

# Drug Abuse among Adults: A Case Study in Aluu Community in Rivers State, Nigeria

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## ABSTRACT

Addiction and drug usage hurt the body's organs. This study's objective is to assess drug addiction and abuse among adults living in Aluu communities. Additionally, this study aims to assess the impacts of cigarette smoking on adults living in Aluu villages, as well as identify the drugs that young people most frequently abuse and become addicted to, as well as the frequency of the respondents' gender and age range. A comprehensive questionnaire was prepared and administered to 150 youths among Aluu communities, in Rivers state. A total number of 123 questionnaires were retrieved from the respondents. These adults lived in Aluu communities. Chi-square analysis and the Friedman method were used to analyze the data. According to the statistics, the profile of responders who are dependent on drug use is growing. According to the survey, 76.4% of respondents knew about sedatives or tranquilizers, 83.75% knew about marijuana, 74.8% knew about amphetamine, 61.8% knew about ecstasy, 65.9% LSD, 74.4% knew about relevin, 79.6% knew about crack, 81.3% knew about cocaine, and 79.7% knew about heroin and its effects. The study found that, with a frequency of 96 (78.0) out of 123 questionnaires, the majority of drug addicts and abusers were male (74, or 60.2%), and that they were born between 1981 and 2000. According to the research findings, there is no discernible difference between youngsters who smoke cigarettes and those who drink alcohol. We therefore suggest that; government and NGO should increase availability of quality educational activities, resources, and leadership opportunities to equip adults people with skills will keep them occupied. Awareness campaigns about the risks and consequences of drug abuse should be conducted, and adult's people should be involved in worthwhile activities that involve the development of skills that do not require employment. Government policymakers, medical researchers, and neuroanatomists will all benefit from the knowledge gathered from this endeavor.

**Keywords:** Aluu, Drugs, Frequency, Friedman and Relationship.

## INTRODUCTION

Adults' individuals are more susceptible to drug usage because they are more readily drawn to the pleasure that comes with abusing drugs. Additionally, the biggest effect during adolescence comes from peers and acquaintances who abuse drugs at school. When a student leaves the comforts and safety of their family home to attend college, they will experience amazing transformations. They can anticipate becoming more independent, learning more, and maturing once they get to college.

But despite these advantages, college students still have to deal with several difficulties, such as more responsibility, a different setting, and, initially at least, a smaller support system. Additionally, students face difficulties finishing their schooling because alcohol and other drugs are easily accessible.

While substance misuse affects people of all ages and demographics, college-aged people are particularly at risk. Some of the greatest rates of substance usage are found in this group, which can ruin college and lead to

addiction [8]. Using Aluu residents as a case study, this study aims to highlight drug usage and abuse among residents in Aluu communities because it may hurt their mental wellness. Substances can have negative social, mental, emotional, and physical repercussions when taken frequently. It can progress to addiction and dependence, which can result in the development of a substance use disorder. Most people agree that substance misuse is a self-destructive behavior pattern that can lead to serious mental health problems such as depression, anxiety, and stress ([4]; [7]).

Drug misuse has been an issue since the beginning of time [6]. Early humans have relied on plants, animals, and their products to alleviate their pain and suffering. Primitive people think that accidents and illness are caused by evil spirits, who inhabit the world. Therefore, they expelled the bad spirits with everything they could.

In particular, they attempted employing herbs and other plant parts to ward off the bad spirits said to be responsible for the illnesses. They determined which illnesses react to specific plants or chemicals by watching the effects of this drug [1].

Only in the 1930s did society start to realize how serious the issue of alcohol misuse was, and how serious the resulting social and economic problems were. For example, the British Brain Committee stated in 1961 that, based on the data presented to them, the prevalence of drug addiction was extremely low [6].

