

Secondary School Principals' Perceived Effects of Abusing Sustances in Day Secondary Schools in Bauchi Senetorial District of Bauchi State Nigeria

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Abstract:-This study aimed at determining the secondary school principals' perceived effects of drugs abuse among students of day secondary schools. Descriptive research design was used for the study while questionnaire was adopted for data collection. The population of the study consisted of only principals of secondary schools. The samples of the study were 40 secondary school principals who participated in the study and simple random sampling was adopted to sample the school principals. Piloting was carried out in one secondary school. A sample of 01school principal participated in the pilot study. Test re-test method of reliability was used to ensure the reliability of the instrument and data obtained was computer analyzed using Statistical Package for Social Science (SPSS). The descriptive statistics that is, frequency distribution and percentages were used to analyzed data. The findings of the study revealed that availability of drugs, lack of effective guidance and counseling, family background; societal and influence of peer group were identified as the causes of drug abuse among day secondary schools students. The finding further identified high rate of school violence, exposing other students to drugs abuse and, mental illness as effects of drug abuse among students of secondary schools. The finding recommends that government should ensure policy formulation to address the menace of drug abuse in secondary schools while parents should monitor the affairs of their children and ensure they associate with good friends. Government should also intensify campaign against drug abuse and the dangers associated with the menace. Guidance and counseling unit and drug free club should be strengthening.

one of the most widely abused drugs in the world (Maithya, 2009). The World Drug Report by UNODC (2005) reveals that there were about 141 million drug abusers globally including 8 million heroin addicts, 30 million amphetamine users and 13 million cocaine users. The report further indicates that in USA and Canada about 360,000 were heroin users in 1991, and 600,000 in the year 2000. This shows that there was a serious increase of drug abusers worldwide. A reports by Kadiri in 2012 clearly reveals that, in UK, Ireland, Denmark and Italy, 2 percent of 16 and 17 years old had use abuse drugs, while 6 percent of America young people including students of secondary schools had used cocaine.

Drug abuse is regarded as one of the current issues of our time threatening peace, stability, good citizenship and human development not only in Nigeria, Africa but also globally. The abuse of drugs can devastate not only the individual, family but the society at large. Since society needs effective citizen who can participate and contribute to its growth, abuse of drugs negates this purpose and rather puts a burden on society that deflates its values resources and creates a measure. Drug abuse does not only mean the abuse of ordinary every day prescribed drugs in the hospital. It specifically refers to the illegal use of such dangerous substance as Marijuana, LSD, heroin, cocaine, opium and other socially disapproved drugs (Kadiri, 2012). Addiction to these drugs has been the major challenge in the society. It has been identified that the large number of psychiatric patients in our hospitals and those on streets and rehabilitation centers has to a large extent resulted from drug addiction (Olley, 2009). For example, a single dose of Indian hemp has been found to produce severe psychological responses. These include anxiety which may lead to panic, depressed mood, sense of unreality pertaining to one self or to surroundings, illusions, hallucinations, paranoid ideas and delirium (Obot, 2005). This unfortunate situation has become a serious concern in Nigeria. It is in line with this, that United Nations Organization has urged member countries to co-operate and take appropriate local measures to check the increasing wave of drug abuse. The Nigerian government has accordingly established agencies and other institutions to deal with the drug abuse issue. Those experiencing drugs problem live with disruption in their lives. Drug abuse has a negative impact on the education of secondary school students.

I. BACKGROUND TO THE STUDY

The use of drug is as old as man himself. In itself, the use of drugs does not cause any harm. They are for curing and healing, thus promoting better health condition. In order word drugs properly used have been a medical blessing (Maithya, 2009). Over the past few decades, the use of illegal drugs has increased at higher rate in almost every part of the world. According to a United Nations Office on Drugs and Crime Report (2005) reveals that some 200 million people, or 5 percent of the total world's population age 15-64 have used drugs at least once in the last 12 months and implied 15 million people more than the 2004 estimate. Every country in the world experienced substantial costs as a result of damages caused by substance abuse (World Drug Report, 2005). Despite numerous efforts and sensitizations campaigns to curtail drug abuse in Africa, the region remains a major supplier of some drugs such as cannabis, which is regarded as

The overall health of the user is affected negatively and behaviours associated with drug abuse predispose the abuser to crime and contagious diseases including HIV/AIDS (Cookson, H 1992). They often experience physical illnesses, such as damage to important organs of the body like brain, liver and lungs, hypertension, cardiovascular disease, damage to unborn child when drugs are used during pregnancy. Abusers of drugs experience psychological traumas, such as sleeplessness, anxiety, loss of memory, hallucinations, depression and psychosis. Many social problems are associated with drug abuse and drug users experience problems which disrupt their personal, social and economic life. These include loss of job, family disintegration, expulsion from school, delinquency, criminal offence which includes stealing, rape, murder, prostitution among others. Report had shown that drugs are found in almost all cities in Nigeria, motor parks, street corners, joints on campuses, uncompleted buildings and under flyovers. A nationwide survey of secondary school students reveals that 65 percent of the students in Nigeria used drugs to have good time with their friends, 54 percent wanted to experiment to see what it like, 20 percent to 40 percent used it to alter their moods, to feel good, to relax, to relieve tension and to overcome boredom and problem (Obot, 2005). Majority of secondary schools students ignorantly depend on one form of drug or the other from various daily activities, social, educational, political, moral etc. Such drugs include: Tobacco, Indian hemp, Cocaine, Morphine, Heroine, Alcohol, Ephedrine, Glue, Barbiturates and Amphetamines.

