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Drug Addiction and Prevention, Counseling of Undergraduate Adolescents at University Level and Implications on Learning

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Abstract

This study investigates drug addiction and prevention, counseling of undergraduate adolescents in Cross River State University of Technology Ogoja Campus. The study formulates two hypotheses. This study employed a survey research design, the population of the study was forty-one thousand four hundred and thirty-eight student (41,438) and a sample size of three hundred and eighty-seven (387) samples -test was used to test the hypotheses at 0.05 level of significance. The study found that difference existed on lecturers perceived causes of drug addiction among undergraduate adolescents. The study, recommended that more awareness on the meaning of drugs addiction /abuse should be made available in courses, in Guidance and Counseling centres and bill boards as majority of the students do not have knowledge of drugs addiction /abuse and its use. Also, early health education on the effect of drugs should commence at an early age before students gain admission into the university

Key words: Nigeria, Drug addiction, prevention, counseling, undergraduate adolescents and social vices

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Florence A. Undiyaundeye PhD and Basake Julius A, PhD

Introduction

Background of the study

One of the greatest discoveries of man is the therapeutic use of drugs to cure his ailment, to excite him when he is dull, slim him when he is fat, expand him when he is thin and put him to sleep when he is awake. Thus, from time immemorial, man is known to be using drugs and learning to depend on drug usage by various societies in the world to relieve pain, escape reality, to alter perception, provide pleasurable sensation and find the assumed meaning to life.

The term drug abuse is described by Armor, Polich and Stambul1 (2015) as any licit or illicit substance that has an effect on the structure and functioning of the brain when it is taken wrongly. It includes tobacco, medicine, Indian hemp, cocaine and other illegal substances. Therefore, drugs can be legal or illegal; they can be helpful or harmful, depending on the type and the usage or mode of administration. Young people use drugs as a way of rebelling against lecturers or authority, to feel like adults, to fit in and belong to a group of other youths, to satisfy their curiosity, and to simply derive pleasure from the short-term effects of drugs. Abusers with underlying social or psychological problems are particularly at high risk for drug abuse (Asperheim, Suchman. & Suniya (2012).

Commenting on consequences of drug abuse, Cahalan, and Room. (2014), noted that they produce unacceptable consequences to the user's mental health. Social and psychological problem depends on the interaction with and response of the environment, these could play a great role in the way people use drugs. The chronic use of tolerance producing drugs increases the risky behavior of the abuser, the risk of drug abuse as well as the likelihood of impaired psychological damage to the body. Higher doses (drug abuse) usually produce visual or auditory hallucinations or both. Drug abuse affects the individuals' health and welfare, which interferes with the educational and social well-being or productivity that have an adverse effect in some institutions leading to examination malpractices, bribery and corruption, anti-social tendencies including assassinations, cultism and rape. These are common in our campuses due to the unfortunate involvement of youth in the habit of drug abuse (Punch, July, 5th, 2000.),

Drug abuse becomes a global concern with much consideration from the World Health Organization (WHO) and United Nations International and Children Emergency Fund (UNICEF) to curtail the effect of drug abuse in the society and the world at large. The thinking of Chebukaka (2016) is that despite the unrelenting effort of individuals, agencies, mass media, the government and non- governmental organization at different levels against drug abuse, the prevalent practice among Post-Primary school students, teenagers and even adults in the

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community has not decreased but rather continue to increase, one would not be surprised of what may be going on even at the primary schools today. Sambo (2008), says that drug abuse/addiction has gone a long way to create several health problems and dangers in the societies. Such as mental illness, cancer of the lungs, school drop-outs, juvenile delinquency, and delirious behaviours. The alarming rate of mental illness in society/streets today whereby drug abuse is a major predisposing factor becomes a concern. No wonder, conclusion has been drawn to the fact that the factors leading to the victims' exposure are quite common, this includes the consumption of dangerous drugs during cultural and other festivities either at schools or homes during sports or athletic competitions among secondary school students, as these students exposed themselves to practicing drug abuse. Students 'involvement in cultism cannot be undermined as some put up some irrational acts.

