



DRUG ABUSE AND ALCOHOLISM ON THE WELLBEING OF STUDENTS OF ADEYEMI COLLEGE OF EDUCATION ONDO, ONDO STATE, NIGERIA.

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Abstract

The fact that drugs and alcohol have some health benefits for man cannot be overemphasised. However, the abuse of drugs and be alcoholic becomes a concern to the society. As a result of the above fact, the ensuing paper investigated the relationship between drug abuse and alcoholism on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria. The population for the study was students of Adeyemi College of Education. A sample of 300 students was randomly selected for the study. The instrument used for the study was a questionnaire which was validated by experts with a reliability coefficient of 0.84. Descriptive survey research design was adopted. The research data was collected through a self-developed structured and validated questionnaire (DAAWSACE). Inferential statistics of Kruskal-Wallis test was used to test hypotheses 1 to 5 all at 0.05 alpha level of significance. The findings of this study clearly showed that drug abuse, alcohol consumption and peer influence all have significant influence on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria. In conclusion, steps that could help in proffering solutions to the menace of drug abuse and alcoholism among students was recommended

Keywords: *Drug, Drug abuse, Alcohol, Alcoholism, Peer influence.*

Introduction

Around the world, alcohol use by college students is consistently a source of concern. Although a variety of factors influences college student drinking, peer influence has emerged as one of the most powerful predictors of the initiation

and maintenance of drinking in the college setting. Three aspects of the college environment enhance the influence of peers on alcohol use. First, surrounded by peers and often living away from home, college students experience freedom from parental control, which is often demonstrated by using alcohol in college. Secondly, adjustment to college life is a major developmental transition. In this new environment, students will establish, test and refine their new psychological identity. Peer friendships are vital in this process, as they provide first-year students with role models and socialisation opportunities. As a result, the alcohol-related attitudes and behaviours of peers are consistently related to personal attitudes and behaviours, especially during the first year in the college environment. Thirdly, alcohol is part of the college culture, present at most social functions and part of many peer interactions. Many students view college as a place to drink excessively before assuming the responsibilities of adulthood (Akyeampong, 2016).

According to World Health Organization (2015), drug abuse has been part of human history for decades and maintained that what is different today is increased availability of a wide variety of substances and the declining age at which experimentation with these substances take place. In agreement with WHO (2015), Leary (2019) added that the concern recently has been the incidence, extent, prevalence, potency and diversity of designer drugs, the health effects of long term use or abuse and government legislation. Drugs are sensitive substances that should not be toyed with under any circumstance, health experts maintain that any medicine in the wrong hands is a potential poison and unfortunately that is usually the case among the users in Nigeria (WHO, 2018). From the submission of the study of Ojinika (2020) most of the substance use among students starts at early life as the urge to smoke starts through observation or imitation of friends who smoke. It was observed that there is a high tendency that if the father or mother smokes or are alcoholics, the child or children will also follow suit. However, this is has not been scientifically proven. Kasaye (2017) and Olusola and Adegboyega (2012) supported this by saying the danger in alcohol consumption could be linked with the tendency of the younger generation wanting to experiment hard drugs and alcohol which adversely affect wellbeing. Smart (2017), Obot (2019), Rehmaid and Kehoelz (2014) and Adeyinka (2012). Health is more than the absence of disease it is a resource that allows people to realize aspirations, satisfy needs

and to cope with the environment in order to live a long, productive, and fruitful life. Health enables social, economic and personal development fundamental to well-being. Health promotion is the process of enabling people to increase control over, and to improve their health. Health promotion activities aimed at strengthening such individual, environmental and social resources may ultimately improve wellbeing Colby and Parker (2018).

Wellbeing is also known as wellness, prudential value or [quality of life](#) which refers to what is intrinsically valuable relative to someone. Wellbeing can be both positive and negative. However, there is no consensus around a single definition of wellbeing; there is general agreement that at minimum, wellbeing includes the presence of positive emotions and moods such as contentment and happiness, the absence of negative emotions such as depression and anxiety, satisfaction with life, fulfillment and positive functioning. In simple terms, wellbeing can be described as judging life positively and feeling good. For public health purposes, physical wellbeing such as feeling very healthy and full of energy is also viewed as critical to overall wellbeing. Researchers from different disciplines have examined different aspects of well-being that include physical wellbeing, economic wellbeing, social wellbeing, development and activity, emotional wellbeing, psychological wellbeing, life satisfaction, domain specific satisfaction and engaging activities and work (Thombs, 2015). Adeyemi College of Education is a foremost teachers training institute in Africa since 1964, it is a pacesetter in academic excellence in Africa. It is a federal government higher education institution located in [Ondo City, Ondo State](#), Nigeria. It is affiliated to [Obafemi Awolowo University](#) for its degree programmes. It was established to produce qualified teachers to teach in secondary schools and teachers' training colleges and to conduct research and experiments on methods of teaching at all levels of education in Nigeria.