### Reasons Why People's Abuse Drugs

In general, people begin taking drugs for a variety of reasons:

**To feel pleasant:** The majority of medications that are abused cause strong pleasurable experiences. Other effects, which vary depending on the drug's kind, follow this initial feeling of exhilaration. When using stimulants like cocaine, for instance, the "high" is followed by sensations of strength, confidence, and heightened vitality. Opioids like heroin, on the other hand, provide euphoria that is followed by feelings of contentment and relaxation.

**To feel better:** Some individuals with depression, stress-related disorders, and social anxiety start misusing medicines to try to reduce their distress. Stress can have a significant impact on a person's decision to start using drugs, continue abusing them, or relapse while in recovery.

**To perform better:** Initial experimentation and ongoing drug misuse can also be influenced by the growing pressure some people experience to chemically enhance or improve their athletic or cognitive ability.

**"Because others are doing it" and curiosity:** Due to the powerful influence of peer pressure, students are especially vulnerable in this regard; they are more inclined to participate in "thrilling" and "daring" actions, for instance.

### Problems/Effects of Drug Abuse

People may first believe that using drugs has favorable consequences. Additionally, individuals can think they have control over their drug use, but drugs have the power to quickly take over their lives. Think about how a social drinker can get drunk, drive, and swiftly transform an enjoyable activity into a catastrophe for both himself and other people. If drug usage persists, enjoyable activities eventually lose their appeal, and abusing drugs becomes essential for abusers to feel "normal." Despite the severe consequences for both themselves and their loved ones, drug abusers eventually reach a stage when they seek out and consume narcotics. Even in the early phases of their medication, some people may begin to feel the need to take larger or more frequent doses. Most people choose to use drugs voluntarily at first. However, a person's capacity to exercise self-control may be severely compromised when substance usage takes over. Drug addicts' brain imaging studies reveal anatomical alterations in parts of the brain essential to judgment, decision-making, memory and learning, and behavior regulation. According to scientists, these modifications affect how the brain functions and could contribute to the explanation of the compulsive and harmful behaviors associated with addiction.

A persistent and strong desire to participate in specific actions, such as using drugs, despite significant harm and other negative consequences, is a hallmark of addiction, a neuropsychological illness. Repeated drug use reduces (but does not eliminate) self-control and frequently changes brain function in ways that reinforce cravings [5]. Despite the negative effects on the addict and those around them, obsessive drug seeking and use are symptoms of drug addiction, a chronic and frequently relapsing brain disease.

The Latin word for "enslaved by" or "bound to" is where the word "addiction" originates. Three separate manifestations of addiction's long-lasting and potent brain influence include a yearning for the object of addiction, losing control over its use, and continuing to use it despite negative consequences.

According to a study by [2], alcohol is one of the most often abused psychoactive substances in the nation. According to studies, Nigerians' alcohol consumption has sharply increased. Due to growing domestic production and accessibility of alcohol in the nation, this growth is probably going to continue. Given the negative socioeconomic and public health implications of alcohol consumption, it is critical to understand the prevalence and trends of contemporary alcohol usage. The prevalence of current alcohol usage among persons aged 18 and over residing in urban slums in Enugu, South East Nigeria, was evaluated using a semi-structured questionnaire. Overall, 66.7% of people reported currently using alcohol; 75.7% of men and 58.8% of women did so (in their Conclusion: they stated that Current alcohol consumption is very common in Enugu's urban slums. It is important to support public health education initiatives that aimed at lowering alcohol use. The public should be educated about the importance of abstinence.

### Research Question

- Which drugs do young people most frequently abuse and get addicted to?
- Do young men and women utilize drugs in very different ways?
- What are the alleged causes of drug usage among young people in Aluu communities?
- What adverse effects do drug addiction and abuse have on young people?
- How does drug addiction among young people affect their health?

### METHODOLOGY

In this research work we adopt method of **Chi-Square** test with the formula written as:

$$\chi^2 = \frac{\sum(O - E)^2}{E}$$

Were  $\chi^2$  is the test statistics,  $\Sigma$  is the summation,  $O$  is the observed frequencies and  $E$  is the expected frequencies.

