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Awareness and Attitude of Nigeria Radiography Students Towards Drug Abuse

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Abstract: Among the most vulnerable populations that are faced by the complex and pervasive issue of drug abuse that poses significant risks to individuals, families, communities, and societies at large are students. They often find themselves navigating critical developmental stages while facing numerous challenges. This study, prospectively determined the Awareness and Attitude of 278 Nigeria Radiography Students of Nnamdi Azikiwe University towards risks associated with drug abuse in the country. It also determined students' understanding of prevention strategies used to curb drug abuse. Random sampling were used in selecting participants during data collection. Participants included all radiography students of Nnamdi Azikiwe University. A well-structured questionnaire in line with the study objective was used. Descriptive data analysis was performed using the Statistical Package for Social Sciences (SPSS) 21.0 for Windows Evaluation Version. Continuous variable was presented as mean and standard deviation. Out of the 278 participants, 234(84.2%) strongly agreed that it is risky to abuse drugs because it can have an impact on their academic performance and future goals. Majority, 270(97.1%) of the respondents were aware of the legal status of drug abuse. The attitude of the students was conservative with regards to the use of illegal drugs. 31(11.2%) students knew where drugs are sold on campus. Out of the 31 Radiography students, 61.3% said that the least price for which drugs are being sold on campus is 500 Naira. The study concludes that drug abuse is a social problem basically associated with young people. These young people involve themselves in taking hard drugs. Students' major source of formation about drug abuse is friends. It was finally concluded that drug abuse is not very common among Radiography students' population studied.

Keywords: Radiography Students, Drug abuse, Awareness and Attitude

1. INTRODUCTION

Congenital Drug abuse is a complex and pervasive issue that poses significant risks to individuals, families, communities, and societies at large. Among the most vulnerable populations are students, who often find themselves navigating critical developmental stages while facing numerous challenges. The awareness and attitudes of students towards drug abuse play a pivotal role in shaping their decisions, behaviors, and overall well-being. Understanding these factors is essential for the design and implementation of effective prevention strategies and interventions. Initially in view of contemporary Nigeria, it is obviously reflected that drug abuse has become a cankerworm that is being difficult to alleviate from the flesh of the nation. It is so rampant that students almost indulge in this act, in Nigeria nowadays a lot have been said and written on issues of drug abuse as it relates to youth [1].

There is a growing concern worldwide today over growing number of youths using drugs that the law does not permit or prohibit. The existence and extent of drug use has been identified as one of the greatest problems in learning institutions. This affects various

aspects of learning such as student's discipline and interest in learning hence affecting academic performance. Drugs are chemical substances that modify mental, emotional and behavioral functioning [2]. According to the [3], the use of illicit drugs has increased throughout the recent years. The report further states that a major world trend is the increasing availability of many kinds of drugs.

According to a report released by [4], 4.8% of the global population consume drugs, but the worrying fact is that according to, United Nations Drugs Control Programme executive director, those hooked are the youth. In China, it was reported that drug use is going up while the age of new users is going down. A survey in the Czech Republic showed that 37% of new drug users were teenagers between 15-18 years old.

Drug use in particular heroine is becoming a serious problem in Egypt where around 6% of sampled secondary school students admitted to have experimented with drugs. In Pakistan it was reported that the share of those who started using heroine at 15-20 years has doubled. Africa's role in global drug supply chain is increasing. Already the continent is second largest region for cannabis production, trafficking and consumption accounting for 26% of global Seizures of this drug in 2014 [5].

In Nigeria today, drug use has become more prevalent than at any other times [6]. Majority of the users are students in secondary schools, tertiary colleges and universities. According to NAFDAC, the use of the drugs has spread at a fast rate and reached every part of the country. Use of drugs can be traced back to pre-colonial days when alcohol and other drugs were used and consumed as part of traditions of the communities. The communities had virtues and values that strictly guided the use of drugs. Generally, consumption of alcohol, tobacco and other drugs was a privilege of the elders, more often than not male elders. The actual existence of drug use as a social problem was rare because of strong social structures. The low levels or non-existence of drug use was sustained as a result of strong kinship ties that ran through different social institutions. Traditions and taboos were upheld to discourage the misuse of drugs.