The use of hard drugs by students in Nigerian universities has become an embarrassing phenomenon to parents, schools, government authorities, and the society at large. The students are leaders onto tomorrow and they deserve good education in the right direction. The constant abuse of drugs among this group of persons can cause psycho-social problems in society. One may hope that this obnoxious practice and its associated problems would not lead to the breeding of deranged generation of youths. This fear is not unfounded because of what happens to be the frequent and rampant drug crises in many Nigerian universities.

The beginning of Drug abuse prevention programs in institutions and communities' dates back to Shanghai Opium Commission in 1909 when the groundwork for the first International Drug Control Treaty was established. This was followed by the International Opium Convention of The Hague, 1912 which laid the ground for various studies that came up with recommendations for prevention.

Statement of the Problem

The prevention of drug addiction among students depends on individual orientation of the use of drug. Sometime, most students go for self-medication than going to the hospital for proper advice and counsel from the professional which is the medical doctor. Drug are being taken based on how they feel not how it has been prescribed by the doctors. The Agencies charged with the responsibilities of drug control in Nigeria have implemented different programmes aimed at stemming the abuse of drugs. Thus, social service centers are places where people with behavior disorder are found as a result of being involved in drug abuse and other behavioral problems. In spite of all these control and regulatory bodies, abusers still indulge in drugs abuse. It is in the light of the above, and considering the role of counselors in human development that this study is being carried out in order to determine drug addiction, prevention and counseling of undergraduate adolescents

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Research questions

The following research questions guided the research

1. to determine the perception of lecturers and students as the causes of drug addiction among undergraduate students
2. to ascertain the preventive measure adopted by counselors on drug addiction among undergraduate students

Hypotheses

The following hypotheses were formulated and tested.

1. There is no significant difference on the perception of lecturers and students' as the causes of drug addiction among undergraduate students
2. There is no significant difference on lecturers and student 's perception on the prevention of drug Addiction among undergraduate students

Literature Review

The words, drug abuse means different things to different people, especially the experts.

For instance, Nwegbu (2002) described drug abuse as when the drug is self- administered rather than being administered under medical supervision. On his part, Redmond (2008) asserted that, drug abuse is characterized by taking more than the recommended dose of prescribed drugs such as barbiturates without medical supervision, or using government-controlled substances such as marijuana, cocaine, heroin, or other illegal drugs and legal drugs, such as alcohol and cigarette. Within the context of this study drug abuse involves the use of drugs for purposes other than medical reasons. Drug abuse also refers to misuse of any psychotropic substances resulting in changes in bodily functions, thus affecting the individual in a negative way socially, cognitively or physically. Social effects may be reflected in an individual's enhanced tendency to engage in conflicts with friends, teachers, and school authorities. Cognitive effects relate to the individual's lack of concentration on academic work and memory loss such as "blackouts".

United Nation Drug Control Programme (1997) and Deborah, Psy, Ellen, Robert and

Jeanne (2003) have described drug most commonly abused by secondary school students as psychoactive drug. According to them, the term 'psychoactive drug' is used to describe any chemical substance that affects mood, perception or consciousness as a result of changes in the functioning of the nervous system (brain and spinal cord).

UNDP (1997), Undiyaundeye & Basake (2017) and Deborah, Psy, Ellen, Robert and Jeanne (2003) further groups Psychoactive drugs into three categories: depressants: they slow down the central nervous system (e.g. tranquilizers, alcohol, heroin, barbiturates), stimulant: they excite the nervous system (e.g. nicotine, tobacco cigarette, caffeine, coffee, bitter kola, cola nut, cocaine, crack, amphetamines, Lipton), and hallucinogens: they distort how things are perceived (e.g. marijuana, ecstasy, L S D /Acid, magic mushrooms, ketamine, PCP-phencyclidine) and are either ingested inhaled, smoked, injected, chewed, rubbed on the skin or absorbed.

