

CURBING DRUG ABUSE AMONG SECONDARY SCHOOL STUDENTS IN UKWUANI LOCAL GOVERNMENT OF DELTA STATE THROUGH COUNSELLING STRATEGIES

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Abstract

The study examined curbing drug abuse among secondary school students through counselling strategies. Five research questions and one hypothesis guided the study. The descriptive survey design was utilized for the study. A total of 225 teachers constituted the sample for this study. The population of the study comprised all school teachers' teachers in Ukwuani, Delta State Nigeria. Consensus samplings method was used in the study since all the 16 public secondary schools in Ukwuani, Delta State constituted the sample size. Random sampling techniques were used to select 14 teachers from each of the schools chosen for the study. A total of 224 teachers constituted the sample size for this study. The research instrument employed for data collection was structured questionnaire titled: Curbing Drug Abuse among Secondary School Students with Appropriate counselling Strategies Inventory (CDBAASI). The data collected were analyzed with frequency distribution table, descriptive statistics and the independent sample test (IST). Hypotheses were tested at 0.05 significant levels. The outcome of the study revealed that there there are many causes and also numerous signs of drug abuse among secondary school students. There are adverse consequences of drug abuse among secondary school students. There are numerous counselling therapies that can reduce drug addiction and abuse among secondary school students. There is a difference between male and female respondents on the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State. Conclusion was drawn and useful recommendations made, that school counsellors be provided with skills on how to handle students with drug abuse problems using appropriate counselling therapies and strategies. They should always organize lectures, rallies, seminars and film shows for students on the adverse effects of drug abuse.

Key Words: Drug, Drug misuse, Drug abuse, Drug tolerance

Introduction

Drug abuse is one of the challenging behaviour problems across the world especially with adolescents. Drug abuse also known as substance abuse is the use of certain chemicals for the purpose of creating pleasurable effects on the brain. Drug abuse occurs as a result of using drugs not recommended by physicians or medics. It can also be seen as the use of drugs in which the user consumes the drug in amounts or with methods which are harmful to them or others (UNODC, 2018). These drugs include stimulants like cocaine, depressants like alcohol, opium related painkiller like heroin and hallucinogens which contain lysergic acid diethylamide found in alcoholic drinks, tobacco among others. The use of drugs could be beneficial or harmful depending on the mode of use.

A drug refers to a substance that could bring about a change in the biological function through its chemical actions (Ogunsola, Fajemisin, Aiyenuro, & Tunde (2020)). It is also considered as a drug that modifies perceptions, cognition, mood, behaviour and general body functions (Balogun, 2006). They could thus, be considered as chemical modifiers of the living tissues that could bring about physiological and behavioural changes (Nnachi, 2007). Drug abuse is a major public health problem all over the world (UNODC, 2018, 2022).

Drugs alter the body functions of the individual like perceptions, mood, thought process, feelings and behaviour. Thus these drugs are known as psychoactive drugs (Barerah 2019). Drugs are classified into two major types. Legal and illegal drugs, the legal drugs are those which are manufactured, produced, bought and sold within the confines of law while illegal drugs are those which are abused. As the individuals engage in consumption of these drugs, they may engage in behaviours that may damage their educational options, psychological stability and social development (Hall, Pattoon, Lockings, Weier, Lyskey, Morley, 2016).

No single factor solely influences drug abuse among young individuals. There are undoubtedly certain underlying factors and issues that contribute to youth drug abuse (Chris Foy, 2022; Dalal, 2020). Young people who frequently experience disappointment may resort to drug abuse as a form of self-medication. If they cannot find a suitable and healthy outlet for their stress, they may turn to drugs for comfort (Sahu & Sahu, 2012; Jason, R.C. (2021). Some research has suggested factors such as availability of these drugs, less expensive, cultural influences, peer influence, permissive parenting, vulnerability of adolescents, academic failures, experimental curiosity, community disorganization and quest for extra energy (UNODC, 2018, Lawal and Aliyu, 2020).

The atrocities and crimes being perpetuated under the influence of drug abuse have immediate consequences on both the abusers and the society. The impact of drug abuse has been a feature of morally degraded country with wide spread horrible activities as observed in Nigeria. In secondary schools and tertiary

institutions, the activities of cult groups are a menace to the students and outsiders, killings and destroying lives and properties as the case may be in all the States of federation. Along the streets are mad or lunatic patients terrorizing passersby (Samuel-Kayode, 2020). Some researchers have suggested some consequences associated with drug abuse such as accidents, fighting, poor relationships, poor academic achievement, criminal tendency, drug addiction, unwanted sexual activity, disease burden and wastage of human resources among (Cheloti, Okoh & Obae 2018).

