INFLUENCE OF DRUG USE ON ACADEMIC PERFORMANCE AMONG STUDENTS OF TERTIARY INSTITUTIONS IN EKITI STATE

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Abstract
The study investigated into the influence of drug use on students’ academic performance in Nigerian universities. A descriptive survey research design was adopted. Population consisted of all students of higher institutions in Nigerian Universities out of which 180 students were selected using simple random sampling technique. The instrument was a structured questionnaire which was administered to the students in their various institutions. The data collected were analyzed using descriptive and inferential statistics. Results revealed that there is a significant relationship between drug use and abuse and academic performance of Nigerian university students. Conclusion was drawn on the fact that the use of drugs has significant effect on academic performance of students while it was recommended that high level of awareness should be created for students on the influence of drug use could have on the academic performance of students of higher institutions in Nigeria.

Keywords: Influence, drug, drug use, academic performance, awareness.

Introduction
The future of any nation or society depends largely on the quality of life of her youth. Youth is the period between adolescent and early adulthood. It is a period of adolescent crisis, strive for self-identity and the desire to experiment. There seems not to be enough of parental guidance because of the peculiarity of the period and peer group effect is most felt, hence their exposure to various things that could be harmful to them through peer group influence or at times as a result of personal choice. The use of drugs could be beneficial or harmful depending on the mode of use. Apart from the harmful effects of substance abuse, various studies have pointed out that among the reasons students abuse drugs are for experimental purpose, curiosity, peer and family influence, lack of parental supervision, personality problems, socioeconomic issues, need for extra
energy for work, to build up confidence, out
of frustration, to achieve happiness, to
reduce fear, drug availability, to feel good,
to keep awake, to enhance sexual

A drug is any product other than
food or water that affects the way people feels, think, see and behave. It is a
substance that due to its chemical nature
affects physical, mental and emotional
functioning. According to World Health
Organization (2021), a drug is a substance
that can change how a living organism
works. Food is usually not seen as a drug,
though some foods may have such
properties. Most of the time drugs are taken
to treat a disease or other medical condition.
A drug is also described as a chemical
substance typically of known structure
which when administered to a living
organism produces a biological effect.
Consumption of drugs can be through
inhalation, injection, smoking, ingestion,
absorption via a patch on the skin or
dissolution under the tongue. Drug use is a
limited way of describing and measuring
drug consumption and related problems. It
also refers to experimentation or low
frequency typically irregular use of illicit
drugs while drug abuse refers to the use of
drugs for purposes other than medical
reasons, thus affecting the individual in a
negative way socially, cognitively or
physically. The uncontrollable use of drugs
and the use of drugs not according to
doctors’ prescription lead to drug abuse.
The drugs used illegally are abused. Illegal
drugs are drugs which a person is not
allowed to own or use under the law. The
law says a person cannot own and control
drug without permission. A psychoactive
drug affects the brain. Most laws against
drugs are against psychoactive drugs, its
use which could lead to abuse. Caldwell
(2010) posited that drug abuse is the use of
drugs for experimentation or low
frequency, typically irregular use of illicit
drugs. Drug abuse refers to regular or
compulsive use of illicit drugs. Substance
abuse also known as drug abuse is the use
of drugs in amounts or by methods which
are harmful to the individual or others.
Drugs often associated with this term
include: alcohol, amphetamines,
barbiturates, benzodiazepines, cannabis,
cocaine, hallucinogens, methaqualone and
opoids.

Drug use is a form of substance
related disorder. The exact cause of
substance abuse is not clear with the two
predominant theories being either a genetic
disposition which manifests as a chronic
debilitating disease. Today, there is a
growing concern worldwide over the
number of youth using drugs that the law
does not permit or were already prohibited under the law. Steve (2009) asserted that the extent of drug use has been identified as one of the greatest problem in higher institutions of learning. Drug use among the global youth population has become a serious problem affecting almost everyone of them. Drug abuse which is the use of drugs for other purposes other than medical reasons thus affecting the individual in a negative way, socially, cognitively or physically. Social influence may be reflected in the tendency to engage in drug use as a result of bad company or peer influence. According to World drug report (2005), the world today is witnessing an upsurge of issues that are of global dimension like drug abuse, infectious diseases outbreak. e.g Ebola, Corona-virus, human trafficking, HIV/AIDS, environmental degradation and pollution.