Research Objectives

The specific objective is to:

1. Investigate the relationship between drug abuse and alcoholism on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Research Hypotheses

The following research hypothesis were formulated and tested at $p < 0.05$ level of significance:

1. There will be no significant relationship between drug abuse and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.
2. There will be no significant relationship between alcoholism and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.
3. There will be no significant relationship between drug abuse, alcoholism and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.
4. There will be no significant relationship between peer influence and drug abuse on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.
5. There will be no significant relationship between peer influence and alcoholism on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Methodology

The study adopted a descriptive survey research design because it was an investigation in which self-reported data were collected from sampled participants in describing the population on the relevant variables of interest. In getting respondents for this study, Head of Departments were helpful. The college offers degree programmes for eighteen (18) departments with a total population of eighth thousand two hundred and six (8,206) students. Simple random sampling technique with replacement was used in selecting ten (10) departments that cut across all the schools in the college. Stratified random sampling technique was used in stratifying the students into male and female. Simple random sampling technique was used in selecting fifteen (15) female and fifteen (15) male students from each of the ten departments. This implies that thirty (30) students of both gender was selected using simple random sampling technique from each of the departments thus a total of five hundred (300) students was selected as respondents for the study.

Research Instrument

A self-designed questionnaire tagged drug abuse and alcoholism on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria. (DAAWSACE) was used to elicit information from the respondents. The instrument consisted of two sections identified as sections A and B. Section A: contained information on demographic characteristics of the respondents such as sex, age, academic qualification, ethnicity, marital status and religion. The respondents are expected to tick from the options as applicable to them. In section B, the items were designed to ask specific questions from the respondents on drug abuse and alcoholism on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria. The ten-item questionnaire in this section were assessed on a four-point rating scale ranging from 4 strongly agreed, 3 agreed, 2 disagree and 1 strongly disagree. The validity of the instrument was ascertained by relevant experts in the field of Health Education and Medicine. A reliable coefficient of 0.84 was obtained through the use of Pearson Product Moment Correlation (PPMC) analysis. Therefore, the instrument is considered adequate and appropriate enough to be used for data collection for the study.

Administration of Research Instrument:

Copies of the questionnaire were administered to the students respectively. The respondents independently spent not more than five minutes on the average to carefully and accurately complete the questionnaire as it decreases the possibilities of sharing opinion and discussing the questionnaire items before submission.

Data Analysis:

Descriptive and inferential statistics were used to process the data collected. The hypotheses formulated were tested using Kruskal-Wallis test at 0.05 level of significance.

Results:

Hypothesis 1

There will be no significant relationship between drug abuse and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Table 1: Kruskal-Wallis Test showing analysis of drug abuse and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Variable Description	Test	N	Mean±SD	Sig	Decision
drug abuse and the wellbeing of students	Kruskal-Wallis Test	300	3.40±0.44	0.021	Reject null hypothesis

Asymptotic significance at 0.05 level of significance

Kruskal-Wallis test was run to determine the relationship between drug abuse and the wellbeing of students. From table 1 above, the result revealed a strong significant relationship between drug abuse and the wellbeing of students. The test revealed that the distribution is normal with mean and standard deviation values of 3.40 and 0.44 respectively with 0.05 as the P-value. Hence the null hypothesis which stated that there will be no significant relationship between drug abuse and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria was rejected.

Hypothesis 2

There will be no significant relationship between alcoholism and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Table 2: Kruskal-Wallis Test showing analysis of alcoholism and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Variable Description	Test	N	Mean±SD	Sig	Decision
alcoholism and the wellbeing of students sex education	Kruskal-Wallis Test	300	2.78±0.38	0.030	Reject null hypothesis

Asymptotic significance at 0.05 level of significance

Kruskal-Wallis test was run to determine the relationship between alcoholism and the wellbeing of students. From table 2 above, the results revealed a strong significant relationship between alcoholism and the wellbeing of students. The test revealed that the distribution is normal with mean and standard deviation values of 2.78 and 0.38 respectively with 0.05 as the P-value. Hence the null

hypothesis which stated that there will be no significant relationship between alcoholism and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria was rejected.

