



Factors Influencing Indulgence in Drug Abuse Among Adolescents in Selected Secondary Schools Akure, Ondo State

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ABSTRACT

Background: Drug abuse is a self-medication or self-administration of a drug in chronically excessive quantities resulting in physical dependence, functional impairment and deviation from approved social norms and this had been discovered to be an offence committed by many people in the society but especially the adolescents.

Method: This study adopted a cross-sectional descriptive design in order to discover the factors influencing indulgence in drug abuse among male adolescent students in selected secondary schools in Akure, Ondo state. Purposive sampling technique was used to select the schools used for the study as these schools were discovered to be densely populated with students, then simple Random sampling technique was used to select One hundred (100) students each from both schools. Ethical approval was obtained from the Ondo state ethical committee, Akure. The Participants who gave their consent were given the questionnaires to fill, the completed questionnaires were sorted out and analyzed and the findings of the study were presented in form of percentage, frequency, tables and figures.

Results: The students age ranged between 12 and 18 years with the mean age being 10 yrs. The study showed that 197 respondents (98.5%) have heard about drug abuse while only 3 respondents (3%) are naïve about drug abuse and about 81 respondents (40.5%) got the information on Drug abuse from mass media. Quite a number of the respondents strongly agreed that common abuse drugs include Alcohol 186 (93%); Cigarette 187(93.5%); Cocaine 190 (95%); Heroin 188 (94%); Indian hemp 192 (96%); Marijuana 190 (95%). The participant agreed that peer pressure (95%); urge for affluence (93%), together with Broken homes (91.5%) are all factors predisposing adolescents to drug abuse.

Conclusion: Drug abuse is still very common despite its effects which include major disruption to normal daily functioning, involvement in crime act as well as chronic health conditions. Therefore adolescents need more health education on this issue to

Keywords: Mass Media, Environmental Literacy, Forest Management.

iSTEAMS Multidisciplinary Conference Proceedings Reference Format

Abiona, M.O. & Olusegun, J.T. (2019); Factors Influencing Indulgence in Drug Abuse Among Adolescents in Selected Secondary Schools Akure, Ondo State. Proceedings of the 21st iSTEAMS Multidisciplinary GoingGlobal Conference, The Council for Scientific & Industrial Research-Institute for Scientific and Technological Information (CSIR-INSTI) Ghana. 14th – 16th November, 2019. Pp 147-160. www.isteam.net/goingglobal2019 - DOI Affix - <https://doi.org/10.22624/AIMS/iSTEAMS-2019/V21N1P13>



1. BACKGROUND OF THE STUDY

Drug abuse also known as substance abuse is a patterned use of a substance (drug) in which the user consumes the substance in amounts or with methods which are harmful to themselves or others (National Drug Intelligence Center, 2011). According to Mustapha (2008), drug abuse is defined as a self-medication or self-administration of a drug in chronically excessive quantities resulting in physical dependence, functional impairment and deviation from approved social norms. World Health Organization (2014) refers to drug abuse as an harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Adolescence is the transitional stage from childhood to adulthood. Also, according to Erik Erikson in his theory of stages of growth and development, he referred to the adolescence period as the teenage years between 12 and 18 considered the transitional stage from childhood to adulthood. However, the transitional period can bring up issues of independence and self-identity that is many adolescents and their peers face tough choices regarding school work, sexuality, drugs, alcohol and their social life. Drug abuse is a disease and can be viewed as a medical problem that affects millions of people throughout the world.

Within United States according to statistics, the annual National Survey on Drug Use and Health (NSDUH) collects data on substance use pattern and trends among general population and it was discovered that in 2013, an estimated 24.6 million Americans aged 12 or older were current (past month) illicit drug users, meaning they had used an illicit drug during the month prior to the survey interview. The estimate represents 9.4 percent of the population aged 12 or older. The overall rate of current illicit drug use among persons aged 12 or older in 2013 (9.4 percent) was similar to the rates in 2010 (8.9 percent) and 2012 (9.2 percent), but it was higher than the rates in 2002 to 2009 and in 2011. Scientific researches revealed that the initiation of drug and alcohol use is most likely to occur during adolescence.

