

# Relationship between Drug Abuse and Psychosocial Behaviours among Adolescents' in Senior Secondary Schools in Cross River State, Nigeria - Counseling Interventions

EKPANG, PAULINE U. & ABUO, CYRIL B.

Department of Educational Foundations, Guidance and Counselling University of Calabar, Calabar

## Abstract

The purpose of this study was to investigate the relationship between drug abuse and psychosocial behaviours among adolescents' in senior secondary schools in Cross River State, Nigeria. To achieve the purpose of the study, three null hypotheses were formulated to guide the study. Literature was reviewed according to the hypotheses of the study. Survey research design was adopted for the study. A sample of one hundred and fifty (150) respondents was randomly selected for the study. The selection was done through the simple random sampling technique. The questionnaire was the main instrument used for data collection, which was successfully administered by the researchers. To test the hypotheses and ascertain whether to reject or retain them, Pearson product moment correlation analysis was the major tool for data analysis. All the hypotheses were subjected to testing at 0.05 level of significance. The result of the study revealed that drug abuse significantly relate with psychosocial behaviours among adolescents' in senior secondary schools. Based on the findings of the study, it was recommended that Government, counselors and the society at large should play their part to mitigate these anti-social behaviors, also parent-child relations be strengthened to avoid tensions which ultimately lead to adolescent substance abuse.

**Keyword:** Relationship, drug abuse, psychosocial behaviours, adolescents, counseling, interventions

## INTRODUCTION

Drug abuse among adolescents continues to be a major problem worldwide and in particular Nigeria. Many people at one time or the other have taken drugs without prescription by a Medical Personnel and oftentimes for non-medical reasons. The use of herbs, leaves and plants have been used to heal and control diseases. Mohammed (2004) report that down throughout the ages, human beings have consumed drugs in different forms for various reasons including the diagnosis, prevention of suffering and pains, for relaxation and pleasure.

It is worth knowing that synthesized substances known as drugs are widely used either in prescribed form or non-prescribed form all over the world (Umar & Suleiman, 2007). Drugs are thus chemical substances taken into the body or applied to the body surface not as food but for the prevention, control and treatment of diseases symptoms or for diagnostic purposes (Mustapha, 2001).

The World Health Organization (WHO) defined drug abuse as "the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Balogun (2006) considered it as a substance that modifies perceptions, cognition, mood, behavior and general body functions. They are often term as chemical modifiers of the living tissues that could bring about physiological and behavioral changes.

Drug abuse is a major problem facing the world in which Nigeria is not an exception. Abuse of drugs is common among high school students aged between 13 and 18 years. (Karen Lesly, 2008; Parrott, Morinam, Moss & Scholey, 2004).

Drug abuse and other associated problems constitute a major threat to the survival and effective functioning of human society (Haruna, 2005). Reports show that lives are daily lost through drug dependency and activities of addicts. A significant number of deaths from accidents, violent crimes and cultism can be traced to activities of persons under the influence of drugs. The Nigerian Drugs Law Enforcement Agency (NDLEA 2007), an agency set up by government to control the incidence of drug abuse contain that drug abuse is on the increase in Nigeria. The problem of drug abuse has been attributed to several factors including psychological, environmental, sociological and genetic (biological) make-up of the person that affect behavior, personality and individual's responses to various stimuli (Mohammad, 2004).

Common drugs that are often abused include alcohol, heroin, cocaine and marijuana. Young people use drugs as a way of rebelling against parents or authority, in order to feel like adults, to fit in and belong to a group of other youths, to satisfy their curiosity and to simply derive pleasure from the short term effects of drugs. Abusers with underlying social or psychological problems are particularly at high risk of drug abuse. However,

where these drugs are not used correctly, they produce unacceptable consequences to the user's mental health. Falco (1988) as cited by Sambo (2008) viewed that "Chronic use of substances can cause serious and irreversible damage to adolescent's physical and psychological development. In the same vein, drug abuse is associated with a broad range of high risk behavior which has a profound health, economic and social consequences. For instance, some adolescents participate in deviant peer groups, unprotected sexual intercourse, inter-personal violence, destruction of property and of course perform poorly in their studies. Many youths seem to think of experimentation with hard drugs as an acceptable part of transition into adulthood. It is thus worsened by complex socio-economic challenges such as unemployment, poverty and crime in general (United Nations, 2008).

