

DRUGS USE AMONG STUDENTS IN LANGTANG NORTH LOCAL GOVERNMENT AREA IN RECESSED ECONOMY: IMPLICATIONS ON SUSTAINABLE QUALITY TEACHER EDUCATION

By

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Abstract

This study determined the temporal pattern of drug misuse among students of Langtang North in a recessed economy: Implications for sustainable quality teacher education. A descriptive survey research design was employed for the study. The population of the study comprised all 33 secondary schools with 15040 students in Langtang North LGA. Seven hundred and fifty-two secondary school students constituted the sample for the study. The instrument for the study was a developed 6-item temporal pattern of drug misuse questionnaire (TePaDMiQ) validated by five experts. The data collected was analysed using percentages, means, and chi-square statistic, while the hypothesis was tested at the .05 level of significance. The findings of the study revealed that overall, slightly higher proportion of the students' moderately misused drugs in the evenings, (48%), mornings, (46.6%), festive periods, (38.6%), at weekends, (37.9%), during dry (35.4%), and rainy seasons, (34.2%). The Table further revealed slightly higher proportion of the students' highly misused drugs by borrowing friend's prescription drugs to treat themselves when they had similar symptoms as those of others in the evening, (65.1%), followed by in the mornings, (55.5%), weekends, (52.6%), during festive periods, (44.8%), dry, (32.3%), and rainy seasons, (20.8%). Furthermore, the study revealed that there was a statistically significant difference in the misuse of drugs by students in the mornings, evenings, at weekends, during festive periods, rainy and dry seasons. The study concluded by recommending that since drug misuse is a social problem, which has deleterious effects on the society if not properly managed; there should be an agency of government in addition to National Drug Law Enforcement Agency that should be concerned with conducting researches from time to time to determine the extent of the problem so that appropriate measures can be taken to forestall it thereby having a drug free society.

Keywords: Temporal pattern, drug misuse, students.

Introduction

The correct or incorrect use of various types of drugs exists in human history. No wonder health problems the world over exist and are on the increase among the human population. The increase in health problems

involves a wide spectrum of situations, among which is the misuse of drugs by students. According to the National Drug Law Enforcement Agency-NDLEA (2009), since the formation of the rehabilitation unit in their bid to curtail drug misuse prevalence, the data in Plateau State, which

includes Langtang North for years had been on the rise, with 2005 having 5; 2006, 33; 2007, 54 and 2008, 74 victims respectively. Similarly in Canada, Drug Misuse Research Division of the Health Research Board-DMRDHRB (1997/1998) found that the total number of students treated in centres, which made returns to the National Drug Treatment Reporting System – NDTRS rose from 4,910 in 1997 to 6,043 in 1998. Moreover, the board further found that more than seven in ten cases of admission had before the age 20 used their main drug of misuse while still teenagers (70 per cent) by 1997. However, by 1998, this had risen to 72 per cent. Furthermore, the board also noted that while in 1997, 89 per cent of those who reported to NDTRS had first misused various drugs (not including alcohol) while in their teens, by 1998, this figure had increased to 91 per cent; that is, 9 out of 10. In the area of study, experience and observation had shown that some students were seen clustering around drinking and smoking areas in the evenings and most parts of the night. These students were observed not to be running or transacting the selling business in such drinking and smoking places, which may imply that students were perhaps interested and involved in the activities that took place in such places that involved the misuse of drugs. Based on the above, while students were observed to cluster around the drinking and smoking places, they were not engaged in the business of selling. However, no statistical data were available on students' drug involvement in the Langtang North local government area (LGA). Furthermore, while students were not observed to be

involved in the business of selling in the drinking and smoking places, they may correctly or incorrectly use drugs.

The incorrect use of a drug may be regarded as drug misuse. Payne and Hahn (1986) stated that when drugs are inappropriately used, consumed, or administered in improper amounts, drug misuse has occurred. According to the National Health of Scotland - NHS (2007), drug misuse is the taking of illegal drugs or when you take medicines in a way not recommended by your Physician or the manufacturer. In this study, drug misuse includes the inappropriate use of medicines, defined as using medication in a way that serves an unintended or harmful purpose. Consequently, such misuse may also occur among students.