According to Abijo, Huzili and Hanif (2018), there are different warning signs to identify drug abusers. These include change in school performance, change in peer group, breaking rules at homes, school and community, extreme mood swing, sudden increase or decrease in activity, changes in physical appearance, red watery glassy eye, and running nose that cannot be attributed to allergies or cold. Others include lack of motivation, interest in the things or other teenagers enjoy, lying, stealing, and hiding things, cigarette smoking, withdrawal from family, keeping secret and using street/drug language or possession of drugs paraphernalia or items. Signs such as violence, uncooperative attitude, sudden and dramatic change in discipline, academic work and attendance, negative attitude like irrational flare-ups are also observed (Adeson & Crewll, 2000).

The school is the next home that accommodates both drug abusers and non-abusers alike. The abusers are likely to influence non abusers through peer conformity and attraction. This necessitate the counsellor to identify adolescent abusers early enough to offer counselling services to avert the harmful consequences of drug abuse before it escalates. The counsellors are trained and equipped with different skills and techniques that enhance behaviour modification such as cognitive behaviour therapy, anger management, role playing, problem solving skills and shaping, refusal skills and many more (Amede, 2021). The counsellor being aware of the dangerous consequences of drug abuse could adopt counselling strategies such as information dissemination, preventive education, alternative activities, problem identification, community based process in changing undesirable behaviours to desirable ones.

The success of the school counsellor in handling drug abuse among students in secondary schools solely depends on the use of appropriate counselling strategies. According to [Ezebino (2014)], a guidance counsellor should adopt drug intervention strategy. Such counselling strategies include biblicounselling, self-management and techniques) that can assist in averting drug abuse/addiction. Seminars on drug abuse need to be organized for the students. Chris Foy (2022) recommended adequate psychological treatment such as early intervention, nipping the ugly and hydra headed- monster of downward spiral through proactive and decisive prevention as panacea to these hydra headed problems. Information about drug use and consequence should be disseminated.

Different efforts have been made to checkmate drug abuse such as banning the sales and consumption of these products and establishment of an agency to track the consumers and distributors, yet drug abuse continues to escalate with its attendant consequences to the abusers and the society. The need arose to find a lasting solution to drug abuse. Guidance and counselling being a helping profession has the potential to change undesirable behaviours to desirable ones through group guidance, individual and group counselling using different counselling strategies (Amede, 2021; Elkins, 2020). However there is no literature evidence of the application of counselling strategies in reducing drug abuse among secondary school students in Ukwuani LGA. It is against this backdrop that this study becomes inevitable to examine the viable counselling strategies that can curb drug abuse among secondary school students in Ukwuani LGA of Delta State.

Statement of the Problem

Drug abuse is a problem that is causing serious concern to both individuals and government all over the world. Drug abuse in Nigeria in contemporary times has become an issue that cast a gloomy shadow to the entire Nigerian society, especially among secondary school students. The problem of drug abuse is widely spread and affects all and sundry.

The consequences have resulted to loss of lives and properties. If the situation continues, chaos and lawlessness could become the order of the day. Reports from dailies have also shown that drug abuse wrecks individuals, shatters families and weakens the entire society with its burden of economic losses, health cost and increased lawlessness and crime. Poor academic performance, students missing classes, difficulty in keeping up with academic responsibility, failing tests, dropping out of school due to poor grades have been attributed to drug abuse. If effective strategies are not used to educate the students on the effect of drug abuse, many students will continue to fall victims. The need therefore arose to carry out a study on viable counselling strategies that can curb drug abuse among secondary school students.

Objectives of the Study

This study examined the viable counselling strategies that can curb the incident of drug abuse among secondary school students in Ukwuani of Delta State. Specific objectives include:

1. To determine the causes of drug abuse among secondary school students in Ukwuani of Delta State.
2. To evaluate the signs of drug abuse among secondary school students in Ukwuani of Delta State.
3. Investigate the consequences of drug abuse among secondary school students in Ukwuani of Delta State

4. Examine the counselling therapies that can modify drug addiction among secondary school students in Ukwuani Local Government of Delta State
5. Ascertain the counselling strategies in reducing that can curb the incident of drug abuse among secondary school students in Ukwuani of Delta State.
6. Explain the significantly influence of gender on the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State

Research Questions

5. What are the causes of drug abuse among secondary school students in Ukwuani of Delta A?
6. What are the signs of drug abuse among secondary school students in Ukwuani of Delta State?
7. What are the consequences of drug abuse among secondary school students in Ukwuani of Delta State?
8. What are the counselling therapies that can modify drug addiction among secondary school students in Ukwuani Local Government of Delta State?
9. What are the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State?