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Studies by National Drug Law Enforcement Agency (NDLEA) 1991 show that there is increased rate of drug abuse among Adolescents, especially during their transitional period (between childhood and adulthood). Thus, this makes them vulnerable to drug abuse. This more often results to loss of all powers such as powers of discernment discretion of discriminating judgment and criticism of moral relevance of an existing norm or practice, all these results to moral decadence of the youths that sometimes destroy their mental balance. The youths suffer the negative effect of drugs which has been identified to be responsible for the altered behavioral patterns now observable among many students in higher institutions.

According to Rubington, (2015). Drug abuse, over the years, is not only an eyesore but also a disturbing trend It is indeed a reality as it embraces all sexes of all classes, all religions and ages but which put the youths at risks. It is really alarming to see the abusers involve in the act of drinking alcohol, smoking cigarette or hemp, inhaling solvents, part of the effect of which is the increase in crime and other social vices such as carrying weapons and inflicting injuries on innocent members of the society. This explains why students who take alcoholic drinks and other illegal substances end up not doing well in their examinations, if at all they succeed in writing, despite the fact that youth in this country occupy a very strategic position in national development.

The federal government of Nigeria has adopted education as an instrument for effecting national development since education is a dynamic instrument of change. Drug abuse has the implications of contributing to student's poor performance in school, student's dropout, low resistance to infectious diseases and a variety of neurological and mental syndrome. Maiwada (2002) asserted that many of the adolescents who abuse drugs have variety of problems and history of emotional deprivation and separation from their family background. Thus, they take drugs for many reasons. Some take it because of peer pressure or influence, to relieve stress, to increase energy, to relax, to relieve pain, to escape reality, to feel more self-esteem and for recreation. For all these reasons, regulatory agencies such as the National Agency for Foods, Drugs Administration and Control (NAFDAC) and the National Drug Law Enforcement Agency (NDLEA) are set up by the government to control the production, distribution and consumption of foods and drugs in Nigeria. In addition, they are also to ensure that only those who require drugs (especially prescription drugs) genuinely get them.

Mentally derailed individuals on the streets, broken homes and neurotic personality individuals have been on the increase. Drug addiction described by McKim (2013) & Undiyaundeye & Basake (2017), is the inability of person to control his use of a substance/drug. They said further that for an addict, drug use is more than a habit; his desire for the drug also involves physical dependence. According to Obiamaka, (2011), an addict suffers a painful withdrawal illness if he stops the use of the drug. Substance abuse has become a National and International problem of gigantic proportions and in some ways, affect every member of the society and all sectors either directly or indirectly. More than 90% of adolescents in the United States of America would have consumed alcohol at a time before graduating from Tertiary institutions, 50% would have consumed marijuana, and 17% would have consumed cocaine and

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12% hallucinogens resulting in the 25,000 accidental deaths among youths annually approximately 40% are alcohol-related. (Asperheim 2012, Suchman and Suniya, 2012).

National Academic Advising Association (NACADA) (2004) defines alcohol as a drug when injected into the body; it alters the mental and physiological state of the user. The abuse of alcohol by some secondary school students sometimes leads to health, social and economic problem. It has generally been observed by social psychologists such as Siegel (2013), that much of substances use among youths take place in schools. There is no doubt that the incidence of substance use among students is high. Besides, drug and alcohol use during adolescence is almost always a social experience and learned behaviour.

As noted above (drug abuse) has been found by researchers like *Smite (2015)* and *Enakpoya (2009)* to lead to the trying out of new experiences such as sex experimentation, sometimes with dire consequences for the adolescents. One widely accepted definition of drugs states that drugs are compounds that, because of their chemical structure, change the functioning of biological systems including respiration, growth, excretion, locomotion and reproduction. The effects may be beneficial as in the case when drugs commonly referred to as medicines (Analgesics, antibiotics, cough mixture) are used as prescribed by the doctor. Often, medical personnel do assert that some drugs are capable of producing effects that are not beneficial but harmful. The term drug abuse, applies only to instances in which people take drugs to change their moods, and in which they experience impaired behavior or social functioning as a result of doing so. Unfortunately, when people consume consciousness-altering drugs on a regular basis, they often develop dependence in which case they come to need the drug and are unable to function without it (Chebukaka, 2016).