A student, according to Midrange (2006), is a learner who is enrolled in an educational institution. Microsoft Encarta (2008) defined a student as a person who is studying at school, college, or university. According to Runchey (2009), students can be those within the age group of 11-18 years old, of lower or upper secondary. In this study, student refers to learners who are enrolled in secondary school or college. Following from above, drug misuse may have a pattern of occurrence amongst students.

As described by Schwartz (1993), a pattern is a design or guide that appears among people. According to Hornby (2001), a pattern is a regular way by which something happens or is done. Moreover, Farlex (2008) stated that a pattern has to do with any set of conventional principles and expectations

that are binding on any person who is a member of a particular group. Pridemore, Andrew, and Spivak (2003) classified patterns into three: demographic, temporal, and spatial patterns or variation. According to Pridemore et al., temporal variation relates to variables such as seasons, months, days of the week, presidential election days, public holidays, national holidays, and so on. In this study, temporal variation was interpreted to mean whether it was in the mornings, evenings, at weekends or festive periods, during rainy and dry seasons, that students in the area of study misused drugs. The use of time (period) in the misuse of drugs was important, for it may be in the evenings, weekends, Christmas or Easter period, wet or dry seasons that students in Langtang North misused drugs. On the whole, the periods (in the mornings, evenings, weekends, seasons such as wet or dry, and Christmas or Easter period) were determined by this study. Although the occurrence of drug misuse among students in many parts of the world, including Langtang North, where the current study was conducted, was a thing of great concern, students could be implicated in the misuse of drugs.

Authors have implicated students in the misuse of drugs. According to Adams (1989), the majority of students in the United States of America (USA) have misused drugs as alcohol, antibiotics, tranquilizers, cocaine, LSD, and marijuana, as well as heroin, morphine, tobacco, and other narcotic drugs, which were harmful. Adams and Julien (1992) reported that one of the primary causes of death among

students in the USA was drunk driving, accounting for more than 20 per cent of all mortalities. The subjects, as reported by Adams, Adams, and Julien above, were in the USA, a developed country that had strict control over prescription as well as illegal drugs, whose students were not supposed to misuse drugs. However, when compared to the Nigerian situation, which is a third-world country that hardly has any single issue addressed objectively without introducing politics to it, the situation may be worse. No wonder, Akpan (2001) indicated that alcohol consumption was not uncommon amongst secondary school students in Nigeria, by extension, even amongst students of Langtang North. Moreover, Okeke (1988) observed that drugs were easily accessed without difficulty in Benue State; and this may be the case even with students in Langtang North, where illegal drugs could be accessed easily, with local beer brewed and sold in homes that were near the schools, the situation may be worse.

Langtang North LGA, where the study was carried out, was a local government area in Nigeria. Several clans made up the LGA. Most households brew local beer, popularly called “nche” in the Tarok dialect of Langtang. Of the students in the LGA, a good number of them roam the streets during holidays, while some embark on cycling, popularly called “going”. This group of students was mostly not catered for or supervised by their parents, which left them at the mercy of their cliques, friends, or hoodlums. Moreover, parents, community leaders, as well as the government, did little

or nothing to check the activities of these students, and the consequence may lead to drug misuse, as explained by theories.

This study was anchored on social learning theory (SLT). The SLT explains and shows how drug misuse can occur. The SLT was based on the fact that a person can shape the environment as well as the environment shaping the person. Although the SLT was concerned primarily with observational learning, it explains how people acquire and maintain certain behaviour patterns, such as drug misuse. Thus, before one embarks on behaviour (drug misuse), such a person must believe in their ability to perform the behaviour, which is encouraged by an incentive (social environment) for continuing such behaviour. The social environment, which may include family members, cliques, friends, colleagues, the physical environment, and the availability of drugs to be misused, could influence one's behaviour towards drug misuse. Following from the above, the social environment, which influences students, could play a role in influencing students in Langtang North.