Recent statistics in Nigeria indicates that one in every three secondary school students consumes alcohol while 8.3 percent smoke cigarettes and almost one in every ten chew Miraa, About 3 percent smoke bhang, and use hard drugs like Cocaine. According to Olley (2009) use of alcohol contributes 25% of the total explanatory power of sexual-risky behavior among adolescent which expose them a high risk of HIV/AIDS and other infectious diseases (WHO)

II. STATEMENT OF THE PROBLEM

Drugs abuse in our schools and colleges has today become a very serious menace in Nigerian system of education despite the various measures that are being taken to remedy the incidence. In some secondary schools; drugs abuse has remained a tradition by students despite all effort by the management of the schools to curtail/eradicate the act. Drugs free club and parents' teachers association (PTA) have also been carrying out lectures/mobilization on the dangers of abusing drugs, yet students fall victims of drugs abuse at all times. The Nigerian government has established agencies such as drugs law enforcement agency and other agencies to deal with drugs problems but unfortunately the menace is still increasing day in day out hence, the need to carry out the study. The purpose of the study was to investigate school principals' perceived effects of drugs abuse among students of

day secondary schools in the study area. The following objectives were formulated for the study:

- To identify the causes of drugs abuse among students of day secondary schools.
- To examine the extent to which drugs abuse affects students of day secondary schools in the study area
- To propose strategies that would be adopted to minimize drug abuse in day secondary schools.

III. RESEARCH METHODOLOGY

Descriptive survey design was used. The descriptive survey design is the most frequent used method for collecting information about people's opinion, habits, or any of the variety of education or social science issues (Kombo & Tromp 2006). This design is preferred since the study aims at sampling secondary schools principals as participant of the study. According Orodho (2004) a descriptive survey design is a method of collecting information by administering a questionnaire to a sample of individuals. This design aimed at obtaining pertinent and precise information concerning the current status of a phenomenon and whatever possible to draw a valid general conclusion from the facts discovered (Gay 1976, Kombo & Tromp 2006). A descriptive survey design was chosen because the researcher sought to describe the effects of drugs abuse on students of day secondary schools in Bauchi Senatorial District. The target populations for the study were all the 120 principals of day secondary schools in Bauchi Senatorial District. The sample size consisted of 40 school principals. This sample size is representative enough since is above the recommended proportion of 10% (Gay 1992; Kombo & Tromp 2006).

Simple random sampling was used to select the school principals. The choice of simple random sampling is appropriate because it gives a high representative of all subjects to participate in the study. For simplicity and ease of eliciting feelings, disposition, experience, opinion of the subjects sampled in the study, questionnaires for secondary schools principals were administered. The reliability of the instrument was established using test-retest method. The researchers administered the instrument on 01 school principal which was not included in the main study. One week later, the same instrument was re-administered on the same person. On the pretext the initial copies where correlation coefficient of 0.75 was obtained. The scores were considered high enough to be used for data collection. Forty questionnaires were distributed among the selected samples. In administering the questionnaires, the researcher adopted the direct delivery method (DDM). This means that the questionnaires were personally administered and collected by the researcher. This was to ensure high return rate of questionnaires. Descriptive data was analyzed using descriptive statistics (percentages and frequencies). Quantitative data requires the use of a computer sheet and therefore, statistical package for Social Science (SPSS) was used

IV. RESULTS OF THE STUDY

Table I: Causes of drug abuse

Causes	A	U	DA
Availability of drugs	83.3%	6.7%	10.0%
Lack of effective guidance and services in schools	86.6%	Nil	13.3%
Family background	76.7%	13.3%	10.0%
Influence of peer group	76.7%	6.7%	16.6%

Key: A-Agree, U- Undecided, DS- Disagree

Table I above shows that 83.3% of the secondary school principals in the study area reported that availability of drugs had seriously contributed to drug abuse in most secondary schools. This reveals that most secondary schools students became victims of drug abuse due to the availability and easy access of the drugs within the society. The study also indicated that 6.7% of the school principals were not sure whether availability of drugs had contributed to drug abuse among secondary schools students. Further, the study indicated that out of the total number of principals that participated in the study only 10% disagreed with the statement. This study therefore, establishes that availability of drugs in the society is a serious factor that encouraged most secondary schools students involved in abusing drugs. This finding concurs with Kisaka (2012) who was of the view that availability of drugs was one of the major causes of drugs abuse among secondary school students in Ijara and Garissa Districts of North Eastern Province Kenya. He further reports that most students abuse drugs as a result of easy access and availability of the drugs in the two districts.