Hypothesis 3

There will be no significant relationship between drug abuse, alcoholism and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Table 3: Kruskal-Wallis Test showing analysis of drug abuse and alcoholism and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Variable Description	Test	N	Mean±SD	Sig	Decision
drug abuse, alcoholism and the wellbeing of students	Kruskal-Wallis Test	300	2.76±0.30	0.00	Reject null hypothesis

Asymptotic significance at 0.05 level of significance

Kruskal-Wallis test was run to determine the relationship between drug abuse and alcoholism and the wellbeing of students. From table 3 above, the results revealed a strong significant relationship between drug abuse, alcoholism and the wellbeing of students. The test revealed that the distribution is normal with mean and standard deviation values of 2.76 and 0.30 respectively with 0.05 as the P-value. Hence the null hypothesis which stated that there will be no significant relationship between drug abuse, alcoholism and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria was rejected.

Hypothesis 4

There will be no significant relationship between peer influence and drug abuse on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Table 4: Kruskal-Wallis Test showing analysis of peer influence and drug abuse on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Variable Description	Test	N	Mean±SD	Sig	Decision
Peer influence and drug abuse on the wellbeing of students	Kruskal-Wallis Test	300	3.55±0.50	0.00	Reject null hypothesis

Asymptotic significance at 0.05 level of significance

Kruskal-Wallis test was run to determine the relationship between peer influence and drug abuse on the wellbeing of students. From table 4 above, the results revealed a strong significant relationship between peer influence and drug abuse on the wellbeing of students. The test revealed that the distribution is normal with mean and standard deviation values of 3.55 and 0.50 respectively with 0.05 as the P-value. Hence the null hypothesis which stated that there will be no significant relationship between peer influence and drug abuse on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria was rejected.

Hypothesis 5

There will be no significant relationship between peer influence and alcoholism on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Table 5: Kruskal-Wallis Test showing analysis of peer influence and alcoholism on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Variable Description	Test	N	Mean±SD	Sig	Decision
Peer influence and alcoholism on the wellbeing of students	Kruskal-Wallis Test	300	3.05±0.51	0.00	Reject null hypothesis

Asymptotic significance at 0.05 level of significance

Hypothesis four revealed a strong significant relationship between peer influence and alcoholism on the wellbeing of students. The test revealed that the distribution is normal with mean and standard deviation values of 3.05 and 0.51 respectively with 0.05 as the P-value. Hence the null hypothesis which stated that there will be no significant relationship between peer influence and alcoholism on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria was rejected.

Discussion

The study focused on Investigate the relationship drug abuse and alcoholism on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria.

Hypothesis one revealed a strong significant relationship between drug abuse and the wellbeing of students. The test revealed that the distribution is normal with mean and standard deviation values of 3.40 and 0.44 respectively with 0.05 as the P-value. Hence the null hypothesis which stated that there will be no significant relationship between drug abuse and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria was rejected. In the opinion of Nwegbu (2010), there is nothing wrong when human beings use drugs, especially when it is properly administered. Drugs that are properly administered have served as positive medical function for the users. For instance, herbs, roots, bark, leaves and plants, all these have been used to relieve pains and help control diseases. People have used different kinds of drugs to achieve the purpose for which it was used, different cultures have developed social rituals and rules around drug use as a way to control the impact on society, drugs and how they are used also have different meanings in different cultures. Many of these drugs, if properly used, are of immense value to wellbeing of man as far as disease treatment, correction of body abnormalities, are concerned. However, if not properly used, drugs can have serious consequences. The most serious consequences are from the abuse of drugs.

Hypothesis two showed a strong significant relationship between alcoholism and the wellbeing of students. The test revealed that the distribution is normal with mean and standard deviation values of 2.78 and 0.38 respectively with 0.05 as the P-value. Hence the null hypothesis which stated that there will be no significant relationship between alcoholism and the wellbeing of students of

Adeyemi College of Education, Ondo, Ondo state, Nigeria was rejected. To corroborate the findings of this result, George and Keller (2019), highlighted that there are certain health benefits in the intake of alcohol, however, it is the excessive intake that makes it harmful for the consumer and the harm may be physical, mental, social, legal, or economic. Such use is usually considered to be compulsive and under markedly diminished voluntary control. William (2018) asserted that alcoholism is a repeated and uncontrollable use of alcohol and considered by majority of clinicians as an addiction and a disease, it is a physical dependence on alcohol to the extent that stopping alcohol use would bring on withdrawal symptoms. In popular and therapeutic parlance, the term may also be used to refer to ingrained drinking habits that cause health or social problems thereby affecting the wellbeing of consumers.