One of the most common consequences of drug use is keeping up with academic responsibilities. According to [7], in United State of America, about 25% of students experience difficulty in academics due to drug use. Such difficulties include earning low grades, doing poorly on test, missing class and falling behind in academic performance. Even students who don't use drugs may suffer academically as a result of their peers taking drugs. The so-called secondary effects of drugs include taking care of friends on drugs and being victims of assault, which can affect school work of students who don't use drug. These consequences can have dramatic end results. School administration report that significant number of students who drop out of school do so because drugs interfere with their academics.

Drug use undermines academic mission of schools, colleges and universities. Drug use and its effect on students' performance can lead to a decline in the overall academic performance of a school as a result schools may face declining retention rates and poor reputation. Schools with reputation of drug use may attract students who engage in high-risk behaviors and may discourage prospective students who are looking for an academically vigorous institution. Nigerians make use of different substances/drugs just in the same way as this is done in many other societies. The population in Nigeria avails itself of substances/drugs when the occasion warrants them just as other population in the world do. Substances/drugs are abused in Nigeria simply because they are used without due authorization from formally qualified and registered persons who according to the laws of the land must approve their use. This observation is borne out by several studies on illness behaviour among Nigerians [8], [9]. According to [10], the most common substances/drug abuse in Nigeria are marijuana, amphetamines, mandrax, proplus, barbiturates and codeine that have negative effects to the youths, immediate society and Nigeria at large.

Unfortunately, youth that constitute the manpower and future of Nigerian society are mostly the victims [11]. [12] observed that, Nigerian youths aged 10-30 years are about 49% of the country's population. [13] observed that, over 38% of Nigerian Youths abuse drugs. According to [14], in contemporary Nigeria, many categories of youths (male and female) are hooked on substance/drug abuse. This includes an unbelievably large number of primary and secondary school pupils, undergraduate students, servicemen, cattle-

rearers, unemployed, nurses, pharmacists, and even medical doctors. According to [15], substance/drug abuse leads to high rate of crime, fuel conflict, political thuggery, religious intolerance, raping, domestic violence, suicide, etc. in the society. It also affects the psychological and physical conditions of abusers.

[16] observed that the reasons advanced by the students for taking drug are: to feel on top like adults, to feel good, to get excited, to be like friends and to be like stars. The abuse of these drugs which leads to addiction among these students gradually progresses to affect their academic performance and cause a host of evil happenings on the campus and in our society, such as fighting and hooliganism. In fact, some students indulge in exam-malpractices while others breakdown during examinations leading to failure and eventual drop-out, some become rude and arrogant to lecturers and parents, occasionally causing riots and chaos on the campuses while some grow up to become criminals in the society leading them into prison-yards. This study, prospectively determined the Awareness and Attitude of 278 Nigeria Radiography Students of Nnamdi Azikiwe University towards risks associated with drug abuse in the country. It also determined students' understanding of prevention strategies used to curb drug abuse.

2. MATERIALS AND METHODS

Study Design

This was a prospective cross-sectional survey study involving radiography students of Nnamdi Azikiwe University, Nnewi campus, Anambra State. Those who participated showed interest to take part in the study as of the time they were approached.

Study Population

The target population for this study comprised of all students from the department of radiography, Nnamdi Azikiwe University, Nnewi campus, Anambra State.

Sample Size Determination

The sample size for this study was calculated using Yaro Yamane formula(as adopted by). The population N of the students is 910.

$$n = \frac{N}{1 + N(e)^2}$$

Where, n = desired sample size

N= total population.

e = margin of error (0.05)

1 = constant

$$n = 910 / [1 + (910) (0.05^2)]$$

$$n = 910 / [1 + (910) (0.0025)]$$

$$n = 910 / [1 + 2.275]$$

$$n = 910 / 3.275$$

$$n = 277.8625$$

$$n \approx 278 \text{ radiography Students}$$

Method of Data Collection and Analysis

Random sampling was used in selecting participants during data collection. Participants included all radiography students of Nnamdi Azikiwe University.