Abdullahi (2009) posited that drug use and abuse is the primary reason why many youths are incarcerated. It also serves as a source of crime and health problems in the society. It has become an unprecedented problem in Nigeria that the number of youths involved and incarcerated in various prisons across the country has increased tremendously over the last few decades. The Federal Government of Nigeria had in 1999 set up the National Drug Law Enforcement Agency (NDLEA) to declare open “war on drugs”. Other agencies were also involved like the NAFDAC. The impacts of these agencies are felt in terms of intervention strategies and tremendous control. It was the problems of drug use that necessitated the unending desire of Nigerians to sensitize her citizens especially the higher institution students of the evils involved in drug use which has reached an alarming rate in the various institutions in the country.

Akintola & Edobor (2008) asserted that the use of drugs may cause youths to join anti-social groups who are not interested in education but may tilt to theft, cutting school, cheating, dropping out and have disregard for social norms and normal behaviours expected of a youth. The researcher observed the fact that it takes adequate and consistent preparation to excel in academic activities in tertiary institutions may necessitate drug use to stay awake for extended period of time to read especially at night due to increased workloads, prior tests or examination and the need to cover many areas of work within a limited time. Other factors that could influence drug-use and abuse could be peer group influence which might be to make them feel high in various social engagements or the need to take decision in some instances. Prolonged friendships with such peer group might likely increase the
chance to continue to display socially deviant behaviours outside the school community. Ngesu (2008) asserted that there are factors within the family environment which may predispose a student that grew up in such a hostile family environment or in a home where parents are involved in drug use and abuse and have been exposed to it early in life hence the high tendency of drug use for that student than a student who does not have such exposure. There are various methods involved in drug use such as oral method commonly used for drugs and alcohol. According to Fareo (2012), drugs such as tobacco and marijuana could be consumed through smoking while volatile drugs used in producing stimulant effects could be inhaled through the nostrils. Injection method is less frequently used but at times drugs could be introduced into the body with the use of syringes and needles. Despite the worldwide concern and awareness about the dangers of drug use, many students of higher institutions are still involved in it. Coleman (2010) posited that drugs use can affect every organ and system of the body thereby increasing the likelihood of disease, disability and premature death. Many students have dropped out of school and others engaged in criminal activities as a result of drug use and abuse. The increasing level of anti-social behaviours among students of higher institutions in Nigeria are not far from the influence of drug use thus leading them to involvements in social vices such as robbery, criminal act, cultism and immoral act such as rape.

Drugs can have many different effects on an individual’s health. Overdosage occurs when one has used too much of a drug. Over dosage is very dangerous which can lead to death. Drugs such as heroine, alcohol and cannabis are easy to overdose. Some drugs can cause problems or even death. All drugs affect one’s health. Over dosage and intoxication could also occur. When an individual is intoxicated, they can misbehave, such may not be able to drive or operate machinery because it can lead to accident.

Statement of the Problem

There is increase in the number of students involved in drug use and abuse in the various institutions of higher learning in Nigeria due to ignorance of the influence of the drugs on them. It has been observed by the researcher that many students are involved in drug use and abuse to confront various challenges such as desire to excel academically or gain popularity in the school community. Others do it to alter their minds to perpetrate evils such as stealing, cultism and dangerous
demonstrations in schools. Some are involved due to peer group influence who lured them to it without knowing the adverse effects it could have on their lives and academic performance. Many students have dropped out of school and others opted to engaging in anti-social vices such as crimes and rapes thus endangering the lives of others.

**Purpose of the study**

The purpose of this study is to investigate into the influence of drug use on students’ academic performance in Nigerian Universities and the effects of the drugs on them.

**Research Questions**

The following research questions were raised for the study:

1. What is the knowledge of respondents on drug abuse among students in tertiary institutions in Ekiti State?
2. What are the factors influencing drug abuse on the academic performance of students?

**Research Hypothesis:**

One null hypothesis was formulated for the study:

There is no significant influence of drug use on academic performance of students of Higher Institutions in Nigeria.

**Methodology**

The descriptive survey research design was adopted in this study. The population comprised of all the students of higher institutions in Nigeria both federal and state government universities. The sample consisted of one hundred and eighty (180) respondents selected using simple random technique from three universities in Ekiti State University (EKSU) Ado-Ekiti, Federal University Oye-Ekiti (FUOYE) and University of Ibadan (U.I) Ibadan. The instrument used for the study was a structured questionnaire designed to elicit information on the influence of drug use and drug abuse on students of higher institutions in Nigeria. The questionnaire was divided into two sections A and B. Section A consisted of the students bio data such as ; age, sex, name of institution, faculty/department, level and marital status. Section B consisted of questions designed to elicit information on the influence of drug and drug abuse among students of higher institutions in Nigeria. Adopted likert rating scale of preference were used to rate the items on the basis of Strongly Agree (SA) Agree(A) Disagree(D) and Strongly Disagree (SD). To ascertain the face and content validity of the instrument, it was given to experts in the department of Human Kinetics and Health Education and
Test and Measurement. Test-retest method was used to test the reliability of the instrument. A reliability coefficient 0.87 was obtained which was considered high enough for the study. The questionnaire was administered by the researcher with the help of two research assistants. The data collected were analyzed using descriptive and inferential statistics. Descriptive statistics of frequency counts and percentages were used for the research questions while Pearson Product Moment Correlation Analysis was used to test the inferential statistics at 0.05 level of significance.

