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DRUG ABUSE AND IMPLICATIONS ON STUDENTS LEARNING: A CONCEPTUAL REVIEW EMPHASIZED ON SOKOTO, NIGERIA

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Abstract

Drug abuse is a worldwide issue threatening almost all aspects of human life. The aim of this paper is to consider a review of concepts of drug abuse and effects on academic/education of learners with a particular emphasis on Sokoto. Drug is a substance that alters the body. Many people administer drugs just for euphoria without proper justification, a condition that is dubbed as drug abuse. Drug abuse is spurred by peers, curiosity, family, accessibility, work, stress and relations. However, effects of drug abuse are multifold, on a major part drug abuse affect health and onward cause poor learning. Most importantly, rehabilitation, religious, law implications, and other policies need to be embraced to deal with drug abuse. The following themes were engaged: drug and drug abuse concepts, classification, common drugs, cause, effects, prevention, etc.

Keywords: Drug, Abuse, Students, Cannabis, Learning, Peer Pressure, Poverty, Laws, Politics, Health

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Introduction

Drug Abuse is an inappropriate consumption or administration of substance that is able to alter the body (Ibrahim et al., 2019). Nowadays, drug abuse is a highly prevalent threat in the entire world, especially in Nigeria. Drug Abuse is disastrous to almost all members of the society in active or passive way. However, youth or younger ones are very vulnerable to precipitating factors of drug abuse (Umar et al., 2023). Aggravated by the rapid changes of the world, drug abuse has continued to be a great stumbling block in education and learning. Drug Abuse has led to poor school achievement, poor school management, poor learning, school violence, poor academic performance, and many other inconveniences in many youngsters (Sarkingobir et al., 2022). Drug abuse has led to increased disease burdens, school drop outs, school absenteeism, malnourished youngsters, indiscipline, and many other effects that are impossible or difficult to tackle without tedious tasks (Hashimu et al., 2017; Sarkingobir et al., 2023).

Potential Effects of Drug Abuse on Learning/Education

Drug Abuse affects learners on numerous instances. One major effect of drug abuse on learners is causing negative outcomes of academic performance. Drugs are able to cause effects on learners, particularly on learning potential because of the followings:

- Drug abuse cause illnesses, hospitalizations ad relations. A sick person could not learn properly.
- Drug Abuse because school drop-out, absenteeism; therefore, negative outcomes of academic performance.
- Drug abuse cause malnutrition and in turn poor cognitive ability.
- Drug abuse cause mental problem, poor cognition, and off course poor learning
- Drugs contain chemicals that affect how brain works, and therefore drug abusers suffer distorted cognition (Murat et al., 2016; Umar et al., 2023ab).

Some empirical works in Sokoto restate the effects of drug abuse among students. Sarkingobir et al., (2023) submitted that, drug abuse elicits drop outs, and reduces academic potential of students in Sokoto, Nigeria. Tambari et al., (2023) show that substance abuse affects cognitive ability of some selected youths in Gwadabawa, Sokoto State, Nigeria. Ibrahim et al., (2022) submitted impacts of drug abuse on academic performance of

students at Sokoto Polytechnic, and show that, drug abuse is a major issue causing a declining academic/educational progress in the state. Ibrahim et al., (2017) studied effects of drug abuse on some secondary school students and the practice had affected academic performance negatively. Hashimu et al., (2017) submitted that, drug abuse among females at Sokoto Polytechnic as dangerous behavior that affects education.

Drug and Drug Abuse Concepts

A drug is worldwide thing, that has been important in human life from the time immemorial to date. A drug is an entire name given to all manner of substance that when administered changes the mental or physical or physiological state of the body. A drug has the ability to alter how body works or behaves. Drug abuse is an abnormal or wrong or excessive consumption (administration) of substances. A drug abuse is a behavior of taking drugs that is not in conformity with medical approval or socially acceptable way in the society. Some drugs are licit, allowed by the law to a certain provision; while other drugs are not allowed by the law. Lawful and allowed drugs such as diazepam, Benylin, permoline, valium etc are drugs that are allowed to be utilized in the hospital as prescription drugs. However, when taken without order could lead to hazards and harmful consequences. Some of the drugs that are illicit such as cocaine, heroin, LSD (Vilchez, 2018; Nasiru et al., 2019abc; Tukur & Sarkingobir, 2024).

Importance of Education to Health

Education is a major key material that drives each context in the human ecology and social position (Ibrahim et al., 2017). Education elicits advantages that help in predisposing humans to further benefits in life. Education influence the cognitive and non-cognitive values, access to economic benefits (resources), and human capital development aspects (such as problem solving potential, skill, traits, personal control, effectiveness). Personality ideals such as agreeableness, emotional stability, openness to experience, conscientiousness. Economic resources, aa well as social resources such as earnings, wealth, social support, social network, employment, etc are some benefits of education (Abdullahi, 2018; Bello, 2021; Sarkingobir et al., 2023).