Research Hypothesis

Gender does not significantly influence the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State.

Method

The research design adopted for this study was descriptive survey research design. The researcher believed that descriptive survey was best for this research work because it allows a wide coverage within a limited time. The population of the study comprised all school teachers' in Ukwuani, Delta State Nigeria. Consensus samplings method was used in the study since all the 16 public secondary schools in Ukwuani, Delta State were involved in the study. Random sampling techniques were used to select 14 teachers from each of the schools. A total of 224 teachers out of the available 400 constituted the sample size for this study. This sample size is adequate because according to Asika (1991), 10% element selected randomly from a population is to all intents and purposes deemed to be representative of the population and the findings from a study of that sample can be generalized for the population.

Research Instrument

The research instrument used for data collection was a structured questionnaire titled: Counselling Strategies in Reducing Drug Abuse (CSRDA). The questionnaire was used to get the desired information from the respondents. The questionnaire is divided into six sections, Section A contains information on the

biodata of the respondents, section B dwells on causes of drug abuse among secondary school students, C is on signs of drug abuse, section D has items on the consequences of drug abuse, section E was concerned with the counselling therapies that can modify drug abuse among secondary school students while section F was on the counselling strategies for reducing drug abuse. The liker type scale of strongly agreed [SA] 4 points, agreed [A] 3points, strongly disagreed [AD] 2 points and disagreed [D] 1point are used to rate the reaction of the respondents to the items contained in the questionnaires. The weighted mean of 2.5 is used as the benchmark for assessing outcomes.

3.5 Validation of the research instrument

Thus, to ensure the validity of the instrument, the researcher submitted the instrument to some experts in the Faculty of Education, Jabi, Abuja for vetting, correction and approval before distributing it to the respondents to ensure that the items on the instrument was capable of eliciting the needed information in terms of their clarity, appropriateness of language, as well as the overall adequacy of the instruments. They modified it and ensured that the instrument measured the variables it purported to measure and improve the face validity. Experts' contribution of corrections were made, the instrument was therefore considered valid to measure what it intended to measure for the study

The reliability of the instrument was determined by administering it on a sample of 30 school teachers in Ndokwa East Local Government Area of Delta State, which was not part of the original sample population. Based on the data obtained from the respondents, the reliability was calculated using Cronbach's Alpha. The Cronbach's Alpha, analysis of items 1- 50 gave the reliability scale to be 0.79, which was considered adequate for the study.

Procedure for Data Collection and Analysis

A total of 224 questionnaires were administered by the researcher with the help of 3 trained researchers. Retrieval was on-the-spot so as to avoid misplacement and to give the researcher ample opportunity to respond on the spot to any likely question that may arise from filling of the questionnaire. Out of 224 questionnaires administered, 198 were retrieved which amounted to 88%.

The data collected were analyzed with frequency distribution, descriptive statistics, Mean rating statistics and the independent sample test (IST). Hypotheses were tested at 0.05 significant levels. The statistics were chosen for the analysis because of their appropriateness to the research questions and hypothesis.

Results

Research Question 1: What are the causes of drug abuse among secondary school students in Ukwuani of Delta State?

Table 1: Descriptive statistics on the causes of drug abuse among secondary school students in Ukwuani of Delta State

<i>Causes of drug abuse among secondary school</i>					<i>Std.</i>
<i>S/D students</i>	<i>N</i>	<i>Sum</i>	<i>Mean</i>		<i>Dev.</i>
1 <i>Peer group influence</i>	198	574.00	2.8990		.69069
2 <i>Vulnerability of adolescents</i>	198	535.00	2.7020		.74527
3 <i>Experimental curiosity</i>	198	537.00	2.7121		.76268
4 <i>Personality problems due to socio-economic conditions</i>	198	544.00	2.7475		.75190
5 <i>Permissive parenting</i>	198	554.00	2.7980		.71218
6 <i>Availability and accessibility of drugs</i>	198	552.00	2.7879		.76434
7 <i>The need for energy to work for long hours</i>	198	530.00	2.6768		.80390
8 <i>To be outspoken and bold in social situations</i>	198	546.00	2.7576		.69210
9 <i>To overcome life anxieties</i>	198	544.00	2.7475		.73136
10 <i>The need to prevent the occurrence of withdrawal symptoms</i>	198	495.00	2.5000		.85941
<i>Total</i>	1980	5411	2.73		.75