Although this study was carried out in Nigeria, it had several clans. Most households brewed local beer, popularly called "nche" in the Tarok dialect of Langtang North. Of the students in the LGA, a good number of them roam the streets during holidays, while some embark on cycling, popularly called "going". This group of students was mostly not catered for or supervised by their parents, which left them at the mercy of their cliques, friends, or hoodlums. Okeke (1988), Adams (1989), Adams and Julien (1992 and Akpan (2001)

have implicated students in experimentation, use, and misuse of drugs in various parts of the world. However, the inability to have documented data concerning students' drug misuse in Langtang North is the gap this study filled.

Statement of the Problem

Humans adopt measures that are aimed at helping them to solve their problems in order to improve their living. This they do as they take medicines based on medical prescription and supervision, and in a manner that does not constitute a potential danger to themselves and others.

Unfortunately, medicines are sometimes taken inappropriately by people for many reasons. In the area of study, experience has shown that some students were often seen engaged in cycling popularly called "going", with most of them not accounting to their parents the proceed after the day's toil nor do they embark on any fruitful development with the proceed; rather, they were often seen clustering around drinking, smoking and clandestine areas in the evenings and most parts of the nights. Moreover, the students were observed not to be running or transacting the selling business in such drinking and smoking places, which may imply that they may be interested and involved in the activities that take place in such places, such as the misuse of substances.

Whereas, humans adopt measures that are aimed at helping them to solve their problems in other to improve their living; in Langtang north, students were often seen engaged in cycling popularly called "going",

with most of them not accounting to their parents the proceed after the day's toil nor do they embark on any fruitful development with the proceed. Rather, they were often seen clustering around drinking, smoking, and dark areas in the evenings and most parts of the night. While students were observed to cluster around the drinking, smoking, and dark areas, there was an inability to have statistical data on students' drug involvement in Langtang North LGA. This study, therefore, fills this gap.

Purpose of the Study

The main purpose of this study was to determine the temporal pattern of drug misuse amongst students of Langtang North in a recessed economy: Implications for sustainable quality teacher education. Specifically, the study sought and determined the:

1. Temporal pattern of drug misuse amongst students in Langtang North LGA.

Research Question

This study answered the following research question.

1. What is the temporal pattern of students' drug misuse in Langtang North LGA?

Hypothesis

In order to further give direction to this study, one null hypothesis was postulated and tested at the .05 level of significance.

1. There is no statistically significant difference in students' drug misuse according to temporal variation.

Methods

Research Design

In order to achieve the main purpose of this study, a descriptive survey research design was adopted. The usage of the descriptive survey research design was appropriate because it allows observation without affecting the normal behaviour of the subjects in their environment. The descriptive survey research design was important because it is a scientific method, which involves observing and describing the behaviour of a subject without influencing it in any way (Shuttleworth, 2008). This design was successfully used by Adegboro (2014); thus, the need for this design in this study.

Area of the Study

Langtang North was a local government council created in 1991 from Langtang local government area (LGA). The inhabitants have their culture, which perhaps encouraged their compliance with drinking and other drug-related vices. For instance, the Taroh people of Langtang North celebrated their annual cultural festival with an abundant supply of alcohol in order to appease the spirits of their forefathers and gods. Moreover, in Langtang North, like in other neighbouring LGAs, several households brew the local beer-nche, which was drunk by people of all ages without restriction placed on it.

Population of the Study

The population for the study consisted of all the secondary school students in Langtang

North. According to the Area Office of Education (AOE) in Langtang by 2016, the population of secondary schools was placed at 33, with a population of 15,040 students in all.

Sample and Sampling Technique

The sample of the schools used for the study was based on the selection of the schools that were co-educational in nature, which had senior and junior secondary sessions. The sample of the study consisted of 752 students. The sample was adjudged representative enough based on the suggestion of Nwana's (1990) rule of the thumb, which stipulates that a sample of five per cent or fewer could be drawn from a population running into hundreds of thousands when the exact figure is known based on speculation or projection. In light of the above, five per cent of the total population was used as a sample for this study. The use of five per cent was necessary because Nwana's rule of the thumb permits the use of fewer samples from a population running into several thousands.

Instrument for Data Collection

The instrument used for data collection was a self-structured temporal pattern of drug misuse questionnaire (TePaDMiQ). The questionnaire was divided into two sections, A and B. Section A elicited demographic information, while Section B had 5 items on the temporal pattern of drug misuse, which had response options of yes and no, respectively.