At community level, education is indeed a vital tool that help in increasing food access, physical facilities, health care accessibility, economic community resources, reduction in crime and violence. Youngsters experience affect later life. Some of the experience at younger life stage that affect further life stage include, home quality, unstable home, unstable community, family neighbor, socioeconomic status of family, homelessness, and stress can affect health and tendency to drugs and other risky behaviors in later life; as well as education in general (Musa, 2014).

Biology of humans affect the future in terms all aspects. For instance, children exposed to poor and stressful life can develop a poor brain architecture as well as functions. Early life problems have the ability to disrupt hormonal systems and later health suffer problems consequently (Iheoma & Uchenna, 2020; Tambari et al., 2023).

Classification of Drugs

The most commonly mentioned hazardous drugs in the society are classified as follows:

Stimulants- Stimulants are drugs substance that are able to cause mental alertness, increased body activity, increased desire; for example, nut, tea, cocaine, caffeine.

Amphetamines- Amphetamines that used to increase sense of wellbeing, reduce fatigue, increase verbal performance. Students, drivers, farmers and others utilized these drug forms (Kavitha et al., 2022).

Depressants- Those are drugs that are used to reduce body activity, body responsiveness, cause sleep, and reduced coordination; for example, opium, morphine, heroin, alcohol, methadone, valium, tranquilizer, alcohol (Kavitha et al., 2022).

Hallucinogens- Hallucinogens are psychedelic substances that induce radical change in the mental state of drug users. They cause euphoria, depersonalization, and disorientation. They are literally known as mind blowers such as marijuana, mescaline, LSD, and phencyclidine (Mamman, 2014; Kaluwe, 2019; Manish et al., 2020).

Common Examples of Drugs Misused Nowadays

There many drugs that are being misused among various age-groups in disparate societies. Some the common drugs are as follows:

Cough syrup- Cough syrup drugs are diverse and are supposed to be medically indicated to cure cough symptoms. However, many of the cough syrups such as codeine, tutolyn, emzolyn, benylin etc are being abused hazardously. Cough medicines reduce body activity, reduce responsiveness, cause sleep and poor coordination among the abusers (especially the youth) (Ghosh & Huat, 2011; Khan et al., 2019).

Alcohol- Alcohol is a common drug in both Muslim and non-Muslim societies, albeit Muslims are prohibited from alcohol, many are into that hazardous substance. A drunkard can be identified with his bad odor, sluggishness, and talkativeness. It is hazardous because it causes accident, heart problem, home breakage, liver problem, etc (Essack et al., 2020).

Cannabis- Cannabis is from a plant called *Cannabis sativa*, that is being illegally used among many in Nigeria in urban and rural places. Signs of cannabis abused include, fear, hunger, cough, unnecessary laughter, unnecessary thinking, false images, carelessness, etc. Effects of cannabis abuse include, madness, weak, addiction, giving birth to deformed child, respiratory problems, etc (Akanbi et al., 2015).

Inhalants- Inhalants include solution, glue, petrol, kerosene, etc. Kerosene is a liquid substance obtained through crude oil and supposed to be used as fuel. However, some people use petrol as a drug of abuse. Petrol is obtained after refinement of oil and is a common fuel used worldwide. Drug abusers take petrol to be fearless, strong, and superior. Glue is a sticky liquid material used to join woods, rubber, etc. Some youth take glue to behave fearlessly. Solution is a sticky substance used to repair punctured car tires, bicycle tires, and bike tires. Youth take solution to behave sluggishly and experience a false sense of euphoria (Corrigan, 1995; Christine, 2011).

Cigarette is a plant-based drug having a main substance called nicotine. Smokers of cigarettes are identified with body dour, reduced body weight, addiction, respiratory problems, blacken skin, blacken lips, etc. Hazards of cigarettes include cold, rib pains, lung disease, cancer, etc (Ibrahim et al., 2022).

Drug Abuse Stages

There are four stages involved in drug abuse behaviors as follows;

Experimental Stage- At this level young naive people begin to consume drugs because they are curious. Sometimes this stage is easily halted due bad experience or interventions.

Occasional drug abuse- At this juncture, a person only takes drugs due to occasions or events that are mostly periodical.

Regular abuse- Regular drug abuser consume or administer drug regularly, such as those taking cigarettes almost every day. Intervention might be difficult at this level, there is need for concerted and uninterrupted efforts.

Dependence/ addiction stage- Dependence stage is the highest step of drug abuse whereby the drug consumer has strong quest for the drug and is very difficult to halt despite (Abdullahi, 2018).

Signs of Drug Abuse

Parent, wards, and other stakeholders should take heed of changes in their young ones in order to take proper measures if there is any unusual behavior. Some of the signs are as follows:

Drug paraphernalia- Seeing drug items like pipes, small bottles, sunshade glasses, dour of drugs, possession of specific plants

Drug culture- Drug cultures been done by the person involved such as slogans, magazines, and hostility.