Results
The results of the study were presented as follows:
Question 1: What is the knowledge of respondents on drug use
The result is as presented on Table 1

<table>
<thead>
<tr>
<th>S/N</th>
<th>Items</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Drug use is the use of drugs without prescription</td>
<td>83</td>
<td>46.1</td>
<td>91</td>
<td>50.6</td>
</tr>
<tr>
<td>2.</td>
<td>Drug abuse is the unusual use of prescribed/ unprescribed drugs</td>
<td>35</td>
<td>19.4</td>
<td>88</td>
<td>48.9</td>
</tr>
<tr>
<td>3.</td>
<td>Drug use is the deliberate use of chemical substances for reasons other than medical purposes</td>
<td>33</td>
<td>18.3</td>
<td>111</td>
<td>61.7</td>
</tr>
<tr>
<td>4.</td>
<td>Drug use is a social problem</td>
<td>31</td>
<td>17.2</td>
<td>94</td>
<td>52.2</td>
</tr>
<tr>
<td>5.</td>
<td>Drug use could lead to drug addiction</td>
<td>48</td>
<td>26.7</td>
<td>120</td>
<td>66.7</td>
</tr>
</tbody>
</table>

Table 1 revealed that 83 (46.1) of the respondents strongly agreed that drug use and drug abuse is the use of drugs without prescription, 91(50.6%) agree, 2(1.1%) disagreed while 4(2.2%) strongly disagreed. Also, 35(19.4%) strongly agreed that drug abuse is the unusual use of prescribed and unprescribed drugs while 88(48.9%) agreed with 50(27.8%) disagree and 7(3.9%) strongly disagreed. 33(18.3%)
strongly agreed that drug abuse is the deliberate use of chemical substances for reasons other than medical purposes while 111(61.7%) agreed, 19(10.6%) disagreed and 17(19.4%) strongly disagree. Also 31(17.2%) strongly agreed that drug use and abuse is a social problem 94(50.2%) agreed, 30(16.7) disagree while 25(13.9%) strongly disagree. Furthermore, 48(26.7%) strongly disagreed that drug use and abuse could lead to addiction, 120(66.7%) agreed, 4(2.2) disagreed while 8(4.4) strongly disagreed respectively.

**Question 2: What are the factors influencing of drug abuse on the academic performance of students?**

**Table 2: Descriptive analysis showing the influence of drug use on students’ academic performance.**

<table>
<thead>
<tr>
<th>S/N</th>
<th>Items</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Freq</td>
<td>%</td>
<td>Freq</td>
<td>%</td>
</tr>
<tr>
<td>1</td>
<td>Students on drugs perform well</td>
<td>8</td>
<td>4.4</td>
<td>17</td>
<td>9.4</td>
</tr>
<tr>
<td>2</td>
<td>Drug use increases attention in the classroom</td>
<td>4</td>
<td>2.2</td>
<td>13</td>
<td>7.2</td>
</tr>
<tr>
<td>3</td>
<td>Addictive drugs improve the brain and nervous system</td>
<td>5</td>
<td>2.8</td>
<td>3</td>
<td>1.7</td>
</tr>
<tr>
<td>4</td>
<td>Drug use tends to think accurately in class</td>
<td>7</td>
<td>3.9</td>
<td>21</td>
<td>11.7</td>
</tr>
<tr>
<td>5</td>
<td>Drug use gives room for poor scores and results</td>
<td>56</td>
<td>31.1</td>
<td>76</td>
<td>42.2</td>
</tr>
</tbody>
</table>

Table 2 showed the influence of drug use on the academic performance of students of tertiary institutions in Nigeria. 8(4.4%) strongly agreed that students involved in drug use performed well in classroom 17(9.4%) agree, 94(52.2%) disagreed while 61(33.9%) strongly agreed. The result also revealed that drug use reduces students’ attention level in the classroom 49(27.2%) strongly agreed, 99(55%) agreed, 15(8.3) and 17*9.4) disagreed and strongly disagreed with the findings.