Table 1 showed the mean rating on the causes of drug abuse among secondary school students in Ukwuani of Delta State. Peer Group Influence ranked the highest mean of 2.8990, followed by Permissive parenting (2.7980). Next was Drugs are easily available and accessible (2.7879) and to be outspoken and bold in social situations (2.7576). The least was the need to prevent the occurrence of withdrawal symptoms with a mean of 2.5000. The average mean score of 2.73 is above the benchmark of 2.5. The implication is that there are many causes of drug abuse among secondary school students in Ukwuani of Delta State.

Research Question 2: What are the signs of drug abuse among secondary school students in Ukwuani of Delta State?

Table 2: Descriptive statistics on the signs of drug abuse among secondary school students in Ukwuani of Delta State

<i>Signs of drug abuse among secondary school</i>				
<i>S/Dstudents</i>	<i>N</i>	<i>Sum</i>	<i>Mean</i>	<i>Std. Dev.</i>
11 <i>Sudden and dramatic change in discipline</i>	198	571.00	2.8838	.71364
12 <i>Negative attitude like irrational flare-ups</i>	198	522.00	2.6364	1.15283
13 <i>Memory and perception problems</i>	198	483.00	2.4394	1.15493
14 <i>Depression</i>	198	448.00	2.2626	1.06715
15 <i>Extreme mood swing</i>	198	507.00	2.5606	1.07763
16 <i>Withdrawal from family</i>	198	495.00	2.5000	1.05074
17 <i>Changes in relationships with friends and family</i>	198	493.00	2.4899	1.10256
18 <i>Poor hygiene/changes in physical appearance</i>	198	491.00	2.4798	1.17810
19 <i>Unhealthy peer/dating relationships</i>	198	539.00	2.7222	1.00689
20 <i>Disengagement from school</i>	198	521.00	2.6313	1.14014
<i>Total</i>	1980	5070	2.56	.10

Table 2 above portrays the Descriptive statistics on the signs of drug abuse among secondary school students in Ukwuani of Delta State. The Mean statistics indicated a total sum of 5070 with mean scores of 2.56 and a standard deviation of .10. The average mean score of 2.56 is above the benchmark of 2.5. The implication is that there are numerous signs of drug abuse among secondary school students in Ukwuani of Delta State.

Research Question 3: What are the consequences of drug abuse among secondary school students in Ukwuani of Delta State?

Table 3: Mean rating on the consequences of drug abuse among secondary school students

<i>Consequences of drug abuse among S/D secondary school students</i>		<i>Std.</i>		
	<i>N</i>	<i>Sum</i>	<i>Mean</i>	<i>Deviation</i>
21 <i>Poor relationships</i>	198	486.00	2.4545	1.03023
22 <i>Poor academic achievement</i>	198	580.00	2.9293	.72311
23 <i>Withdrawal from family, keeping secret</i>	198	571.00	2.8838	.71364
24 <i>Lack of motivation, interest in the things or other teenagers enjoy</i>	198	593.00	2.9949	.75062
25 <i>Red watery glassy eye, running nose, not due to allergies</i>	198	561.00	2.8333	.81701
26 <i>Extreme mood swing</i>	198	530.00	2.6768	.77824
27 <i>Criminal tendency</i>	198	577.00	2.9141	.73884
28 <i>Unwanted sexual activity</i>	198	522.00	2.6364	.80550
29 <i>Breaking rules at homes, school and community.</i>	198	569.00	2.8737	.71901
30 <i>Sudden increase or decrease in activity</i>	198	516.00	2.6061	.85873
<i>Total</i>	198	5505	2.78	.79

Table 3 shows mean rating on the consequences of drug abuse among secondary school students in Ukwuani of Delta State. Lack of motivation, interest in the things or other teenagers enjoy has the highest mean of 2.9949. It was followed by Poor academic achievement (2.9293). Next was a criminal tendency (2.9141), Withdrawal from family, keeping secret (2.8838) and Breaking rules at homes, school and community (2.8737). Least item in the table was poor relationships with a mean of 2.4545. The average mean value in the table was 2.78 which were higher than the benchmark of 2.5. The implication is that there are several consequences of drug abuse among secondary school students in Ukwuani of Delta State.