Pointedly therefore, the use of psychoactive drug becomes a common problem among adolescents especially for the socially acceptable drugs like alcohol and cigarettes. Majority of those who abuse drugs start doing so during the adolescence stage. This statement is true especially for the gateway drugs, alcohol, and cigarette. The need to check this risk behavior in the society is therefore important. Alcohol and cigarette are described as gateway drugs because they are usually, the first drugs that are used before other drugs are tried out (Falk, 2012).

The term drug in the main, would relate to any substance that, when taken into a living organism, may modify one or more of its functions, while abuse implies a particular application of a drug more destructive than constructive for society or the individual. In institution of learning today, the implications of drug abuse are being highlighted, among the students' drug abuse is a common issue. *Oyenike (1988)* believed that some student who have examination to sit end up taking drugs like coffee in excess to kola nuts and strong concentration of some substances to be able to read into the night realizing too late that their time before examinations is short. Therefore, possible side effects of certain drugs in some young person may be resultant in poor performance in school or overanxiety when examination is drawing near.

The consequences of substance use are not restricted to labour-market outcomes alone as drug users tend to delay marriage and of course conditional marriage. Clearly, there is the potential for a significant down side associated with adolescent drug use, which should motivate policy makers in their stewardship of adolescents. Sometimes surprisingly, however, the role of

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school policy in a student's choice to consume drugs has largely been ignored in the economics literature. Yet among the established results in the literature, there are several empirical patterns that raise particular concern around this shortcoming. Expectedly therefore, marijuana and its use in tertiary institutions could be associated with lower levels of educational attainment, and this situation should translate into an appropriate conjecture that public policies that are effective in reducing substance use during tertiary institutions should have some impact on educational attainment. This position was based on a relationship between marijuana use and lower high-school graduation rates.

Drug Abuse Prevention Programs are tools designed to enable users avoid or decrease unhealthy drug use through focusing on different motivations individuals have for using and abusing specific drugs at different ages (Insel, Roth, Rollins & Petersen, 2012). UNDCP (2002) define prevention as an intervention designed to change the social and environmental determinants of drug and alcohol abuse including discouraging the initiation of drug use and preventing progression into more regular use among at-risk populations. Prevention is one of the positive health behaviors (Mrazek & Haggerty, 1994). Prevention in this study refers to the diverse approaches through which the university community promotes constructive attitudes, norms, beliefs, values, practices and life choices to impede drug abuse. It refers to all the activities in addiction continuum employed by the university to help its community members from engaging, progressing and staying in drug addiction. Public Health Model (Mrazek & Haggerty, 1994; Ayah, 2011; Kloos, et.al, 2012) on prevention delineates three levels and characteristics of prevention which this study examined for their presence in the programs of the universities under study.

A large number of studies tried to identify whether there are direct and/or indirect causal links between consumption of addictive substances and poor educational attainment. Most intuitively, alcohol and drug consumption may have some detrimental effects on pupils' cognitive abilities, for instance, by decreasing their ability to concentrate. Concerning the indirect channels, drug and alcohol consumption may for instance be responsible for shifting individuals' resources away from schooling. Additionally, it may undermine students' progress by making them less likely to attend classes or keep up with their studies.

Finally, psychologists argue that heavy drinking may lower individuals' expectations about their academic performance Deasetal (2000). This effect could be driven by a shift in students' peers when they engage in abusive alcohol consumption. There is still no consensus in the literature concerning the existence of a causal link between consumption of addictive substances and educational outcomes. On the one hand, some studies provide evidence that heavy drinking and drug consumption lead to a lower schooling performance. DeSimone and Wolver (2005) find that by introducing a large vector of covariates which control for heterogeneity between alcohol consumers and non-consumers, the negative causal relation between alcohol use and academic performance remains significant for heavy drinking. In line with these results, Williamset al (2003), report that heavy drinking has a negative impact on schooling achievements by reducing the time spent studying.