Higher doses or excessive intake of these drugs usually produce visual or auditory hallucinations or both. Drug abuse also affects the individual's health and welfare which interfere with the educational and social well-being of the victim. The effects in the long run could lead to examination malpractices, bribery and corruption, anti social tendencies including assassination and rape. (Asuquo P.N, Owan, V.O, Inaja A.E & Okon M.O, 2001). NDLEA also ensures that only those who require drugs genuinely get them as they continually fight the menace in our society. The study therefore focused on students in our secondary schools who in their formative years are more vulnerable to peer influence and the menace of drug abuse.

There are high cases of drug abuse among senior secondary school students in Nigeria. This behaviour as a result of youth unrest has assumed a dangerous dimension that every stakeholder of the educational system and the nation at large are at a crux. This attitude is common among adolescents and youths who are considered to be leaders of the future

Drugs and drug taking behaviour encompassing culturally specifically sanctioned and unsanctioned drug taking behavior have been part of different societies since the inception of civilization. Throughout history alcohol and mood altering or psychoactive chemicals, derived chiefly from plants have been used for social, medical religious or spiritual purposes. The magical qualities that these substances have to alter consciousness, to change mood, to modify perception, or to energize the body among other effects has resulted in more highly individualized motives and in more widespread use. People for example have come to rely on psychoactive drugs, many of which are the products of the pharmacological revolution that began in the 1950s, to help them cope either with the tensions and strains of everyday living, or to alter unwanted feelings or emotions. For many others, the social recreational use of psychoactive drugs has become increasingly popular.

One result of the more widespread use of drugs which have found their way from prescription pads to the streets, is a concern principally in Western nations that such use is ruining the very fabric of their societies. In the United States for example there is a strong preoccupation with problems caused by illicit street drugs. This concern has spawned a host of attitudes, psychoactive drugs is a serious, perhaps the most serious social ill that requires counseling interventions.

Drug abuse is a major problem that has characterized the enormous crises facing Nigeria today. The critical problem is that in spite of the various measures adapted to prevent drug abuse on Nigerian youths, we continue to have increasing number of drug abusers or addicts. The menace with its psychosocial disorder is becoming alarming in the recent times. As an anti-social behaviour, it has wrecked and destroyed a lot of youths in the society. It is estimated that about 76.3million people struggle with alcohol use disorders contributing to 1.8million deaths per year. The United Nations reported that around 185million people globally over the age of 15 were consuming drugs by the end of the 20<sup>th</sup> century (UN Economic and Social Council, 2002).

Statistics available shows that from January 1999 to July 2004, more than 321 patients were admitted at the Federal Psychiatry Hospital, Calabar, Cross River State on account of drug abuse. The impact of drug abuse among Nigerian youths has been a hallmark of a morally bankrupt, decadent and wasted generation and loss of our societal values and ideals. The situation now appears to be such that no one can claim ignorance of what is happening. We cannot sit on the fence and criminally pretend on the menace of drug abuse among our young people.

Little wonder, then that the immediate past UN Secretary General, Kofi Annan once said "Drugs are tearing apart our societies, spawning crime, spreading diseases such as aids, and killing our youths and our future" (West Africa Commission on Drugs, 2013).

The habitual use of drugs during occasions endangers the lives of youths. They are thus abused when they are used more than the quantity generally accepted within the society. It has also been observed that there is high rate of consumption and misuse of drugs by the youths especially in the secondary schools. This has a negative implication on their educational performances, risky sexual behaviours resulting to teenage pregnancy, personality disorder and impaired cognitive functioning that result to regular tiredness and sleeping in class. Other psychological behaviours include disobedience to school rules, acting in a negative way in school and behaviours that may signal the beginning of mental disorder.