A well-structured questionnaire in line with the study objective was used. Descriptive data analysis was performed using the Statistical Package for Social Sciences (SPSS) 21.0 for Windows Evaluation Version. Continuous variable was presented as mean and standard deviation.

3. RESULTS

Socio Demographic Data of Participants

Table 1: Socio-demographic variables of the study participants

N=278

Socio-demographics factors		Frequency	Percentage (%)
Age (years)	15-19	34	12.2
	20-24	107	38.5
	25-29	117	42.1
	30-34	15	5.4
	≥35	5	1.8
Gender	Female	145	52.2
	Male	133	47.8
Marital status	Married	18	6.4
	Single	256	92.1
	Divorced	3	1.1
	Widowed	1	0.4
Year of study	200	56	20.1
	300	83	29.9
	400	60	21.8
	500	79	28.4
Religion	Christian	261	93.9
	Muslim	4	1.4
	Traditionalist	11	3.9
	Others	2	0.7
Ethnicity	Igbo	210	75.5
	Hausa	8	2.9
	Yoruba	35	12.6
	Others	25	9.0

Table 1 shows that 42.1% of the respondents were between age 25-29 years, 38.5% were between age 20-24, 12.2% were between age 15-19, 5.4% were between age 30-34, and 1.8% were 35 years and above, Majority, 145(52.2%) were females and 133(47.8%) were males. Majority, 256(92.1%) were single, 18(6.4%) were married, 3(1.1%) were divorced and 1(0.4%) were widowed, majority, 83(29.9%) of the participants were in 300L, 79(28.4%) were in 500L, 60(21.8%) were in 400L, and 56(20.1%) were in 200L. Majority, 261(93.9%) were Christians, 11(3.9%) were Traditional worshippers, 4(1.4%) were Muslim and 2(0.7%) were others. The majority of the respondents, 210(75.5%) were of the Igbo ethnicity, 35(12.6%) Yoruba, 8(2.9%) Hausa and 25(9.0%) Others [17].

Awareness of the Potential Risks Associated with Drug Abuse

Table 2: Determination of students' awareness of the potential risks associated with drug abuse

QUESTIONS	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
I have heard of the term drug abuse and it's risks.	0(0%)	4(1.4%)	0(0%)	5(1.8%)	269(96.8%)
I can spend a lifetime in jail, or many years including huge fines that can potentially damage my finances for life	0(0%)	2(0.7%)	0(0%)	6(0.8%)	270(97.1%)
I am aware that drug abuse is detrimental, and excessive drug usage is a worldwide problem.	0(0%)	0(0%)	0(0%)	3(1.1%)	275(98.9%)
I am aware of the risks associated with drug abuse because of its negative effect on my friends that abuse drugs	87(31.3%)	56(20.1%)	25(8.9%)	33(11.9%)	77(27.7%)
The risk of addiction and how fast you become addicted varies by drug.	0(0%)	0(0%)	0(0%)	30(10.8%)	248(89.2%)
Doing things to get the drug, that you normally wouldn't do, such as stealing	15(5.4%)	40(14.4%)	10(3.6%)	152(54.7%)	61(21.9%)

The data analysis reveals that out of 278 respondents, 269(96.8%) had heard of the term drug abuse and its risks, 270(97.1%) of the respondents were aware that spending a lifetime in jail, or many years including huge fines that can potentially damage one's finances for life is a risk associated with drug abuse. 61(21.9%) of the respondents were aware that doing things to get the drug, that one normally wouldn't do, such as stealing is a risk associated with drug abuse.

Primary Sources from Which Students Acquire Knowledge About Drugs Abuse

Table 3: Determination of the Primary sources from which students acquire knowledge about drug abuse.

Questions		Frequency	Percentage (%)
Have you heard of drug abuse before?	Yes	274	98.6
	No	4	1.4
What is your primary source of information?	Media	91	32.7
	Friends/peers	177	63.7
	Parents	10	3.6
	School	0	0

Data was analyzed using descriptive analysis.

Table 3 shows that out of 278 respondents, Majority, 274(98.6%) had heard of drug abuse before and only 4(1.4%) of the respondents have not. Majority, 177(63.7%) said that Friends/peers were their primary source of information about drug abuse, 91(32.7%) said that media was their primary source of information about drug abuse, and 10(3.6%) of the respondents said that parents were their primary source of information about drug abuse [18].