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Renna (2006) finds that heavy alcohol consumption has a negative effect on the probability of graduating from a high school rather than receiving a general education diploma (GED). However, these results are subject to valid criticisms since they ignore or only imperfectly control for the potential selection bias. Some studies are not able to reject the absence of a causal effect of drugs and alcohol consumption on educational performance. For instance, many physiological studies do not provide robust evidence on the detrimental effects of drugs Solowij, (1998). In the economic literature, Dee and Evans (2003) conclude that alcohol use by teenagers does not have any significant impact on their education. Similarly, Koch and Ribar (2001) demonstrate that the actual effects of youthful drinking on students' success are likely to be small.

Finally, the research by Okorodudu & Okorodudu (2004) show that marijuana abuse does not have any significant influence on high school dropout. The major difficulty in the identification of a causal effect of addictive substances consumption on educational outcomes is the fact that students who regularly consume alcohol and drugs do not constitute a random sample of the population of students. They tend to present some characteristics that systematically differ from those of students who abstain from drug and alcohol consumption. For instance, this behaviour is negatively associated with family income and educational background (Lasagna, von Felsinger and Beecher, (2015). Suppose that some parents do not encourage their children to place great value on education. If they provide poor quality supervision to their children including with respect to alcohol and drugs consumption, then the empirical association between education and the consumption of these substances would be spurious. Also, more impatient children are both more likely to smoke and drink alcohol Sutter et al (2010) and to procrastinate with their school working duties (Abdullahi, 2012). Thus, it is difficult to disentangle the causal impact of consumption of drugs and alcohol per someone's educational achievement. To account for this endogeneity problem Ifabumuyi (2016) employ a bivariate probity model to jointly estimate the determinants of schooling and drinking/smoking decisions. Their results indicate a negative causal relationship between alcohol consumption and schooling attendance. However, this study can be criticized on the grounds that it relies on the availability of a valid instrument, i.e. Factor that has some bearing on the decision to use alcohol and drug, but that is unrelated to schooling. Falk (2012). And Haladu (2015) employ a two-stage probity model to deal with the problem of endogeneity of alcohol use.

Methodology

This study adopted a descriptive cross-sectional survey research design. A descriptive survey design according to Nworgu (2006) is one in which data are collected from a sample of a given population for describing the pattern or trend of distribution of the elements in a population without manipulation. The population of the study comprised three thousand two hundred and twenty-three (3223) Lecturers and students of Cross River University Technology Calabar, Ogoja campus. The researchers adopted a multi stage sampling technique to select three hundred and eighty seven (387) respondents from the population. The instrument for data collection was a structured 18 item questionnaire titled "Drug Addiction and Prevention, among Undergraduate

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Adolescents Questionnaire (DAPUAQ)” The instrument had two clusters, each dealing on a particular research question. A modified likert scale with four-point rating of very great extent (VGE), great extent (GE), low extent (LE) and very low extent (VLE), was adopted for the study. The instrument was subjected to face and content validity of three experts from the University of Calabar Cross River state who scrutinized the items to ensure suitability and language clarity. The reliability of the instrument was assured using test-retest method, while a reliability coefficient of 0.72 was gotten using Pearson Product Moment Correlation. Collected data were analyzed using Mean and Standard deviation while a mean value of 2.50 was used as a benchmark for interpretation of the analyzed data. And t test for the hypothesis

Results and Discussion of findings

Table one; There is no significant difference on the perception of lecturers and students as the causes of drug Addiction among undergraduate students of Cross River University Technology Calabar, Ogoja campus

Respondents	N	X	SD	df	t. cal	t.crit	remarks
Lecturers	86	2.50	1.00	386	2.55	1.96	rejected
Students	301	2.74	1.07				

Source: Researchers field work 2020

The test revealed that 301 students and 86 lecturers were sampled for this study. The observed t calculated is 2.550 which is greater than the t-critical of 1.96 at the 386 degree of freedom and the probability level of significance observed in the test is 0.011 (P<0.05). This indicates that there was significant difference in the perception of students and lectures of the causes of drug addiction among undergraduate students of Cross River University Technology Calabar Ogoja campus. Therefore, the null hypothesis that there is no significant difference between lecturers and students in their perception of the causes of drug addiction among secondary school students was therefore rejected.