Validation of the instrument.

The face validity of the TePaDMiQ was ascertained through the judgment of five experts. These experts were required to check for the appropriateness of each questioning item in terms of language used, suitability of the items for inclusion in the instrument, and to make corrections in areas necessary, either by removing or adding items considered important, which were not reflected in the instrument. The corrections and suggestions of the experts were incorporated into the instrument that was used for this study.

Reliability of the instrument.

The reliability coefficient of TePaDMiQ yielded .91. According to Ogbazi and Okpala (1994), if the value of the coefficient was up to .60 and above, the instrument was considered appropriate for use in the study.

Method of Data Collection

In order to gain access to the schools, permission was sought from the Principal of each sampled institution, who thereafter introduced the investigator to the teachers and students. Thereafter, the investigator administered copies of the questionnaire to the students with the help of the class teachers, who were guided on how they administer and collect the instrument. The investigator and the class teacher(s) supervised the students while they filled out the questionnaire to ensure that there was no exchange of ideas during the process of completing the questionnaire. The completed questionnaires were collected on the spot to ensure a high return rate, which eventually yielded a 100 per cent return rate.

Method of Data Analysis

After collecting the filled copies of TePaDMiQ, the researcher checked them for completeness. Following the above, the questionnaire was analyzed using the Statistical Package for Social Sciences (SPSS) batch system. The data were analyzed with overall mean, frequencies, and percentages. In determining the

students' drug misuse frequencies, percentages, and means were used. In this regard, 0 – 9% was considered not misused; 10 – 29% was considered lowly misused; 30 – 49% was considered moderately misused; 50 – 79% was considered highly misused, and 80% and above was considered very highly misused. Moreover, the Chi-square statistic was used to test the null hypothesis at the .05 level of significance.

Results

Research question 1

What is the temporal variation of drug misuse? Data answering this research question are indicated in Table 1.

Table 1
Responses on Temporal Variation of Students' Drug Misuse
n=752

		In the morning (n=229)				In the evening (n=83)				At weekends (n=95)				During festive period (n=29)				During rainy seasons (n=24)				During dry season (n=15)				None of the above (n=277)			
		yes	%	No	%	Yes	%	no	%	yes	%	No	%	Yes	%	No	%	yes	%	no	%	yes	%	no	%	yes	%	no	%
2	I borrow friend's prescription drugs to treat myself when I have similar symptoms as those of others	127	55.5	102	44.5	54	65.1	29	34.9	50	52.6	45	47.4	13	44.8	16	54.2	5	20.8	19	79.2	5	32.3	10	66.7	88	31.8	189	68.2
3	I share my prescribed drugs with others	91	39.7	138	60.3	33	39.8	50	60.2	30	31.6	65	68.4	11	37.9	18	61.1	9	37.5	15	62.5	6	40	9	60	76	27.4	201	72.6
4	I request and use the prescribed drugs of others	69	30.1	160	69.9	32	38.6	51	61.4	32	33.7	63	66.3	11	37.9	18	61.1	4	16.7	20	83.3	5	32.3	10	66.7	67	24.2	210	75.8
5	I forget to take my prescribed drugs	125	54.6	104	45.4	38	45.8	45	54.2	26	27.4	69	72.6	7	24.1	22	75.9	12	50	12	50	3	20	12	80	74	26.7	203	73.3
6	I take my prescribed drugs anytime I remember to do so	122	53.3	107	46.7	42	50.6	41	49.4	42	44.2	53	55.8	14	48.3	15	51.7	11	45.8	13	54.2	8	52.3	7	46.7	105	37.9	172	62.1
Overall																													
Mean (\bar{X})		46.6				48				37.9				38.6				34.2				35.4				25.2			