Research Question 4: What are the counselling therapies that can modify drug addiction among secondary school students in Ukwuani Local Government of Delta State?

Table 4: Descriptive statistics on the counselling therapies that can modify drug addiction among secondary school students in Ukwuani Local Government of Delta State

<i>Viable counselling therapies that can modify drug addiction among secondary school</i>				
<i>S/D students</i>	<i>N</i>	<i>Sum</i>	<i>Mean</i>	<i>Std. Dev.</i>
31 <i>Biblicounselling</i>	198	483.002.4394	1.18101	
32 <i>Cognitive behaviour therapy</i>	198	507.002.5606	1.12375	
33 <i>Anger management</i>	198	515.002.6010	1.07929	
34 <i>Role playing</i>	198	480.002.4242	1.04799	
35 <i>Problem solving skills</i>	198	503.002.5404	1.06437	
36 <i>Family Therapy</i>	198	483.002.4394	1.20652	
37 <i>Dialectical Therapy</i>	198	528.002.6667	1.00759	
38 <i>The Matrix Model</i>	198	513.002.5909	1.19615	
39 <i>Eye Movement Desensitization and Reprocessing</i>	198	470.002.3737	1.03821	
40 <i>Motivational Enhancement Therapy</i>	198	483.002.4394	1.18101	
<i>Total</i>	198	4965	2.51	.11

Table 4 portrays the Descriptive statistics on the counselling therapies that can modify drug addiction among secondary school students in Ukwuani Local Government of Delta State. The Mean statistics indicated a total sum of 4965 with high mean scores of 2.51 and a standard deviation of .11. The average mean score is above the benchmark of 2.5. The implication is that there are numerous counselling therapies that can modify drug addiction among secondary school students in Ukwuani Local Government of Delta State

Research Question 5: What are the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State?

Table 5: Descriptive statistics on the viable counselling strategies that are capable of reducing drug abuse among secondary school students in schools in Ukwuani, Delta State

S/D	Counselling strategies in reducing drug abuse among secondary school students	N	Sum	Mean	Std. Dev.
41	Seminars on drug abuse need to be organized for the students	198	531.00	2.8859	.71136
42	self-management and technique that can assist in averting drug abuse/addiction	198	502.00	2.7283	.75536
43	Community-based process	198	503.00	2.7337	.76805
44	Establishing a Therapeutic Relationship and Involving the Family	198	510.00	2.7717	.75536
45	Concentrating on rapport and empathy	198	521.00	2.8315	.71585
46	Problem identification and referral	198	518.00	2.8152	.76722
47	Prevention education	198	496.00	2.6957	.81300
48	Information dissemination	198	512.00	2.7826	.69070
49	Establishment of Drug Awareness Units	198	511.00	2.7772	.73128
50	Establishment of Counseling Centres for Drug Control	198	464.00	2.5217	.87439
	Total	1980	5068	2.75	.76

Table 5 portrays the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State. The Mean statistics indicated a total sum of 5068 with high mean scores of 2.75 and a standard deviation of .76. The average mean score is above the benchmark of 2.5. The implication is that there are countless viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State.

Test of Research Hypothesis

Research Hypothesis 1: Gender does not significantly influence the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State

Table 6: *T-test analysis on the difference between male and female respondents on the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State*

Gender	N	Mean	Std. Deviation	Std. Error	Mean dt	t	Sig.
Male	94	3.1383	.34706	.03580			
Female	104	2.6827	.83914	.08228	196	4.898	.000

At .05 level of significant.

The result in Table 6 shows that there is a significant difference between male and female respondents on the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State., at t (4.898), df= 196, $P < .05$, with a mean of 3.1383 for male and 2.6827 female. Null Hypothesis 1 was therefore rejected. The implication is that there is a difference between male and female respondents on the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State.

Discussion of findings

Research question 1: What are the causes of drug abuse among secondary school students in Ukwuani of Delta State? The finding revealed that there are many causes of drug abuse among secondary school students in Ukwuani of Delta State. It concurs with the view of (Chris Foy, 2022; Dalal, 2020; Jason, 2021) who opined that certain underlying factors and issues contribute to youth drug abuse. Young people who frequently experience disappointment may resort to drug abuse as a form of self-medication. If they cannot find a suitable and healthy outlet for their stress, they may turn to drugs for comfort (Sahu & Sahu, 2012).