Attitudes Towards the Risks Associated with Drug Abuse

Table 4: Determination of students' attitudes towards the risks associated with drug abuse

QUESTIONS	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
I can spend a lifetime in jail, or many years including huge fines that can potentially damage my finances for life	0(0%)	2(0.7%)	0(0%)	6(0.8%)	270(97.1%)
I abuse drugs because of pressure from my friends even though I know it is harmful	204(73.4%)	50(18.0%)	3(1.1%)	9(3.2%)	12(4.3%)
I take only one or two sticks of tobacco daily to minimize the effect	233(83.8%)	20(7.2%)	6(2.2%)	4(1.4%)	15(5.4%)
It is risky to abuse drugs because it can have an impact on my academic performance and future goals	15(5.4%)	4(1.4%)	5(1.8%)	20(7.2%)	234(84.2%)
I am aware that substance abuse is harmful, but I am indifferent to the use of un-prescribed drugs	204(73.4%)	54(19.4%)	6(2.2%)	10(3.6%)	4(1.4%)
Marijuana use, which is prevalent among youths, can interfere with my short-term memory, learning and psychomotor skills	12(4.3%)	4(1.4%)	10(3.6%)	20(7.2%)	232(83.4%)
Drug abuse is a risk-free activity	233(83.8%)	19(6.8%)	12(4.3%)	5(1.8%)	9(3.2%)
Drug abuse Foster's involvement in crimes	9(3.2%)	5(1.8%)	90(32.4%)	151(54.3%)	23(8.3%)

Table 4 shows that majority of the respondents, 270(97.1%) agreed that drug abuse can make one spend a lifetime in jail, or many years including huge fines that can potentially damage his/her finances for life, majority of the respondents, 151(54.3%) agreed that Drug abuse Foster's involvement in crimes, majority of the respondents, 234(84.2%) also strongly agreed that It is risky to abuse drugs because it can have an impact on their academic performance and future goals.

Understanding of Prevention Strategies Used to Curb Drug Abuse

Table 5: To determine students' understanding of the prevention strategies used to curb drug abuse

Questions		Frequency	Percentage (%)
The best way to prevent the risk associated with drug abuse is not to take the drug at all except by prescription of a medical personnel	Yes	214	77.0
	No	64	33.0
What are the ways in which the risks associated with drug abuse could be reduced among students?	Counseling	79	28.4
	Awareness programs	199	71.6
	Imprisonment of offenders	45	16.2
	Expulsion	71	25.5
	All of the Above	90	32.4

Table 5 reveals that out of 278 respondents, 214(77%) said that the best way to prevent the risk associated with drug abuse is not to take the drug at all except by prescription of a medical personnel, also the table above shows the response on the ways in which the risks associated with drug abuse could be reduced among undergraduates; 199(71.6%) indicated that it could be reduced by awareness programs, 79(28.4%) indicated that it could be reduced by counselling, 71(25.5%) indicated that it could be reduced by expulsion, 45(16.2%) indicated that it could be reduced by imprisonment of offenders.

Table 6: To determine if the students know where drugs are sold on campus

Question		Frequency	Percentage (%)
Do you know where drugs are being sold on campus?	Yes	31	11.2
	No	247	88.8

Table 6 shows that out of 278 Radiography students, only 31(11.2%) know where drugs are being sold on campus, while the majority, 247(88.8%) do not know.

Table 7: To determine the least price for which drugs are sold in the campus.

Questions	Responses	Frequency	Percentage (%)
If yes, How much is the least price for which drugs are being sold on campus?	300 Naira	12	38.7
	500 naira	19	61.3

Table 7 reveals that out of 31 Radiography students that know where drugs are being sold on campus, 19(61.3%) said the least price for which drugs are being sold on campus is 500 Naira, while 12(38.7%) said the least price for which drugs are being sold on campus is 300 Naira.