It was also revealed that 4(2.2%) strongly agreed that drug use increases attention, alertness and learning capacity 13(7.2%) agreed, 110(61.1%) disagreed and 5(29.4%) strongly disagreed. Results also showed that drug users performed below normal academically 56(31.1%)
strongly agreed, 74(42.2%) agreed while 48(26.7%) disagreed respectively.

Further findings revealed that 54(30%) strongly agreed that drug use among students’ of tertiary institutions are likely to drop out of school. 84(46.7%) agreed. 26(14.4%) disagreed and 16(8.9%) strongly disagreed. The reasons for this are not far-fetched as drug users graduated from one level to another. Others would soon start displaying anti-social behaviours, absenting themselves from school for no justifiable reasons while others would go into occultism and outright criminal activities.

Research Hypothesis

Hypothesis: There is no significant relationship between the influence of drug use and academic performance of students of tertiary institutions in Nigeria.

Table 3: Pearson Product Moment Correlation Analysis on the influence of drug use and academic performance

<table>
<thead>
<tr>
<th>Variables</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>R_cal</th>
<th>R_table</th>
<th>rem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influence of drug use and drug abuse</td>
<td>180</td>
<td>2.80</td>
<td>0.30</td>
<td>0.01</td>
<td>-0.271</td>
<td>rejected</td>
</tr>
<tr>
<td>Academic performance</td>
<td>180</td>
<td>1.84</td>
<td>0.77</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 3 showed that $r_{cal} 0.01$ is greater than $r_{table} (-0.271)$ at 0.05 level of significance. The null hypothesis is rejected which means there is significant relationship between drug use and academic performance of students of tertiary institutions in Nigeria.

Discussion

The study examined the perceived influence of drug use on academic performance among tertiary institution students in Ekiti State, Nigeria. Findings revealed that drug use and abuse among tertiary institutions in Nigeria is high that about 96.7% of the respondents agreed that using drugs without prescription is very common among students of tertiary institutions in Nigeria. This view was supported by Steve (2009) who discovered that using drugs without a medical practitioner’s prescription could lead to drug abuse and drug addiction and antisocial behaviours like exhibiting criminal activities like stealing and rape in the society.

Findings also revealed that drug use and abuse could exercise deleterious influence on the academic performance of tertiary institution students in Nigeria. It
was discovered from the findings that 86.1% of the respondents strongly disagree that drug use help students to perform excellently academically while 90.5% strongly disagreed that drug use increase students alertness and learning capacities in the classroom. 73.3% of the respondents strongly agreed that drug use and abuse could lead students to poor academic performance while 76.7% of the respondents also strongly agreed that students who involved in drug use and abuse are likely to drop out of school. The findings are in line with the findings of Fareo(2012) who discovered that drug use and abuse could affect student’s academic performance and mental health causing physiological and psychiatric disturbance and have been perceived to be the major cause of poor academic of students, physical health problems, memory impairment, risk-factor for most chronic diseases.

Further findings revealed that there was a significant relationship between drug use and academic performance of students. It showed that drug use have negative correlation on student’s academic performance. This showed that high level of involvement in drug use could lead to decrease academic performance. These findings agreed with the findings of Eric (2018) who discovered that drug abuse has adverse effects on student’s brain perception thereby affecting their academic output. Supporting this finding, Coleman (2010) posited that drug use could adversely affect academic performance in test scores and examination as the drugs could lead to brain fatigue syndrome which could lead to poor study assimilation mental problems and other personality disorders.

**Conclusion:**

Based on the findings it was concluded that drug use could directly impair academic activities which will in-turn limit the academic performance of many students. It could also affect their concentration and attention ability in the classroom thereby leading to low academic performance. Continuous involvement of students in drug use could also affect their mental alertness and academic output.

**Recommendations:**

Based on the findings of this study, the following recommendations were made to reduce the influence of drug use among students of tertiary institutions;

1. There should be mass enlightenment, campaigns, publicity, rallies, symposiums and seminars to educate the students on the negative effect of drug use.
2. Government agencies especially National Drug Law Enforcement Agency (NDLEA) and National Agency for Food and Drug Administration and Control (NAFDAC) and other concerned organizations should intervene and engage in sensitization programme and establish link with schools to disabuse the mind of students on the dangers of indiscriminate use of drugs.

3. There should be quick and appropriate response to the victims of drug use in the universities so as to reduce the harmful influence of the drugs in their lives and reform them.

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