Table two There is no significant difference on lecturers and students’ perception on the prevention of drug Addiction among undergraduate student of Cross River University Technology Calabar, Ogoja campus

Respondents	N	X	SD	Df	t. cal	t.crit	remarks
Lecturers	86	1.95	1.21	386	15.95	1.96	rejected
Students	301	2.91	0.97				

Source: Researchers field work 2020

The test revealed that 301 students and 86 lecturers were sampled for this study. The observed t-calculated is -15.95 which is less than the t-critical of 1.96 at the 386 degree of freedom and the probability level of significance observed in the test is 0.000 (P < 0.05). This indicates that there was significant difference in students and lecturers of perception on the prevention of drug Addiction among undergraduate student of Cross River University

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Technology Calaba, Ogoja campus. Therefore, the null hypothesis that there is no significant difference between lecturers and student's perception on the prevention of drug addiction among undergraduate student of Cross River University Technology Calabar, Ogoja campus rejected.

Discussion

In hypothesis one which states that, there is no significant difference between the perception of lecturers and students as the causes of drug addiction among Cross River University of Technology Ogoja campus, the study found out that there was significant difference existed on lecturers and students perceived causes of drug addiction among Cross River university of Technology Ogoja campus This is in line with the findings of Abdullah (2012) that there are common reasons why every individual take drug, whether the individual is a students or a teenager. According to Obiamaka (2011) irrespective of individual identity within the school system be it lecturers or students they are reason(s) for taking drug is always similar and in most cases bothering on peer/friends' influence, wanting to get away from immediate social challenge, wade off disturbing thoughts. Okoye (2013) supported that students that addicted to drug in their hiding places than the adolescents while the adolescent do not hide their preference for drug as a result of some unpleasant situation around them believing that with taking drugs and sometime in excess they will live to forget the situation around them. Ohsako (2013) pointed that lecturers and students are aware of what led to indulgence in drugs which is one of the reason why they take drugs and this means that the opinion of lecturers and school children on the causes of drug addiction are the same.

The hypothesis two of the study which states that assume that, there is no significant difference between lecturers and student's perception on the prevention of drug Addiction among undergraduate student of Cross River University Technology Calabar , Ogoja campus The study found out that there is significant difference on lecturers and students perceived prevention of drug addiction among students of Cross River university of technology Ogoja campus This is in line with the findings of Fayombo and Aremu (2015) that lecturers and students perceive drug addiction and prevention as the immediate solution to their problems in the schools and the society. This meaning that students and lecturers perceived prevention of drug addiction in the university as the same in any society.

Conclusion and Recommendations

The abuse of alcohol and drugs has resulted to significant morbidity and mortality among adolescents worldwide. Alcohol and other drugs used in the adolescent's population carries a high risk for school underachievement, delinquency, teenage pregnancy and depression. Negative health outcome including those resulting from substance abuse can be prevented by reducing risk factor and enhancing protective factor. Although the substance abuse problem is complex and large in magnitude, there is a substantial amount of evidence –based research available to physicians, community leaders and schools to implement interventions that can decrease adolescent's substance abuse rates.

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We provide the following recommendations: First, more awareness on the meaning of drugs addiction /abuse should be made available in courses, in guidance and counseling centres and bill boards as majority of the students do not have knowledge of drugs addiction /abuse and its use. Second, early health education on the effect of drugs should commence at an early age before students gain admission into the university. Third, equal attention should be paid to both male and female students on the effects of drug addiction. Fourth, pastors, traditional rulers and Imams should include drug use implications on their religious and town hall mentoring of the young ones in institutions of learning.

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