4. DISCUSSION

Drug abuse constitutes one of the major social problems in Nigeria because of its hazardous effect on the health of the youth of Nigeria of which Radiography students are inclusive and also psychologically, physically, socially, educationally etc. The problem appears to be endemic in the Nigerian society to the extent that scholars, professionals, social workers, academicians, psychologists, sociologist have been trying to find solutions to the problem. In this finding, Majority, 270(97.1%) of the respondents were aware of the legal status of drug abuse. The attitude of the students was conservative with regards to the use of illegal drugs. Majority of the respondents, 234(84.2%) strongly agreed that it is risky to abuse drugs because it can have an impact on their academic performance and future goals.

On the ways in which the risks associated with drug abuse could be reduced among undergraduates; 199(71.6%) indicated that it could be reduced by awareness programs,

79(28.4%) indicated that it could be reduced by counselling, 71(25.5%) indicated that it could be reduced by expulsion, 45(16.2%) indicated that it could be reduced by imprisonment of offenders. Only 31(11.2%) of Radiography students knew where drugs are being sold on campus, while the majority, 247(88.8%) did not know. Out of the 31 Radiography students that knew where drugs are being sold on campus, 19(61.3%) said the least price for which drugs are being sold on campus is 500 Naira, while 12(38.7%) said the least price for which drugs are being sold on campus is 300 Naira. The problem of drug abuse among Nigerian University undergraduates is one thing that does nobody or any nation any good. That being the case, the question, that arises, what then can be done to this thorny issue of drug use and abuse among undergraduates? Perhaps, the following suggestions might be of help to policy makers and administrators in this very fight against use and abuse of drugs among undergraduates. An idle mind, they say is the devil's workshop, undergraduates have to be kept busy realizing their potentials in rewarding and interesting manner. Otherwise, their potentials or energies which is at a peak in these formalized years may be vented through mischievous channels like drug taking which harm both society and the individual.

Greater availability of good educational activities, material and leadership opportunities for youths are necessary to keep the youths happily busy. This would help a lot towards solving the drug abuse problem. Government should set up rehabilitation centres to aid victims of drug abuse. Further to this, there is also the need for agency in combating the social disintegration by way of public awareness and education. Community organizations and health and social agencies must identify high-risk groups and educate the public about the dangers of drug use, emphasizing the vital importance of a drug free life. A social environment should be created which would discourage drug abuse, with the schools and Universities educating undergraduates on the dangers of drug abuse and the value of life. The schools and Universities should formulate policies to prevent drug abuse and should also hold seminars for parents and families to alert them early to the symptoms of drug abuse in their children. Pamphlets and badges should be distributed to schools, colleges and universities. Also, entertainment and sport celebrities should also deglamorize drug abuse.

Furthermore, legislation should be enacted to penalize haulage companies especially transporters who do not implement and enforce procedure to prevent misuse of their facilities by drug traffickers. Also, as a measure to combat drug abuse and trafficking, the penalty for drug peddling should be made commensurate with the peddlers' profits because profits made by drug pushers far exceed the risk, and that is why many people are going into the business. In view of the wide scope of this study, the findings of the study, and limitations, the researcher wish to suggest the following areas worthy of further investigations. The consequences of Drug Abuse in Nigeria. The effects of Drug Abuse on undergraduate academic achievement. The major causes of Drug Abuse among Nigerian University students.

5. CONCLUSION

In line with the finding of the study, the researcher makes the following conclusions. Drug abuse is a social problem basically associated with young people. These young people involve themselves in taking hard drugs and excessive taking of some drugs which may alter the body system or may cause damage to the health. Drug abuse is not very common among Radiography students, this is most likely due to the fact that the level of knowledge of the students concerning the risk associated with drug abuse was high since more than 70% knew the meaning of drug abuse, the risk associated with using drugs wrongly and the legal status of drug abuse. Students' major source of formation about drug abuse is friends. To completely curb the dangers associated with wrong drug use among undergraduates, drug education should therefore be strengthened in the curriculum of undergraduates. Drug abuse days should be observed in schools with the full participation of the students. Legislation guiding sales of drugs should be enforced and the National Agency for Food and Drugs Administration and Control (NAFDAC) should educate the public on and monitor the sales of drugs.

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