Research question 2 sought to determine the signs of drug abuse among secondary school students in Ukwuani of Delta State. The result shows numerous signs of drug abuse among secondary school students in Ukwuani of Delta State. According to Abijo, Huzili and Hanif (2018) citing Lambai and Rokutani, there are different warning signs to identify drug abuse. They are listed as change in school performance, change in peer group, breaking rules at homes, school and community, .extreme mood swing, sudden increase or decrease in activity. changes in physical appearance, .red watery glassy eye, running nose, not due to allergies or cold. Others include lack of motivation, interest in the things or other teenagers enjoy, lying, stealing, and hiding things, cigarette smoking, withdrawal from family, keeping secret and using street/drug language or possession of drugs paraphernalia or items.

Research question 3 States: What are the consequences of drug abuse among secondary school students in Ukwuani of Delta State? The finding revealed that there are several consequences of drug abuse among secondary school students

in Ukwuani of Delta State. This conclusion agreed with many researchers. As the individuals engage in consumption of these drugs, they may engage in behaviours that may damage their educational options, psychological stability and social development (Hall, Pattoon, Lockings, Weier, Lynskey, Morley, 2016). Some researchers has suggested consequences associated with drug abuse such as accidents, fighting, poor relationships, poor academic achievement, criminal tendency, drug addiction, unwanted sexual activity, disease burden and waste of human resources among orders though this is the case with East Africa. (Cheloti, Okoh & Obae, 2018).

Research question 4 sought to explain the counselling therapies that can modify drug addiction among secondary school students in Ukwuani Local Government of Delta State. The analysis revealed numerous counselling therapies that can modify drug addiction among secondary school students in Ukwuani Local Government of Delta State. Chris Foy (2022) recommended adequate psychological treatment such as early intervention, nipping the ugly and hydra headed- monster of downward spiral through proactive and decisive prevention as panacea to these hydra headed problems.

Research question 5 sought to examine viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State. The result revealed that there are countless viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State. This is in agreement with Ezebino (2014) who opined that guidance counsellor should adopt drug intervention strategy. He further Stated that drug intervention strategy is not a confrontation but an opportunity for an addicted student to accept help in taking the first step towards recovery. The intervention agencies include school, peer education, family, non-government organization, health and social marketing. More focused on aversion programs have been utilized to address the issues of students who show the hazard components sketched out in the past segment or who have a background marked by drug abuse (Sussman, Earleywine, Wills, Cody, Biglan & Dent, 2015). The social impact approach is utilized to improve the familiarity with natural and associate

Implications of the Study to School Counsellors

This study scrutinized viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State. The findings of this study may be useful school counsellors several ways. They could use the findings from the study to offer measures of preventing drug abuse in schools through public enlightened campaigns in schools, promotion of awareness on the dangers of drugs and how they affect an individual, the family and the society at large. The outcome of the study would help school counsellors to organize conferences, seminar and workshops for school heads and teachers on how to

properly educate students to avoid drug abuse. Such meetings would bring to the fore the value of morality, the need to be prudent and inculcate a sense of responsibility on every stakeholder concerned in the school setting. Findings of this study would assist school counsellors with skills on how to handle students with drug problems and minimize the adverse effects of drug abuse.

Conclusion

Drug abuse is a problem that is causing serious concern to both individuals and government all over the world. The problem is prevalent among adolescents who in most cases are ignorant about the dangers inherent in drug abuse. Many of them engaged in drug abuse out of frustration, poverty, lack of parental supervision, peer influence and pleasure. The outcome of the study showed that there are many causes and also numerous signs of drug abuse among secondary school students. There are adverse consequences of drug abuse among secondary school students. There are numerous counselling therapies that can modify drug addiction among secondary school students. There are countless viable counselling strategies that are capable of reducing drug abuse among secondary school students. There is a difference between male and female respondents on the viable counselling strategies that are capable of reducing drug abuse among secondary school students in Ukwuani of Delta State. However, school counsellors teachers, parents and guardians should be trained in the act of identifying drug addicts.

Recommendations

1. School counsellors teachers,, parents and guardians should be trained in the act of identifying drug addicts.
2. School counsellors should be provided with skills on how to handle students with drug abuse problems using appropriate counselling therapies and strategies. They should always organize lectures, rallies, seminars and film shows for students on the adverse effects of drug abuse.
3. Government must interfere fast in educating the Nigerian public using mass media about the spreading scourge of drug abuse among our adolescents.
4. Primary healthcare, as the first point of contact for the community, should be equipped to handle drug abuse-related issues, ensuring accessibility, availability, and affordability of public healthcare systems.

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