Results from 2010 Monitoring the Future Survey, a nationwide study on rates of substance use in the United States, show that 48.2% of 12th graders report having used an illicit drug at some point in their lives. In the 30 days prior to the survey, 41.2% of 12th graders had consumed alcohol and 19.2% of 12th graders had smoked tobacco cigarettes. In 2009, in the United States about 21% of high school students have taken drugs without a prescription and earlier in 2002, the World Health Organization estimated that around 140million people were alcohol dependent and another 400million suffered alcohol related problems.

In Nigeria, according to the statistics released by the National Drug Law Enforcement Agency (NDLEA, 2018), it was reported that the North-West geopolitical zone of the country has the highest of 775 drug abusers, which is 37.47% of drug victims in the country, while the South-West has 347 drug abusers which is about 17.32% and South-East is been rated third with 263, estimated at 13.5%, North-Central has 263, representing 11.71%, while the North-East zone has 172, which is 8.54% of drug abusers in the country (Muhammed, 2018).

A succession of studies affirm the causal connection between smoking and increased morbidity and mortality, the diseases concerned including many cancers, chronic obstructive airways disease, coronary heart disease and stroke. Recent scientific research shows that drug abuse interferes with the way the users brain function while the drug cause the user to experience pleasure, euphoria (a state of optimism, cheerfulness and wellbeing). They also have numerous long term negative effects such as altering gene expression and brain circuitry which in turn affect their behavior.



Drug abuse is an offence committed by almost everybody with impunity (Mustapha, 2008). Increased availabilities are associated with increased misuse; this is reflected by certain over prescribed medicines and illicit drugs on the black market. In recent years, drug abuse had risen sharply despite the different legislation to curb this menace. The Poison Act, Pharmacy Act and Dangerous Drug Act are to regulate the supply, storage and the use of poison and dangerous drugs to prevent drug abuse or addiction.

Drug abuse is a serious and ongoing dilemma in health care in Nigeria and even across the globe. According to the journal on substance abuse among adolescents released by National Institutes of Health, 2014, it was found that most of the users was males (75%) and had initiated substance abuse during 15-18 years of age. Despite the effect of World Health Organization and the Nigeria government agencies to curb this menace, drug abuse still persists not only among adolescents but even among adults.

Therefore, the researcher wishes to examine the factors influencing indulgence in drug abuse among adolescents, the types of drug commonly abused and to communicate the findings so as to eradicate it from the populace especially among the adolescent. The study was conducted to assess the knowledge of adolescents about drug abuse and its effect; determine the type of drugs that is commonly abused and to identify the factors influencing indulgence in drug abuse among adolescents.

2. METHODS

Research design

This study adopted a descriptive cross-sectional a research design to evaluate the factors influencing indulgence in drug abuse among male adolescent students in selected secondary schools in Akure, Ondo state.

Research Settings

This study was conducted in two schools within Akure South Local Government (LGA) of Ondo state. The schools are Omo-Oluorogbo Grammar School, Oke Aro, Akure and Saint Thomas Aquinas College, Akure. Omo- Oluorogbo Grammar has a population of about 2000 male and female students and 100 teachers. Saint Thomas Aquinas College is located along hospital road, Akure. The school is a single sex (male-only) school and has a total population of about 3270 students and 172 staffs, also comprises of both day and boarding students.

These two schools are categorized into junior and senior schools, both of which are divided into three (3) classes with a sub division of six (6) classes each, the subdivision of the senior classes are according to its department which are science, arts and social sciences.

The schools have the administrative section, staff offices, school hall, farm, canteen and various departments and laboratories.

Target Population

The target population for the study was male adolescents between the ages of 12-18 years in senior secondary school one and two of Omo-Oluorogbo Grammar School and Aquinas College, Akure.



Sample and Sampling Technique

Purposive sampling technique was used to select the schools used for the study as these schools are densely populated with students. Simple Random sampling technique was used to select One hundred (100) students each from both schools out of a population of 133 and 132 students from Omo-Oluorogbo and Aquinas College, Akure respectively.

