</b>
Mean Age= 25.56, ±6.05	
<b>Sex</b>	
Male	327(85.2)
Female	57(14.8)
<b>Religion</b>	
Islam	340(88.5)
Christianity	44(11.5)
<b>Marital status</b>	
Single	246(64.1)
Married	81(21.1)
Widow	57(14.8)
<b>Education Status</b>	
Qur'anic	33(8.6)
Primary	90(23.4)
Secondary	30 (7.8)
Drop out from secondary school	186 (48.4)
Tertiary	45 (11.8)
<b>Qualification</b>	
Primary Certificate	90(23.4)
Secondary Certificate	30(7.8)
Diploma	20(5.2)
Degree	25(6.5)
No Certificate	219(57.1)
<b>Occupation</b>	
Farmer	6(1.6)
Business	111(28.9)
Civil servant	33(8.6)
None	234(60.9)
<b>Living partner</b>	
Parent	140(36.5)
Relatives	90(23.4)
Friends	101(26.3)
Boy friends	53(13.8)
<b>Parent demography</b>	
<b>Father occupation</b>	
Farmer	51(13.3)
Business	177(46.1)
Civil servant	135(35.2)
Retired	15(3.9)
None	6(1.5)
<b>Mother occupation</b>	
Farmer	6(1.6)
Business	46(12.0)
Civil servant	33(8.6)
House wife	299(77.8)

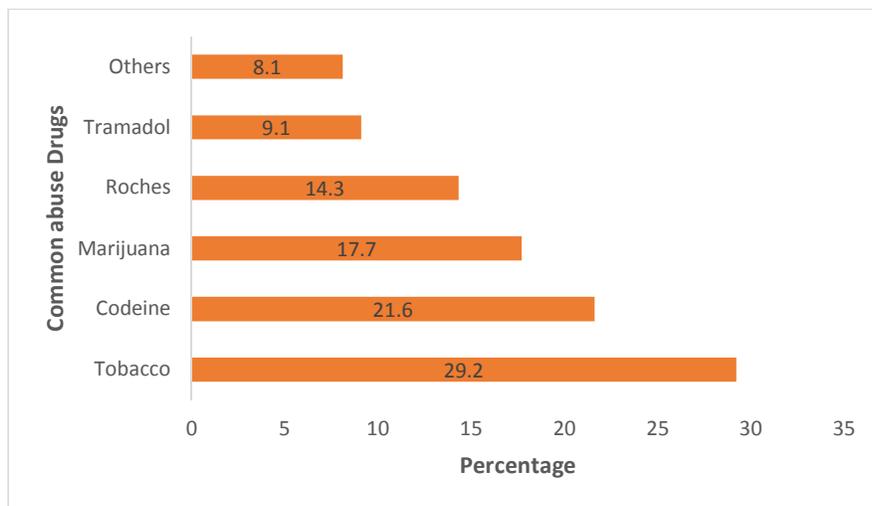
Variables	n (%)
<b>Parents leaving together</b>	
Yes	234(60.9)
No	150(39.1)
<b>Father taking illicit drugs</b>	
Yes	78(20.3)
No	306(79.7)
<b>Mother taking illicit drugs</b>	
Yes	65(17.0)
No	319(83.0)
<b>Family drug history</b>	
Yes	126(32.8)
No	258(67.2)