Table I further indicated that 86.6% of school principals identified lack of effective guidance services in schools as another major cause of drug abuse in secondary schools. The result also indicated that 13.3% of the school principals rejected the assertion. This study argues that lack of effective guidance service is a major cause of drugs abuse among secondary school students. This study also supported Kisaka (2012) who identified inadequate guidance service in secondary schools as one of the main causes of drug abuse among secondary school students. However, the study indicated that 76.7% of the principals of secondary schools were of the view that family background causes many secondary schools students abused drugs. More so, only 13.3% were neutral while 10% rejected with the statement. It is evident from the result of this study that family background was another factor causing drug abuse in secondary schools. This finding agrees with the study carried out by Kombo (2005); Bourne (2005) and Mugambi (2002) who reported that when youth are brought up in households where they are witnessing the abuse of drugs by their parents there will be likelihood that their children will abuse drug. Another major cause of drug abuse is influence of peer group. The finding of this study reveals that 76.7% of the school principals were of the opinion that most students of secondary schools abuse

drugs because of the influence of peer group. Of the total number of principals participated in this study, 16.7% disagreed with the assertion while 6.7% were neutral. From the result presented, it is evident that most students of secondary schools abused drugs because of their friends. This finding supported the finding of Bourne (2005) who examined peer group pressure as a causative agent of drug abuse among secondary school students.

Table II: Effects of drug abuse

Effects	A	UN	DA
Creates violence in school	73.3%	16.7%	10.0%
Causes mental illness	73.3%	13.3%	13.3%
Exposes other students to drug abuse	70.0%	16.7%	13.3%

Table II reveals that 73.3% of the school principals were of the view that drug abuse causes violence in most secondary schools. The finding further indicates that 10.0% of the respondents disagreed with the assertion while 16.7% were neutral. The present study like other previous studies confirmed that abusing drugs causes school violence. This was in agreement with Kisaka (2012) who reported that drug abuse causes increased confrontation and fights leading to serious school violence in secondary schools. Similarly, Mwenesi (1996) reported that students who abuse drugs tend to cause destructive and always cause violence in schools. According to the study, students who abuse drugs have mental illness (73.3%). This indicated that drug abuse may cause madness among the youth. Exposing other students to drug abuse was mentioned by school principals as another effect of drugs abuse in secondary schools.

Table III: Strategies to minimize drug abuse among primary schools pupils

Responses	A	NS	D
Re- introduction of guidance and counseling services in schools	70.0%	10.0%	20.0%
Strengthening Drug free club in school	83.3%	3.3%	13.3%
Incorporate drug education in school curriculum	73.3%	13.3%	13.3%
Impose strict school rules	66.7%	16.7%	16.7%
Suspension of involved students	46.7%	23.3%	30.0%

The data in table III clearly shows that majority of school principals (70.0%) affirmed the statement that "Re-introduction of guidance and counseling units in secondary schools would minimize drug abuse among students of day secondary schools" while 20.0% of the principals disagreed with the statement. Only (10.0%) were undecided. When school principals were asked whether strengthening drug free club will help minimize drugs abuse among students of secondary schools, the result reveals that majority of the school principals (83.3%) agreed with the statement while 13.3% disagreed with the statement. On the other hand only 3.3% of the principals were neutral. This result indicates that

abusing drugs by students of secondary schools could be minimized by way of strengthening the drugs free clubs which will be charged with the responsibility of ensuring schools are drugs free areas. With regards to the statement that sought to find out whether incorporating drug abuse education in secondary school curriculum will reduce the menace of drug abuse in secondary schools, the result reveals that majority of the principals (73.3%) agreed with the statement while 13.3% of them disagreed. Another 13.3% of the school principals were undecided.

The finding of this study further indicated that 66.6% of the principals who participated in the study were of the view that imposing strict school rules and regular will help minimize abusing drugs among the secondary school students. More so, out of the total number of the principals who participated in the study 16.7% rejected the statement while another 16.7% were neutral.

V. CONCLUSION AND RECOMMENDATIONS

The current study shows that drug abuse is a threat to the entire society. It is therefore evident that drug abuse amongst students of secondary schools and society in general must be addressed in all ways so as to bring down substance abuse and related problems at all levels in the society. Drug abuse has threatened the lives of the youth especially those in secondary schools school. Many students in secondary schools had experience mental illness due to menace of drug abuse. This shows that drug abuse is a reality among primary schools children. The implication is that with this menace in our society the future of the society especially the youth who are term the leaders of tomorrow remains questionable and therefore something must be done to urgently address the problem. This can only be done if all parties concerned come together with the intension of solving the menace. Thus, eradication of drug abuse is not a one man affairs but collective responsibility of all the stakeholders.

Recommendations

Considering the effects of drugs abuse amongst primary students of secondary schools, the following recommendations were put forward

- Government should ensure policy formulation to address the menace of drug abuse in secondary schools.
- The study recommends that parents should monitor the affairs of their children and ensure they associate with good friends.
- Government should maximize campaign against drug abuse and the dangers associated with the menace.
- Guidance and counseling unit and drug free club should be re-established in our secondary schools.

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