Hypothesis three revealed a strong significant relationship between drug abuse, alcoholism and the wellbeing of students. The test revealed that the distribution is normal with mean and standard deviation values of 2.76 and 0.30 respectively with 0.05 as the P-value. Hence the null hypothesis which stated that there will be no significant relationship between drug abuse, alcoholism and the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria was rejected. Hawkins, Catalano, and Miller (2012) confirmed that compulsive or uncontrollable drug seeking and abuse despite harmful consequences and changes which can be long lasting. The dangerous impact of alcohol and drugs is devastating, the involvement of some children and adolescents in substance abuse often lead to different consequences such as physiological, psychosocial and so on. It is noted that the physiological effect of drug abuse depends on the drugs that has been used. Substance abuse undermines physical health status and the general wellbeing of individuals involve in the use. For example, chronic alcohol abuse is associated with diseases of the liver, central nervous system, and heart. Often, as in the case of the brain disorder Korsakoff's syndrome, the damage resulting from alcohol abuse is irreversible. Additional health problems stemming from the use of other substances capable of distorting wellbeing documented Colby (2014), include lung cancer caused by smoking, and pervasive central nervous system damage resulting from the inhaling of solvents, cardiovascular disease and neurological damage. Also, many substances are toxic in excessive doses, resulting in numerous acute and chronic effects on physical health, potentially leading to permanent disability or death.

Hypothesis four revealed a strong significant relationship between peer influence and drug abuse on the wellbeing of students. The test revealed that the distribution is normal with mean and standard deviation values of 3.55 and 0.50 respectively with 0.05 as the P-value. Hence the null hypothesis which stated that there will be no significant relationship between peer influence and drug abuse on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria was rejected. From the explanation of World Health Organisation (2018), peers are people who are part of the same social group, so the term peer pressure means the influence that peers can have on each other. Although peer pressure does not necessarily have to be negative, the term pressure implies that the process influences people to do things that may be resistant to, or might not otherwise choose to do. Usually the term peer pressure is used when people are talking about behaviours that are not considered socially acceptable or desirable, such as experimentation with alcohol or drugs. It is worthy to note that the term peer pressure is not usually used to describe socially desirable behaviours, such as exercising or studying. Hence, External factors, such as family, friends, siblings, as well as negative perceptions of school and community, are powerful mediators of risk of substance use. Having friends who use drugs and being more susceptible to peer pressure are the strongest predictors of adolescent substance use. On the contrary, Parker (2018) opined that there is growing evidence that adolescents with a higher socioeconomic status may also be at risk for developing substance use disorders, as having more financial resources may indicate greater ease in acquiring substances rather than being influenced by peers.

Hypothesis five showed a strong significant relationship between peer influence and alcoholism on the wellbeing of students. The test revealed that the distribution is normal with mean and standard deviation values of 3.05 and 0.51 respectively with 0.05 as the P-value. Hence the null hypothesis which stated that there will be no significant relationship between peer influence and alcoholism on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria was rejected. In line to the result of the above hypothesis, Thombs (2015) asserted that the prevalence of alcohol-based social opportunities on campus contributes to the potency of peer influence on individual attitudes and behaviors. Alcohol is a prominent part of the college culture, present at most social functions and part of many peer interactions.

Most students begin drinking alcohol by the time they arrive at college and many view college as a place to drink excessively, in a time limited fashion, before assuming the responsibilities of adulthood, because peers are the most salient social referents in the college environment, they are a potent influence on alcohol use.

Conclusion and Recommendations

The findings of this study clearly showed that drug abuse, alcohol consumption and peer influence all have significant influence on the wellbeing of students of Adeyemi College of Education, Ondo, Ondo state, Nigeria. On the basis of these findings, it is therefore recommended that health education be included in the curriculum at all levels of education and taught efficiently. Qualified and experienced Health education teachers should be employed to teach the subject matter in schools. Policy makers should come up with policies that will effectively check mate the abuse of drugs and irresponsible consumption of alcohol on campus.

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