Instrument for Data Collection

The study used a self-developed questionnaire for data collection. This instrument consist of four sections A, B, C & D. Section A contained the Bio-data of the respondents; Section B contained questions about the knowledge of male adolescent about drug abuse and its effects; Section C contained questions which provided information on the commonly abused drug and Section D contained questions on factors influencing indulgence in drug abuse among adolescents.

Data Collection Procedure

The study employed a validated questionnaire which was administered by the researchers and two trained research assistants to students from Omo-Oluorogbo Grammar school and Aquinas College, Akure. The reason for the study was explained to the students before administering the questionnaires. Informed consent was then obtained from all the students before data collection. The filled questionnaires were retrieved and checked for completeness collected immediately after answering the questions.

Method of Data Analysis

After data collection, the completed questionnaires were sorted out and analyzed. The findings of the study were presented in form of percentage, frequency, tables and figures.

Ethical Consideration

Ethical clearance was collected from Ondo state Ministry of health ethical committee. This ethical letter was taken to the principals of the two schools that were used for the study; this is to obtain the permission for the administration of the questionnaires to the students. The respondents were given adequate information so as to enable them to express their feelings, also, the respondents were not required to fill in their names and addresses to ensure optimum privacy, the responses were kept confidential and not used against them or for any purpose other than for the study.



3. RESULTS

Demographic Data

Table 1: Showing Information on Demographic Data

Items	RESPONDENTS	FREQUENCY	PERCENTAGE%
Age (Years)	12-15	70	35
	16-18	130	65
	TOTAL	200	100
Class	SS1	82	41
	SS2	118	59
	TOTAL	200	100
Religion	Christianity	194	97
	Islamic	6	3
	Traditional	-	-
	TOTAL	200	100
Ethnic group	Yoruba	158	79
	Igbo	41	20.5
	Hausa	1	0.5
	Others	-	-
	TOTAL	200	100

Table 1 shows the age ranges of the respondents. 70 respondents (35%) were between the ages 12-15 years while 130 respondents (65%) were between ages 16-18 years. It also shows that 82 respondents (41%) were in SSS 1 and 118 respondents (59%) were in SS 2. Furthermore, 194 respondents (97%) are Christians, 6 respondents (3%) are Islamic religion and none were traditional religion. Also 158 respondents (79%) are from Yoruba Ethnic group, 41 respondents (20.5%) are Igbo while 1 respondent (0.5%) are Hausas.



Section B: Knowledge Of Adolescents About Drug Abuse And Its Effects

Table 2: Showing Information on Knowledge of Adolescents about Drug Abuse and effect

Responses	Frequency	Percentage (%)
Have you heard about drug abuse before?		
Yes	197	98.5
No	3	1.5
TOTAL	200	100
Through what means?		
Mass media	81	40.5
Seminar	50	25
Campaign	11	5.5
Others	58	29
TOTAL	200	100
Drug abuse is the use of drugs other than their purpose?		
Yes	160	80
No	40	20
TOTAL	200	100
Do you think drug abuse has any side effect?		
Yes	192	96
No	8	4
TOTAL	200	100
Do you agree that the following can be effects of drug abuse?		
Drop out from school		
Agreed	79	39.5
Strongly agree	105	52.5
Disagreed	13	6.5
Strongly disagreed	3	1.5
TOTAL	200	100
Increase crime rate agreed		
Agreed	60	30
Strongly agreed	130	65
Disagreed	5	2.5
Strongly disagree	5	2.5
TOTAL	200	100
Health problem		
Agreed	55	27.5
Strongly agreed	136	68
Disagreed	4	2
Strongly disagreed	5	2.5
TOTAL	200	100
Mental Problem		
Agreed	60	30
Strongly Agreed	130	65
Disagreed	7	3.5
Strongly Disagree d	3	1.5
TOTAL	200	100



Table 2 shows that 197 respondents (98.5%) have heard about drug abuse while 3 respondents (3%) have not heard about drug abuse. The findings of the study also revealed that 81 respondents (40.5%) got the information on Drug abuse from mass media, 50 respondents (25%) were aware through seminar, while 11 respondents (5.5%) through campaign, and 58 respondents (29%) got the information through other means. The study revealed that 160 respondents (80%) have knowledge about drug abuse while 40 respondents (20%) have no knowledge about drug abuse.