### Data Analysis

SPSS Version 25 was used to analyze the data utilized in this study, which was gathered by distributing questionnaires to residents living in the Aluu village. To analyze the data, the Friedman and Chi-Square approach was adopted.

### RESULTS

A thorough survey was created and given to 150 young people in Rivers State's Aluu settlements. 123 questionnaires in all were collected from the participants. According to the sex frequencies, 49 people (30.8%) were female and 74 people (60.2%) were male. This suggested that the majority of drug addicts and abusers were men.

According to the respondents' age frequency, 21 (17.1%) were born between 1961 and 1980, 96 (78%) were born between 1981 and 2000, and 6 (4.9) were born between 2001 and 2007. Additionally, the analysis's findings indicate the respondents' educational frequency: 19 (15.4%) had completed primary school, 26 (21.1%) had completed secondary school, and 78 (63.4%) had completed tertiary school.

In other to verify the statistics of the awareness of the respondents we present the table as follows,

Table 1: Presentation of Frequency Table for the awareness of the following drugs

S/N	Names of Drugs	Frequency	Percentage
1	Tranquilizers or sedatives [give names that apply].	Yes (94) No (28)	(76.4) (22.8)
2	Marijuana (grass, pot) or hashish (hash, hash oil)	Yes (103) No (20)	(83.7) (16.6)
3	Amphetamines (uppers, pep pills, bennies, speed)	Yes (92) No (31)	(74.8) (25.2)
4	Ecstasy	Yes (76) No (47)	(61.8) (38.2)
5	LSD	Yes (81) No (42)	65.9 34.1
6	Relevin	Yes (92) No (32)	74.4 25.2
7	Crack	Yes (98) No (25)	79.6 20.3
8	Cocaine	Yes (100) No (23)	81.3 19.7
9	Heroin	Yes (98) No (25)	79.7 20.3

Table 1 shows that drug usage is becoming more and more common among young people, who are largely and nearly exclusively dependent on it. It was found that 76.4% of the respondents knew about sedatives or tranquilizers, 83.75% knew about marijuana, 74.8% knew about amphetamine, 61.8% knew about ecstasy, 65.9% LSD, 74.4% knew about relentine, and 79.6% knew about crack. Additionally, 81.3% of the youths knew about cocaine, and 79.7% knew about heroin and its effects.

Table 2; Presentation of Test Statistics of the respondents based on the age stated taken drugs, Using the Friedman Test

	Ranks	Mean Rank
1	Drank beer (at least one glass)	
2	Drank wine (at least one glass)	9.80
3	Drank spirits (at least one glass)	9.40
4	Got drunk on alcohol	9.59
5	Smoked your first cigarette	9.20

6	Smoked cigarettes daily	8.81
7	Tried amphetamines	8.43
8	Tried tranquilizers or sedatives (without a doctor or medical worker telling you to do so)	8.27
9	Tried marijuana or hashish	8.41
10	Tried LSD or other hallucinogen	8.29
11	Tried crack	7.94
12	Tried cocaine	8.37
13	Tried Releevin	8.51
14	Tried Ecstasy	7.47
15	Tried heroin	7.32
16	Tried solvents or inhalants (glue, etc.) to get high	7.95

Table 3: Test Statistics

### Test Statistics

N	122
Chi-Square	59.110
Df	15
Asymp. Sig.	.000

#### a. Friedman Test

The effects of the respondents' first drug use were displayed in the above table, and the analysis's findings indicated the extent of the respondents' relationships at the time of their first drug use. The null hypothesis's result test, or H1: asserts that respondents' drug types and ages at which they initially used drugs differ significantly from one another. Nevertheless, the calculated probability (0.000) is smaller than the significance threshold (0.05) probability, meaning that  $(0.000) < (0.05)$ . The null hypothesis test, which states that there is no discernible difference in the respondents' ages regarding the effects of medications when first consumed, is therefore accepted.