In the light of the above, the questions that come to mind is how does drug abuse relates with psychosocial behaviours among adolescents' in senior secondary schools in Cross River State? This is the

problem this study seeks; what are the common drugs often abused? ; What do adolescents or the youths know about, and what are counseling strategies that can be implemented to find solution..

## LITERATURE REVIEW

Cocaine is a stimulant made from alkaloid contained in the leaves of the coca bush or plant. It belongs to a class of drugs known as stimulants (Davison, G.C, Neale, J.M. & Kring, A.M. 2004). It is available as an odourless, fluffy white powder which can be swallowed, sniffed or injected. As a stimulant, it stimulates the central nervous system. When taken, it takes three major pharmacological actions. Cocaine addiction can erode physical and mental health and can become so strong that it dominates all aspects of an addict's life. Some users spend hundreds or thousands of naira on cocaine each week and will do anything to support their habits while many resort to drug trafficking, prostitution and other crimes.

The Nation Newspaper, June 27, 2013 reported that the officials of the National Drugs Law Enforcement Agency (NDLEA) seized some of these illicit drugs that included cocaine in some states in Nigeria. For instance, in Kano and Enugu States respectively, over 300 grams of cocaine were seized. People who are in possession of these drugs have often been arrested, prosecuted and convicted to various jail terms for drug trafficking offences.

Psychological risks of cocaine intake or sniffing include violent erratic or paranoid behaviour, hallucinations and 'coke bugs' a sensation of imaginary insects crawling over the skin, confusion, anxiety and depression. It can also cause cognitive impairments such as difficulty paying attention and revealed that drug abuse and its recurrent psychosocial effects have caused a lot of mental disorders on our youths who are meant to contribute for the national development of the country. Adolescents may use various substances including cocaine to improve psychological well-being or to face personal discomfort. However, they may also sniff cocaine because they fall in with a certain peer group. This in turn usually leave psychological distress on the user that leads to alienation and depressive feelings.

Users who begin in the late teens and early twenties and increase thereafter can ultimately contribute to violent deaths of young people who are addicted to it. Its hazardous nature on those who take large doses have been reported to often cause heart attack which have often led to the death of several users.

Oshikoya and Alli, (2006) in their studies on perception of Drug Abuse amongst Nigerian undergraduates identified dependence and addiction as one of the major consequences of drug abuse characterized by compulsive drug craving seeking behaviours are use that persist even in the face of negative consequences. These changes are maladaptive and inappropriate to the social or environmental setting therefore may place the individual at risk of harm while many adolescents ignorantly depend on these drugs for various daily activities

Heroin as an opiate depressant drug is rarely used among adolescents, however, for homeless and street involved youths, rates of heroin use are much higher. Reports have shown that peer pressure and a need to be popular were strongly interrelated but did not predict risk behaviours and psychosocial difficulties. Doing things to be popular with others may be less of risk factors than the experience of being urged or pressured to act in certain ways but it is related to feeling pressured by others to engage in certain activities. Also, strong correlation between substances use, peer pressure and peer conformity which is a strong predictor of risk behaviour.(National Institute on Drug Abuse, 2007).

A popular British actor Cory Monteith, who struggled with addiction since he was a young teenager, died from lethal combination of heroin and alcohol. He was found dead in his hotel room. He earlier admitted himself into a treatment facility for substance addiction but he did not get the help he needed as a result of addiction. The key point about drug taking is that after a while, problems begin to accumulate.