Table 2 also showed that 192 respondents (96%) agreed that drug abuse has side effect; 105 respondents (52.5%) strongly agreed that drug abuse can lead to a child dropping out of school; Also 130 respondents (65%) strongly agreed that increase in crime rate is also an effect of drug abuse, 130 respondents (65%) strongly agreed mental health problem is also an effect of drug abuse.

Section C: What Are The Commonly Abused Drugs?

Table 3: Showing information on drugs that are commonly abused.

RESPONSES	FREQUENCY	PERCENTAGE%
Have you abused any drug before?		
Yes	42	21
No	158	79
TOTAL	200	100
What are the commonly abused drugs/substances?		
Alcohol		
Agreed	70	35
Strongly Agreed	116	58
Disagreed	7	3.5
Strongly disagreed	7	3.5
TOTAL	200	100
Cigarette		
Agree	60	30
Strongly Agreed	127	63.5
Disagreed	5	2.5
Strongly disagreed	8	4
TOTAL	200	100
Cocaine		
Agreed	68	34
Strongly Agreed	122	61
Disagreed	2	1
Strongly disagreed	8	4
TOTAL	200	100
Heroine		
Agreed	66	33
Strongly Agreed	122	61
Disagreed	6	3
Strongly disagreed	6	3
TOTAL	200	100
Indian hemp		
Agreed	62	31
Strongly Agreed	130	65
Disagreed	2	1
Strongly disagreed	6	3
TOTAL	200	100
Marijuana		
Agreed	63	31.5
Strongly Agreed	127	63.5
Disagreed	4	2
Strongly disagreed	6	3
TOTAL	200	100



Table 3 shows that 158 (79%) of the respondents had not abused any drugs. The findings of the study revealed that quite a number of the respondents strongly agreed that common abuse drugs include Alcohol 186 (93%); Cigarette 187(93.5%); Cocaine 190 (95%); Heroin 188 (94%); Indian hemp 192 (96%); Marijuana 190 (95%).

Section D: Causes Of Drug Abuse Among Adolescents

Table 4: Showing information on the causes of drug abuse among adolescents

RESPONSES	FREQUENCY	PERCENTAGE%
Do you agree that the following factors can cause drug abuse among adolescents?		
Accessibility to drugs		
Agreed	100	50
Strongly Agreed	84	42
Disagreed	12	6
Strongly disagreed	4	2
TOTAL	200	100
Peer Pressure		
Agreed	80	40
Strongly Agreed	110	55
Disagree	9	4.5
Strongly disagreed	1	0.5
TOTAL	200	100
Urge for Affluence		
Agreed	88	44
Strongly Agreed	98	49
Disagreed	12	6
Strongly disagreed	2	1
TOTAL	200	100
Parental influence		
Agreed	82	41
Strongly Agreed	96	48
Disagreed	14	7
Strongly disagreed	8	4
TOTAL	200	100
Broken home		
Agreed	68	34
Strongly Agreed	115	57.5
Disagree	14	7
Strongly disagreed	3	1.5
TOTAL	200	100
Poverty		
Agreed	65	32.5
Strongly Agreed	106	53
Disagreed	19	9.5
Strongly disagreed	10	5
TOTAL	200	100
Does any of your friends' abuse drugs?		
Yes	55	27.5
No	145	72.5
TOTAL	200	100
Is there any pleasure derived from abusing drugs?		
Yes	62	31
No	138	69
TOTAL	200	100



The findings of the study revealed that majority of the respondents 184 (92%) attested to the statement that accessibility to drug is a factor that causes drug abuse among adolescents. Furthermore, 190 respondents (95%) agreed that peer pressure is another a factor that causes drug among adolescents; urge for affluence is also a major factor that causes drug abuse among adolescents 186(93%) together with Broken homes (183 (91.5%). Moreover 22 respondents (11%) disagreed that parental influence is a major factor that causes drug abuse among adolescents, 29 (14.5%) also disagreed that poverty is a major factor contributing to indulgence in drug abuse among male adolescents.