Physical body determination- Signs of physical body determination such as poor physical outlook, poor concentrations, poor coordination, incoherent speeches.

Sudden change in school performance- Observation of sudden changes relating to school such as absenteeism, owing of money, indiscipline, forgetfulness, anger, hostility, excessive sleeping.

Other behaviors- Teachers and parents should take heed on any misnomer behaviors such as being behind in class, school absenteeism, change in friends, bad friends, fighting, vandalism, loss of weight, theft, cheating, verbal abuse, unrealistic goal setting (National Institute on Drug Abuse, 2014; Akanbi et al., 2015; Abdulllahi, 2018; Bensaid et al., 2021; Umar et al., 2023ab).

Potential Causes of Drug Abuse

Potential causes of drug abuse are many, some of them are listed underneath:

Peer pressure- Peer pressure is a major concern in drug abuse discussion because the influence of peers is very irresistible on many occasions and has resulted in influencing many to drugs and other bad behaviors.

Examination- Some people take drugs in order to help them acquire strength to read or pass an examination especially during difficult times.

Sporting activities- Young people need to perform well at sport; thus, in a view to have a boosted performance energy they take drugs that stimulate the human body.

Unemployment- An idle man is a devil sprit, many people that are unemployed resort to drugs due to poverty and lack of jobs to serve as a false remedy.

Politics- Politicians give youths drugs to have them used in their political biddings such as political campaigns, political thuggery, clashes etc.

Occupational Demands- Many people take drugs due to their job nature such as in the case of drivers taking drugs to avoid sleepy or sleep, farmers to have energy to work, truck drivers, laborers, etc.

Poverty- Research has shown that, people from poor background are more likely to engage in drug abuse than others.

Accessibility to drugs- Whenever drugs are accessible, people tend to take it more. Because, people are bound to commit wrong things if there are no laws (Dada et al., 2015; Murat et al., 2016; Abikwi & Okafor, 2022; Sarkingobir & Tukur, 2024).

Effects of Drug Abuse on Individuals and Societies

Drug abuse has several effects on individuals and society such as spread of diseases, failure in life, prostitution, crime rate raise, violence, moral decadence, low productivity, mental illness, etc. Drug abuse is a harm with disparate effects, some of which are mentioned below:

Spread of diseases- During injection of drugs there has been an increased prevalence of transmittable infections spread. Likewise, intoxicated people engage in risky behaviors such as unprotected sex, and in turns increase disease spread.

Accident- Intoxicated people do not follow pedestrians' codes when walking along the roads and while driving. In turns this unruly behavior cause a lot of accidents.

Mental health problems- A lot of people have turned imbecile and mentally retarded because of chemicals of drugs being abused.

Prostitution- Drug abusers have no sexual maturation, engage in all sorts of vices and off course there are both hidden and open consequences such as transmission of diseases.

Low productivity- People intoxicated with drugs produce low, are poorly healthy; albeit only healthy people can work effectively.

Crime- Drug leads to prevalence of crime such as stealing, rape, murder, armed robbery, burglary etc

Violence- It has been reported and noticed on countless times how drug abusers commit violence on internal family members and members of the community due to drug intoxications (Wairagkar etal., 1994; Amua-Sekyi, 2013; National Institute on Drug Abuse, 2014; Ekeagwu, 2018; Enambe & Eba, 2021; Elshafie et al., 2023).

Prevention of drug abuse

A person shall not befriend drug abusers, drug pushers, and drugs shall not be at youngsters rich without proper restrictions. Likewise, the adult shall not be allowed to reach any form of drug of abuse without due protocols (Wairagkar et al., 1994).

Agencies for drugs such as Neuropsychiatric hospitals, NDLEA, drug clubs, police shall take drug fight to the maximum, abide by laws strictly without corruption. Indeed, proper law and policy implications shall be a priority to scuttle drug accessibility and abuse (Musa, 2014).

Community shall have made appropriate efforts in scuttling drug sells and drug pushers especially by inviting the drug agencies to take right actions (Mbaruku & Otieno, 2022).

Drug education, involved informing the public at formal (example school) and non-formal settings (mass media) to have an enlightened society and members (Idid & Hashi, n.d.; Khan et al., 2018).

Rehabilitation of drug addicts and simple abusers shall be made priority by establishing centers at all strategic communities, because drug abuse can be rehabilitated. It is the

responsibility of wealthy people, community, and government to ensure that (Wu et al., 2016).

Religious interventions involving participation of mosques, clerics, teachers, churches, etc could be used to deliver preaching, sermons, aimed at rehabilitating drug abusers to repent and to warn non-users to abstain drugs at all cost (Usman et al., 2022; Sarkingobir, 2023).

Conclusion

Drug abuse is a behavior of practice of administering any substance that alters the body and consequently bringing harmful effects. People that into drugs are affected by diverse problems especially sickness of various kinds. Drugs cause school drop-out, absenteeism, sickness, malnutrition, etc. All these factors affect learners and in turn resulting to poor learning outcomes.

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