Burden of psychosocial behaviours of these addicts include depressive symptoms, suicidal ideas and attempt, feelings of loneliness and being bored with life and the world around them. All these have been associated with the intake of heroin. Other behavioural patterns include chemically enforced euphoria, nodding which is a dreamlike state, near sleep, drifting off for minutes or hours. For long time abusers, heroin may act like a stimulant and they can do a normal daily routine, however, for others, it leaves them completely powerless to do anything. Heroin users may nod off suddenly while breathing will be slowed. When awake, the person's thinking will be unclear and they tend to lose some of their memory. Their decision-making are likely to deteriorate.

One of the many sad things about heroin addiction is that the addict himself or herself is seldom aware of the damage being done to his or her life. More so, they often neglect their own needs. There are a lot of negative outcomes resulting from the acquisition of the day's dose of heroin.

Alcoholism, also known as "alcohol dependence" is a disease that includes alcohol craving and continued drinking despite repeated alcohol-related problems such as losing memories and or getting into trouble with the law. most severe stage of a group of drinking problems which begin with binge drinking and

alcohol abuse. The use of alcohol to depress the effects of pain is as old as the fermentation process itself. Alcohol is believed to be one of the oldest and probably the most widely used drug in the world. Most drinkers begin drinking at an early age, as early as 13-14 years. Nearly half of the drinking population (45 per cent) started drinking before reaching the age of 20 and by the age of 24, about 4 in 5 drinkers had already become familiar with drinking. Male and female drinkers differ in this respect; not only do more males drink compared to female but they tend to begin drinking at earlier ages.

Excessive intake of alcohol often leads to loss of consciousness and may gradually build tolerance for the substance so that ever-increasing amounts may be needed to produce the desired effects. (Carson et al, 2000). The amount of alcohol consumed and circumstances in which secondary school students drink can put them at significant risk of harm.

- The following psychosocial behaviours have been associated to alcohol intake:
- Changes in activity such as loss of interest in school, play, home or work.
- Changes in sleeping pattern; induces sleep disorders by disrupting the sequence and duration of sleep states and by altering total sleep time.
- Changes in personality; reflecting in mood changes, fighting with friends and with family members or truancy.
- Manifestations of depression, such as poor attention span, difficulties in concentrating, lack of interest and boredom
- Trouble with law enforcement.
- Multiple or frequent accident related injuries
- School failure
- Blackouts
- Inability to control outward expression of anger also plays a key role in alcohol-related aggression (www US Html 2005).

Other psychological behavioural pattern also include altered perception, emotions and impaired judgment.

Evidently, alcohol is associated with many social and psychological problems. In spite of this, most alcohol researchers and professionals in prevention and treatment are not prohibitionists. They do not call for an outright bans on the production and marketing of the substance on the basis of moral values. The effect of alcohol is felt mostly in the brain, where it is associated with a verity of abnormalities. Alcohol injures the brain cells because it interferes with the supply of oxygen to these cells and also interferes with the production and action of the substances (neuron transmitter) responsible for normal functions of the brain (Obot, 2000). Alcoholics have trouble recognizing and avoiding dangerous situations because the area of the brain that is used to appreciate those kinds of concerns functioning at a reduce level, stunting their ability to perceive danger. A brain imaging study has found that after consuming alcohol, even social drinkers find it difficult to tell the difference between threatening and non-threatening social stimulus. If you drink more than he recommended guidelines for alcohol consumption, a lot of risks and harms, your drinking pattern could be considered risky.

Marijuana is a type of cannabis often known as “Indian hemp” or “Igbo”. It is the oldest and most widely used illicit drugs in Nigeria. Cannabis is the plant from which marijuana is made. It comes from cannabis sativa plant and it has been used medicinally for many centuries. It is useful in providing relief to cancer patients from nausea and vomiting caused by chemotherapy. The term is equivalent to marijuana which refers to both whole plant and smoke-able parts which is the dried leaves and flowering tops of the female plants.

Marijuana is one of the worrisome drugs being used by youths especially secondary school students. It is also common among school drop-outs, the homeless and unemployed.