From the study, 55 respondents (27.5%) disclosed that their friends abuse drugs while 62 respondents (31%) expressed that there is pleasure derived from taking drugs.

4. DISCUSSION OF FINDINGS

The study findings established that majority of the study population had heard about drug abuse through various means: mass media, seminar, campaign etc with larger percentage of population adequately been informed about what drug abuse really meant.

Greater percentage of the population strongly agreed that drug abuse has adverse effect. Also, majority of the students strongly agreed that dropping out of school, increase crime rate, health problem and mental health problem could be the effects of drug abuse. This findings is in support of the study conducted by Anyanwu, Ibekwe and Ojinnaka (2017) who discovered that the prevalence of psychosocial dysfunction is higher in adolescents abusing substance than in those who do not. Also according to the findings of the study by Nwagu (2016), he discovered that alcohol and drug usage negatively influence sexual behaviour. He discovered from this study that students who do not take alcohol usually control their sexual desires while rape is common with students who are drug users.

Though in contrast to this finding, Idowu et al (2018) discovered from their study that Most of the substance abusers did abuse drugs believing it could enhance their academic performance. This finding from the study also correlates with the report made by National Institute on Drug Abuse on drug use, crime and incarceration (NIDA,2018) that drug use and intoxication can impair judgment, resulting in criminal behavior, poor anger management, and violent behavior.

Furthermore, findings from the study also revealed that majority of the students strongly agreed that alcohol, cigarette, heroine, cocaine, Indian hemp and marijuana were the commonly abused drugs/substances and this agreed with findings of Mustapha (2018) that Alcohol, cigarette, heroine, cocaine, Indian hemp and marijuana are commonly abused. Among all these commonly abused drugs, findings from the study revealed that compared to other drugs, India hemp has the higher percentage being abused. This was in contrast to the findings of Idowu et al (2018) where Tramadol was the most commonly abused substance apart from alcohol as reported by 39.0% of the substance abusers in their study.

Moreover, the study also revealed that majority of the students, strongly agreed that some of the factors influencing indulgence in drug abuse includes: accessibility to drugs, peer pressure, urge for affluence, parental influence, broken home, and poverty. This was in correlation with the findings of Atilola, Ayande and Adetan (2013) where older age, male gender, parental alcohol and substance and lower than average school performance were independently associated with 12-month use of alcohol or any other substances.



Also, findings from the study revealed that more than one-quarter of the study population attested to the fact that their friends abuse drugs and also agreed that there is pleasure derived from abusing drugs despite its negative effects on their health medically, their academics and also on the society.

4.1 Implication For Nursing

The result of this study implies that nurses as member of the Healthcare Team and society at large should still ensure that adequate information is provided for the adolescent on the evil and danger present in abusing drug as some does not believe that it has bad effects on them. The Nurses should also health educate parents to cater well for their children not only for them to stay healthy but also to monitor their social relationship as parental influence and peer pressure also contribute to drug abuse.

4.2. Summary

The research study assessed factors influencing indulgence in drug abuse among male adolescents in some selected secondary schools in Akure South Local Government. During the course of the study, relevant literatures were used to know the view of different authors about drug abuse and factors influencing its indulgence among male adolescents. Factors causing drug abuse, types of drug abused and its effects on individual and society are all assessed. Instrument adopted in the study was questionnaire which consists of four sections A, B, C, and D.

A total of 200 students were randomly sampled for the study with the use of aforementioned questionnaire. Frequencies, tables and percentage were used to analyze the collected data. The study revealed that majority of the respondents understood the meaning of drug abuse and were fully aware that drug abuse has side effect. It was also listed that some of the drugs of abuse include: alcohol, cigarette, cocaine, heroine, Indian hemp and marijuana factors influencing indulgence in drug abuse includes: accessibility to drugs, peer pressure, urge for affluence, parental influence, broken home, and poverty From this study, factors influencing indulgence in drug abuse among adolescents are accessibility to drugs, peer pressure, urge for affluence, parental influence, broken home and poverty effecting negatively not only the individual alone but the family and society at large.