Table 4: Presentation of Descriptive Statistics on Cigarette Smoking

Descriptive Statistics					
	N	Mean	Std. Deviation	Scale Mean	Decision
On how many occasions (if any) have you smoked cigarettes? in your lifetime	123	2.2927	2.33902	3	Rejected
On how many occasions (if any) have you smoked cigarettes? during the last 12 mother	123	2.1220	2.00240	3	Rejected
On how many occasions (if any) have you smoked cigarettes? during the last 30 days	123	2.1138	2.06137	3	Rejected
How frequently have you smoked cigarettes during the LAST 30 DAYS?	123	2.2927	1.89794	3	Reject

The above table presented the intake of Cigarette smokers; the descriptive statistics means were compared with

the score mean (3), the decision to accept or reject was based on the scale Mean's. The results table shows that the intake of cigarette rejected cause the abuse of drugs.

Table 5: Presentation of Statistics Test on Cigarette Smoking using the Friedman Test

Table 5: Test Statistics

**Test Statistics<sup>a</sup>**

N	123
Chi-Square	12.486
Df	3
Asymp. Sig.	.006

a. Friedman Test

The impact of cigarette smoking on respondents in Aluu is displayed in the table above. The analysis's findings indicated the degree of correlation between the respondents' responses to the cigarette smoking variable. The findings support the null hypothesis (H1), which states that there are no appreciable differences between respondents' cigarette intake factors. We accept the null hypothesis and conclude that there is no significant difference in cigarette smoking among respondents in Aluu Rivers State since the calculated probability (0.000) is less than the probability of the significant level (0.05), that is,  $(0.000) < (0.05)$ .

## SUMMARY

Because drug addiction has detrimental consequences on people's health as well as psychological, physical, and social ones, it is one of the main societal issues in not only Aluu villages but all of Nigeria. The results of this study are based on a drug misuse questionnaire that was given to adults who lived in Aluu communities. This questionnaire has an impact on the mental wellness of people who live in these areas. Nonetheless, this clarifies claims, viewpoints, and beliefs about religion, public figures, parents, and print and broadcast media. According to the statistics, drug usage is becoming more and more common among young people, who are largely and nearly exclusively dependent on it. According to Table 1, 76.4% of the respondents knew about tranquilizers or sedatives, 83.75% knew about marijuana, 74.8% knew about amphetamine, 61.8% knew about ecstasy, 65.9% LSD, 74.4% knew about relentine, 79.6% knew about crack, 81.3% knew about cocaine, and 79.7% knew about heroin and its effects. According to research statistics, the majority of drug addicts and abusers were male (74, or 60.2%), and the majority were born between 1981 and 2000 (96, or 78.0) out of 123 questionnaires. The findings of the statistical test verified that there is a substantial difference in the respondents' rates of drug use, alcohol consumption, and cigarette smoking. The only goal of this study was to stop the increase in drug addiction, abuse, and reliance among the residents of Aluu, Rivers State, Nigeria.

It cannot be overstated that drug addiction and abuse are detrimental to any country or community. Any decent "government and NGO" should prioritize what can be done to stop this extremely dire situation. We therefore suggest that government and NGO should help with the following:

Increased availability of quality educational activities, resources, and leadership opportunities to equip adult's people with skills will also keep them occupied. Awareness campaigns about the risks and consequences of drug abuse should be conducted, and adult's people should be involved in worthwhile activities that involve the development of skills that do not require employment.

Legislation should be passed to penalize haulage companies, particularly those that fail to implement and enforce procedures to prevent drug traffickers from abusing their facilities, and to create a positive social environment that teaches adults people the value of life and disabuses their minds from drugs. It's also a step to stop drug trafficking and abuse. Because drug pushers make significantly more money than they risk, which is why many enter the industry, penalties for drug peddling should be proportionate to the peddlers' earnings. To



aid in the rehabilitation of the impacted individuals, the government can establish a rehabilitation facility.

Hence, this study has provided references data on drugs abuse among adults in Aluu, Rivers State, and Government policy makers, medical researchers and Neuroscientist will benefit from this study.

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