The Nation Newspaper of June 27, 2013 reported that 73 hectares of land were found to have been devoted to the cultivation of cannabis (marijuana) in various forest reserve in Ogun State by the officials of the National Drug Law Enforcement Agency (NDLEA). In the same vein, the Benue State NDLEA commander also disclosed how 21,636 hectares of cannabis farms were destroyed at various locations in Konshisha, Buruku, Logo and Katsina-ala Local Governments areas of the state.

The prevalent production and use of this illicit drug has become a huge concern to individual, families and society at large. The criminal activities of these drug users at their hide-outs are now becoming too frequent for comfort. There are those who operate like cults, carving out their territories of influence where they intimidate, rape and rob innocents residents at will. In Lagos, such areas abound. Musbau reported in The Punch Newspaper of June 27, 2013 that forceful beggars who illegally obtain toll from motorists at alternate roads when there is traffic, on the highways. There are also those who operate on the streets that one must obtain

“clearance” from when one buys a new car. The activities of these drug addicts pose a major problem to the society.

In 2005, the NDLEA raised alarm over a new discovery in the use of marijuana. The agency pointed out that there was a new drug called “Monkeytail” which is a combination of marijuana and illicit gin known as “Ogogoro”. This combination is common on the streets and among youths and students of secondary schools. Prices can go as low as N50 which makes it very popular and easy to purchase by students.

Drug or substance abuse has a profound health, economic and social consequences. The negative effects of drug abuse affect not only individuals who often abuse drugs but also their families and friends, various businesses and governments. Studies on the use of drugs among adolescents have been conducted and for many youths, drug abuse precedes academic and health problems including lower grades, higher truancy, drop out decisions, delayed or damaged physical, cognitive and emotional development or a variety of other costly consequences (Lennox & Cecchini, 2008).

The use of drugs or substance not prescribed usually causes damage to the body for instance the brain, lungs, kidney liver etc. The damage so caused leave the drug abusers in hospitals as psychiatric cases and in the extreme results in death. (Asuquo P.N; Owan V.O; Inaja, A. E; & Okon, M.O. 2001)

The term “psychosocial” is intended to underline the dynamic relationship between psychological and social effects, each continually influencing the other. “Psychological effects” are those that affect emotion, behavior, thoughts, memory, learning ability, perceptions and understanding. “Social effects” refer to altered relationships due to death, separation, estrangement and other losses, family and community breakdown, damage to social values and customary practices, and the destruction of social facilities and services. Social effects also extend to the economic sphere as many individuals and families become destitute through the material and economic devastation of drug abuse.

The exact effect of a substance will depend on the substance used, how much it is taken, in what way and on each individual’s reaction. Abused drugs produce some form of intoxication that alters judgment, perception, attention or psychic. It depresses the brain and lessens one’s inhibitions, causes slur speech and decreases coordination. The use of illicit drugs places an adolescent at greater risk for engaging in sexual activity, violence, and multiple substance use. Young people who use drugs are significantly more likely to exhibit an overall lifestyle pattern of risky behavior. Studies show drug use and delinquency are inextricably linked. The Office of Juvenile Justice and Delinquency Prevention writes, “Sub- “Substance abuse and delinquency of- often often share the common factors of school and family cial control, and a history of physical or sex- sexual abuse share the common factors of school and family problems, negative peer groups, lack of neighborhood social control, and a history of physical or sex- sexual abuse and violence (Davidson et al., 2004; Parrot et al., 2004; Zastrow 2004). Dependence to any substance is damaging to the individual as well to society (Alloy et al., 1996; Butcher et al., 2004; Carson et al., 2000).

## **Methodology**

The research design used for this study is survey research design. Kerlinger (1986) in Isangedighi, Joshua, Asim and Ekuri (2004) for instance describes the survey researches as that which is directed towards determining the nature of a situation as it exists at the time of investigation. He further describes it as a type of research that studies large and small populations by selecting and studying samples chosen from the population to discover the relative incidence, distribution, interrelations of sociological and psychological variable. A multi-stage sampling technique involving the stratified and simple random sampling techniques was adopted. The stratification was based on gender and locality (male/female and urban/rural). This was to ensure that both male and female in urban and rural schools are adequately represented in the study. The simple random sampling was used to select the sample for the study. The sample of this study is made up of one hundred and fifty (150) students randomly selected from five secondary schools in Cross River State. A break down of the figure shows that thirty (30) students were randomly selected from each of the sample schools.