5. CONCLUSION

Drug abuse is self-medication or self-administration of a drug in chronically excessive quantities resulting in physical dependence, functional impairment and deviation from approved social norms. Drug abuse is still very common despite its effects which include major disruption to normal daily functioning, involvement in crime act as well as chronic health conditions as findings from the study revealed that more than one-quarter of the study population attested to the fact that their friends abuse drugs and also agreed that there is pleasure derived from abusing drugs despite its negative effects on their health medically, their academics and also on the society.



6. RECOMMENDATION

Based on the fact that drug abuse has a lot of adverse effects on adolescents most especially proper functioning of the brain, it is therefore recommended that seminars, campaigns should be carried out in schools right from primary schools till secondary schools so as to get the adolescents aware about the dangers involved in such acts, the adolescents should avoid moving with bad friends, as they can be easily influenced, as well as being updated by their parents about the dangers involved, the parents also must abstain from this act as it could influence their wards e.g. taking of cigarette or alcohol. There should be enlightenment of the public about drug abuse by mass media as well as the government. Laws prohibiting its uses, manufacture and distributions should be enacted and enforced.

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QUESTIONNAIRE ON FACTORS INFLUENCING INDULGENCE IN DRUG ABUSE AMONG MALE ADOLESCENTS IN SOME SELECTED SECONDARY SCHOOL IN AKURE SOUTH LOCAL GOVERNMENT, ONDO STATE.

Ondo State School Of Nursing,
 P.M.B 675,
 Igbatoro Road,
 Akure.

Dear Respondent,

This Research is being carried out by a final year student of the above named institution. Please tick as appropriate, your answers to these questions are solicited. All information that will be given is for academic purpose and will be kept confidential. It is hoped that from your responses, some useful suggestions and recommendation for solving the problem of drug abuse among adolescents will be made.

SECTION A: BIO-DATA OF THE RESPONDENTS

1. AGE: 12-15yrs [] 16-18yrs [] 19-20 []
2. CLASS: SS1 [] SS2 [] SS3 []
3. RELIGION: Christianity [] Islamic [] Traditional [] Others []
4. ETHNICITY: Yoruba [] Igbo [] Hausa []
5. SCHOOL: St. Thomas Aquinas Comprehensive College [] OmooluorogboGrammer School []

SECTION B: KNOWLEDGE OF ADOLESCENTS ABOUT DRUG ABUSE AND ITS EFFECTS

6. Have you heard about drug abuse before? Yes [] No []
7. If Yes, through what means? Mass Media [] Seminar [] Campaign [] Others []
8. Drug abuse is the use of drugs for purpose other than what they are meant for (a) Yes [] (b) No []
9. Do you think drug abuse has any side effect? Yes [] No []
10. Do you agree that the following can be the effects of drug abuse?

Effects	Agree	Strongly Agree	Disagree	Strongly Disagree
Drop out of School				
Increased Crime rate				
Health problem				
Mental health				



SECTION C: IDENTIFY THE COMMONLY ABUSED DRUGS

11. Have you abused any drug before? Yes [] No []
 12. If yes, what type?.....
 13. What are the commonly abused drugs?

Drugs	Agree	Strongly Agree	Disagree	Strongly Disagree
Alcohol				
Cigarette				
Cocaine				
Heroine				
Indian Hemp				
Marijuana				

SECTION D: CAUSES OF DRUG ABUSE AMONG ADOLESCENTS

14. Do you agree that the following factors can cause drug abuse among adolescents?

Factors	Agree	Strongly Agree	Disagree	Strongly Disagree
Accessibility to drug				
Peer Pressure				
Urge for Affluence				
Parental influence				
Broken Home				
Poverty				

15. Does any of your friends abuse drugs? (a) Yes [] (b) No []
 16. Is there any pleasure derived from abusing drugs? Yes [] No []