Key
0-9 = not misused
10-29 = lowly misused

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30-49 = moderately misused

50-79 = highly misused

80 and over = very highly misused

Source: Field survey by Investigator, 2021

Table 1 reveals that overall, a slightly higher proportion of the students' moderately misused drugs in the evening, (48%), morning, (46.6%), festive periods, (38.6%), at weekends, (37.9%), during dry (35.4%), and rainy seasons, (34.2%). The Table further reveals that a slightly higher proportion of the students' highly misused drugs by borrowing friend's prescription drugs to treat themselves when they had similar symptoms as those of others in the evenings, (65.1%), followed by those in the mornings, (55.5%), at weekends, (52.6%), during festive, (44.8%), dry, (32.3%), and rainy seasons, (20.8%). The Table further reveals that slightly higher proportion of students' highly misused drugs by forgetting to take their prescribed drugs when due in the mornings, (54.6%), followed during rainy seasons, (50.0%), in the evenings, (45.8%), at weekends, (27.4%), during festive periods, (24.1%), and dry seasons, (20.0%). Similarly, a slightly higher proportion of the students' highly misused drugs by taking their prescribed drugs anytime they remembered to do so in the mornings, (53.3%), during dry seasons, (52.3%), in the evenings, (50.6%), during festive periods, (48.3%), rainy seasons, (45.8%), and at weekends, (44.2%) whereas a slightly higher proportion of the students' moderately misused drugs by sharing their prescribed drugs with others during dry seasons, (40.0%), in the evenings, (39.8%), than during festive periods, (37.9%), in the mornings, (39.7%), during rainy seasons, (37.5%), than at weekends, (31.6%). Only a slightly higher proportion of the students' moderately misused drugs by requesting and using the prescribed drugs of others in the evenings, (38.6%), during festive periods, (37.9%), at weekends, (33.7%), during dry seasons, (32.3%), in the mornings, (30.1%), than during rainy seasons, (16.7%) respectively.

Hypothesis 2

There is no statistically significant difference in students' drug misuse according to temporal variation. Data verifying this hypothesis are contained in Table 2.

Table 2

Results of Chi-square analysis Testing the Null Hypothesis on Students' Drug Misuse according to Temporal Variation

Items of Drug Misuse	In the morning		In the evening		At weekend		During festive period		During rainy season		During dry season		None of the above		Cal χ^2 value	Table χ^2 value	df	Decision
	yes	no	yes	No	yes	no	yes	no	yes	no	yes	no	yes	no				
2 I borrow friend's prescription drugs to treat myself when I have similar symptoms as those of others	127	102	54	29	50	45	13	16	5	19	5	10	88	189	51.767*	12.59	6	Rejected
3 I share my prescribed drugs with others	91	138	33	50	30	65	11	18	9	15	6	9	76	201	10.716**	12.59	6	Accepted
4 I request and use the prescribed drugs of others	69	160	32	51	32	63	11	18	4	20	5	10	67	210	10.903**	12.59	6	Accepted
5 I forget to take my prescribed drugs	125	104	38	45	26	69	7	22	12	12	3	12	74	203	54.349*	12.59	6	Rejected
6 I take my prescribed drugs anytime I remember to do so	122	107	42	41	42	53	14	15	11	13	8	7	105	172	13.392*	12.59	6	Rejected
Cluster value															141.127*	12.59	6	Rejected

Temporal Drug Misuse's $\chi^2 = 141.127$, $df = 6$ $p < .05$, $\chi^2_{tab} = 12.59$

Source: Field survey by Investigator, 2021

Data in Table 2 shows the cluster calculated 2 values of 141.127 at six degrees of freedom, which is greater than the 2 table value of 12.59 at the .05 level of significance. The null hypothesis of no statistically significant difference in students' drug misuse according to temporal variation is therefore rejected. This implies that there was a statistically significant difference in the misuse of drugs by students in the mornings, evenings, at weekends, during festive, rainy, and dry seasons.

The Table also shows temporal variation of the calculated 2 values for "forgetting to take prescribed drugs" ($2 = 54.349 > 12.59$) "borrowing friend's prescription drugs to treat oneself when one has similar symptoms as those of others" ($2 = 51.767 > 12.59$); "taking prescribed drugs anytime one remembered to do so" ($2 = 13.392 > 12.59$) at six degrees of freedom, which were more than the table 2 value at .05 level of significance. The null hypotheses were therefore rejected for those drug misuse items. This means that drug misuse was the same for students in the mornings, evenings, at weekends, during festive, rainy, and dry seasons, respectively.