Source: Field Survey, 2018



**Fig. 1. Causes of drug and substances abuse among youth**

Source: Field Survey, 2018

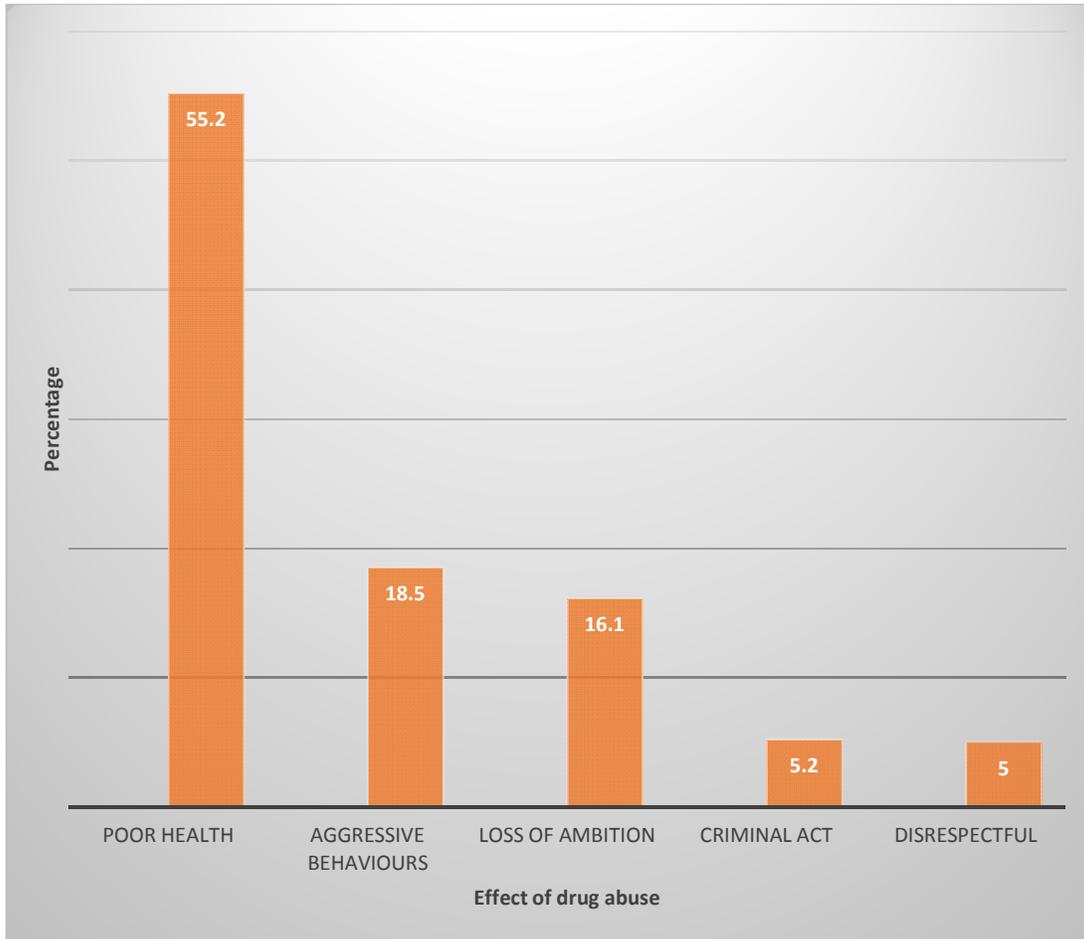


**Fig. 2. Type of drugs and Substances abused among the study subject**

Source: Field Survey, 2018

From the above figure the effects of drugs on youth and their health. The analysis in Fig. 3 shows that drugs when abused have different effects on the youth. Poor health (55.2%) was rated highly, aggressive behavior (18.5%), loss of ambition (16.1%), violence (5.2%) and disrespectfulness 5.0%. And majority 366 (95.3%) of the respondents agreed use of drug without doctor's prescription is associated with the side effect.

From the above Table 2. It shows that majority 29.2% of the respondents perceive stopping of production of illicit drug, is the main method to prevent its abuse, 17.7% believed that providing youth employment, 14.3% blockage of importation, 9.15 Good parental care and 8.1% Strict punishment for drugs abuser will end the menace of drug abuse in Katsina metropolis.



**Fig. 3. Perceived negative effect of drug abuse among youth**

Source: Field Survey, 2018

**Table 2. Perceived method of prevention and control of drug abuse**

S/no	Methods	n (%)
1	Stop production of illicit drugs	128(33.3)
2	Provide youth employments	110(28.6)
3	Blockage of importation of illicit drugs	62(16.1)
4	Good parental child upbringing	50(13)
5	Strict punishment for drug abusers	34(8.9)

Source: Field Survey, 2018

#### 4. DISCUSSION

Finding from this study shows that substances use and drug abused has been found to start as early as adolescent age. The findings of this study conforms to the findings of Oshikoya and Alli [10] who stated that experimentation with drugs during adolescence (10-25 Years) is common. At this age the young generations try so many new things. They use drugs for so many reasons, including curiosity, because it feels good, to reduce stress, or to feel grown up. They further argued that using alcohol and tobacco at a young age increase the risk of using other drugs later.

The commonest abused drug were tobacco and codeine. The findings of this study is in line with the findings of Fatoye and Morakinyo [11] who reported the use of tobacco as the main abused drug and the study shows that cocaine is the least abuse drug, this finding is similar to that of Adeyemo et al. [12] were only very few respondents abuse cocaine (6.5%), also similar to the finding by Adelekan (1999) who showed that the consumption of cocaine amongst youths in rural area was quite low. Majority of the respondents (38.5%) agreed that they started illicit drug use due to peer pressure. While 19.5% of the respondent revealed that they turn in to illicit use of drugs for enjoyment. This is similar to study by Yang et al. [13] who reported peer influence, social pressure, smoking parents and lower class as important factors in beginning smoking in adolescents.

#### 5. CONCLUSION

In this study, it was concluded that peer-group influence and desire for enjoyment are important factors that lead to drug abuse. Cigarette smoking, Codeine and Marijuana (indium hemp) were the most commonly abused drugs and the least was cocaine. It was also discovered that drug abuse leads to poor health, aggressive behaviors and loss of ambitions.

#### 6. RECOMMENDATIONS

Based on the findings, it is recommended that:

- 1) Parents should try to give their children moral, spiritual, social, psychological, and financial support so as to guide them against peer and societal influences. Children should obey their parents and be

satisfied with the little support given to them and they should also keep away from bad company.

- 2) The government should put more effort in strengthening the existing enforce laws to regulate the production and consumption of the Cigarette, cough syrup (codeine) and planting of marijuana (indium hemp)

#### CONSENT AND ETHICAL APPROVAL

Ethical approval for the study was obtained from Katsina State Health Research Ethical Committee (HREC) State Ministry of Health. A written informed consent was also gotten from the participants after clear education on the need for the study and their rights to give or refuse consent. All data were handled with strict confidentiality

#### COMPETING INTERESTS

Authors have declared that no competing interests exist.

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