## **Instrumentation**

The research instrument, which was the questionnaire, comprised twenty (20) items, all of the modified Likert-type 4-point scale (strongly Agree-4 points, Agree-3 points, Disagree 2-points and strongly disagree 1 point). The respondents were required to indicate their level of agreement for each statement.

In terms of validity, three experts in educational measurement and evaluation and psychology, affirmed, with 81% agreement, the entire instrument was suitable for measuring what it purported to measure. Using the Cronbach Alpha reliability method, the reliability index of the instrument was found to be 0.80.

### Data collection procedure

Data were collected through the use of questionnaire from the sampled institutions used for the study. Through a very rigorous approach, and with the assistance of some trainees mainly, all the 300 copies of the questionnaire were retrieved, and they were all properly completed, thus giving 100% return rate.

### Analysis Of Data And Research Results

The presentation is done as per the hypotheses.

#### Hypothesis one

There is no significant relationship between Cocaine sniffing and students' psychosocial behaviour.

The independent variables involve in this hypothesis is Cocaine sniffing, while the dependent variable is students' psychosocial behaviour. Pearson product correlation analysis was employed to test this hypothesis. The result of the analysis is presented in Table 1.

**TABLE 1: Pearson product moment correlation analysis of the relationship between Cocaine sniffing and students' psychosocial behaviour (N=150)**

Variables		X	SD	$\Sigma X$	$\Sigma X^2$	$\Sigma XY$	r
				$\Sigma Y$	$\Sigma Y^2$		
Cocaine sniffing		18.06	1.17	4605	13254		
Students' psychosocial behaviour		16.13	2.19	4113	25461	10941	0.65*

\*Significant at .05 level, critical r = .138, df =148

The result in Table 1 reveals that the calculated r – value of 0.65 is higher than the critical r-value of .138 at .05 level of significance with 148 degrees of freedom. With this result the null hypothesis was rejected. This result therefore means that Cocaine sniffing has a significant relationship with students' psychosocial behaviour.

#### Hypothesis two

There is no significant relationship between Heroin intake and students' psychosocial behaviour.

The independent variables involve in this hypothesis is Heroin intake, while the dependent variable is students' psychosocial behaviour. Pearson product correlation analysis was employed to test this hypothesis. The result of the analysis is presented in Table 2.

**TABLE 2: Pearson product moment correlation analysis of the relationship between Heroin intake and students' psychosocial behaviour (N=150)**

Variables		X	SD	$\Sigma X$	$\Sigma X^2$	$\Sigma XY$	r
				$\Sigma Y$	$\Sigma Y^2$		
Heroin intake		18.80	1.19	4794	12635		
Students' psychosocial behaviour		16.13	2.19	4113	25461	106995	0.52*

\*Significant at .05 level, critical r = .138, df =148

The result in Table 2 reveals that the calculated r – value of 0.52 is higher than the critical r-value of .138 at .05 level of significance with 148 degrees of freedom. With this result the null hypothesis was rejected.

This result therefore means that reading and Heroin intake has a significant relationship with students' psychosocial behaviour.

### Hypothesis three

There is no significant relationship between alcohol consumption and students' psychosocial behaviour.

The independent variables involve in this hypothesis is Alcohol consumption; while the dependent variable is students' psychosocial behaviour. Pearson product correlation analysis was employed to test this hypothesis. The result of the analysis is presented in Table 3.