Findings in Table 2 also show the 2 values for "requesting and using prescribed drugs of others" ($2 = 10.903 < 12.59$) and "sharing prescribed drugs with others" ($2 = 10.716 < 12.59$), which were less than the Table 2 value with six degrees of freedom at the .05 level of significance. The null hypotheses were accepted for those drug misuse items. These mean that there was no statistically significant difference in students' drug

misuse according to temporal variation for those items.

Discussion

The finding in Table 1 of a slightly higher proportion of students in the evenings (48%), followed by in the mornings, than during festive periods, at weekends, than during dry and festive seasons, of moderately misused drugs was expected and not surprising. The finding was expected and not surprising because it concurs with the findings of Gordon (1988) and Ajayi (2003), who observed that students' drug misuse occurs in the evenings than in the mornings. The finding disagrees with that of Morgan (1982), which pointed out that drug misuse by youths occurs mostly during festive occasions such as weddings, birthdays, graduations, naming ceremonies, and religious holidays. The finding implies that since students misuse drugs moderately in the evenings followed by in the mornings than during festive periods, at weekends than during dry and festive seasons; it is only when health educators acquired sustained quality teacher education that they will possess adequate skills on how best to address this situation to yield positive results, thus, the need for quality teacher education even in recessed economic era is important in addressing this anomaly.

The finding in Table 1 further indicates that a slightly higher proportion of the students were involved in drug misuse by borrowing prescription drugs to treat themselves when they had similar symptoms to those of others in the evenings. This finding is surprising because one would expect that, as health

education is taught in schools, students who receive such knowledge ought to become health-informed, and as health-informed students, they ought to use their leisure time in the evenings to engage in appropriate recreational activities or practices, which help them live without drug misuse. This finding agrees with that of the Substance Abuse and Mental Health Services Administration (SAMHSA, 2004), which implicated individuals 12 years and older in the misuse of prescription drugs. The implication of this finding is that government political will is important to forestall this anomaly if that is desired. As the political will is exercised, it will ensure that sustainable quality teacher education is in place in all teacher training institutions. As the measure is put in place, it will help to produce quality health educators who would help redress this ugly situation, even in a recessed economy. Consequently, quality recreational facilities in all institutions for the students would be provided. As sustainable quality teacher education is put in place, the products of this education will be able to use the facilities to help students expend their leisure time wisely and profitably; thus, bringing immediate satisfaction that provides opportunities to achieve organic balance and wholesomeness of personality, which enables the students to avoid drug misuse.

Findings in Table 2, which revealed that a statistically significant difference existed in students' drug misuse according to temporal variation, were not expected but surprising. The finding was not expected but surprising because ordinarily, where students depend

on drugs to face their work in school, the danger lies in that such students will end up being dependent on drugs to embark on any task, which can affect their health to a large extent. The finding agrees with that of UNIDCP (1997) that in sub-Saharan Africa, interaction with substances has been handed over by the ancestors of the students since they have free access to a long tradition of its use for culinary, medicinal, and ceremonial purposes. This finding implies that students may have been influenced by the sensationalizing influence of uncontrollable advertisements over the media, depicting drugs as beneficial irrespective of their use. Thus, when students are influenced through the sensationalizing influence of uncontrollable advertisements over the media, government regulatory agencies must live above board by ensuring quality teacher education. In order to ensure quality teacher education, they have to ensure prompt payment of sustainable living wages to teachers as well as adequate welfare and security to teachers at all levels of education. As this is done, the teachers would be psychologically stimulated to pay adequate attention to teaching and ensuring that they adequately address professionally the sensationalizing uncontrollable advertisements over the media and other distracters to learning, even in a recessed economy.

Conclusions

Based on the findings of the study, it was concluded that:

1. Students in the mornings, evenings, at weekends, during festive, rainy,

and dry seasons moderately misused drugs.

2. There was a statistically significant difference in the misuse of drugs by students in the mornings, evenings, at weekends, during festive periods, and in rainy and dry seasons.

Recommendation

From the findings of the study, it was recommended that:

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1. Since drug misuse is a social problem, which has deleterious effects on the society if not properly managed; there should be an agency of government in addition to NDLEA that should be concerned with conducting researches from time to time and place to place to determine the extent of the problem so that appropriate measures can be taken to forestall this problem thereby having a drug free society.

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