**TABLE 3: Pearson product moment correlation analysis of the relationship Alcohol consumption and students' psychosocial behaviour (N=150)**

Variables		X	SD	$\Sigma X$	$\Sigma X^2$	$\Sigma XY$	r
Alcohol consumption		17.48	1.75	4457	26132		
Students' psychosocial behaviour		16.13	2.19	4113	25461	108857	0.47*

\*Significant at .05 level, critical r = .138, df =148

The result in Table 3 reveals that the calculated r – value of 0.47 is higher than the critical r-value of .138 at .05 level of significance with 148 degrees of freedom. With this result the null hypothesis was rejected. This result therefore means that Alcohol consumption has a significant relationship with students' students' psychosocial behaviour.

### Discussion of finding

The result of the first hypothesis shows that Cocaine sniffing significantly relate with students' psychosocial behaviour. The finding is in line with the view of Davison et al, (2004) who observed that cocaine is a stimulant made from alkaloid contained in the leaves of the coca bush or plant. As a stimulant, it stimulates the central nervous system. When taken, it takes three major pharmacological actions. Potent stimulant of the central and peripheral nervous system, local anesthetic activity and vasoconstrictive activity. And that cocaine addiction can erode physical and mental health and can become so strong that it dominates all aspects of an addict's life. Some users spend hundreds or thousands of naira on cocaine each week and will do anything to support their habits while many resort to drug trafficking, prostitution and other crimes.

The result of the second hypothesis reveals that Heroin intake significantly relate with students' psychosocial behaviour. The finding is in line with the view of Oshikoya and Alli, (2006) who identified dependence and addiction as one of the major consequences of drug abuse characterized by compulsive drug craving seeking behaviours are use that persist even in the face of negative consequences. These changes are maladaptive and inappropriate to the social or environmental setting therefore may place the individual at risk of harm.

The result of hypothesis three concluded that Alcohol consumption significantly relate with students' psychosocial behaviour. The finding is in line with the view of Craig and Baucum (2001) who noted that alcohol is a central nervous system depressant with effects similar to those of sleeping pills or tranquilisers. And that alcoholism, also known as "alcohol dependence" is a disease that includes alcohol craving and continued drinking despite repeated alcohol-related problems such as losing memories and or getting into trouble with the law. Obot (2005) also stated that alcohol is associated with many social and psychological problems. In spite of this, most alcohol researchers and professionals in prevention and treatment are not prohibitionists. They do not call for an outright bans on the production and marketing of the substance on the basis of moral values. The effect of alcohol is felt mostly in the brain, where it is associated with a verity of abnormalities. Alcohol injures the brain cells because it interferers with the supply of oxygen to these cells and also interferes with the production and action of the substances (neutron transmitter) responsible for normal functions of the brain.

## Conclusion /recommendation

From the discussion so far on the relationship between drugs abuse and psychosocial behavior among adolescents in senior secondary schools in cross river, the following counseling interventions and suggestions are therefore put forward:

1. Professional counselors should organize an effective regular training on life-long skills for the adolescents to divert their attention from engaging in drugs and psychosocial behaviors.
2. As counseling services is seen as a supportive relationship and modeling of human behavior, care, help and support should be extended towards those adolescents as well as other people engaging in drug abuse.
3. Government on their own part should make available funds through valuable agencies to enable counselors in schools assist their students to develop themselves and boost their academic performance as well as life performance in general.
4. There is need for school counselors and therapists to design an effective intervention programmes for these youths to eradicate or bring to the minimum these anti-social behaviors of these children.
5. Other professionals like psychologist, medical doctors, advocates etc. should collectively come together to tackle these anti-social behaviors of these adolescents, and not leave them in the hands of counselors alone.
6. However, counseling intervention should be proactive in order to be administered not only to adolescent with anti-social behaviors, but also to be used in preparing and preventing unwanted behaviors in Cross River State of Nigeria.
7. It was also recommended that parent-child relations be strengthened to avoid tensions which ultimately lead to adolescent substance abuse, for example, parents need to have time to talk to their growing children about substances and their effects.

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