STUDY ON SUBSTANCE USE AMONG UNDERGRADUATE STUDENT IN TERTIARY INSTITUTION

(A CASE STUDY OF KWARA STATE POLYTECHNIC, ILORIN)

BY

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CERTIFICATION

This is to certify that the research project titled which is substance use among undergraduate student in tertiary institution in Ilorin metropolitan was carry out by **Abdulazeez Zainab Adeola**, with matriculation number **ND/23/STA/FT/0048**. In partial fulfillment for the requirement for the award of National Diploma, in the department of statistics, Kwara State Polytechnic, Ilorin.

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EXTERNAL EXAMINER   DATE

DEDICATION

This research work is dedicated to Almighty Allah the giver and the taker of life, for his guidance since the inception of this programme till date And also to my parent, Mr. and Mrs. Abdulazeez Jimoh. May Almighty Allah give them long life to eat the fruit of their labour

ACKNOWLEDGEMENTS

ABSTRACT

The study investigated the factors influencing substance abuse among undergraduate students in Kwara State; Nigeria. A sample of 1, 50 undergraduate students were randomly selected from five institutes in Kwara State polytechnic in Ilorin. Factors Influencing Substance Abuse Questionnaire (FISA) was developed by the researcher to collect the relevant data. Data collected were analyzed using Descriptive Statistics. The findings of the study showed that more Female Students were involved in substance use than Male students.

The study also revealed that more Rural students were involved in substance used than Urban students. The study recommended that counselors should be organizing different programs to promote healthy living among undergraduate students

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CHAPTER ONE

1.0   Introduction

The current trend of substance abuse among youth is a major national concern, it is troubling, it has derogatory effects on youth such as health and behavioral problems, or even death.

Substance use among undergraduate students as become a growing concern in many part of the world, including Nigeria. In recent years, the Ilorin metropolis-home to several tertiary institutions such as the University of Ilorin, Kwara State University and Kwara State Polytechnic-has witness a noticeable rise in the use of substances such as alcohol, cannabis, tramadol, codeine- base cough syrups, and other psychoactive drugs among students' academic performance but also to their physical health, mental well-being and social relationships.

The period of undergraduate student study in often characterized by a transition from adolescence to adulthood, which comes with increased independence, peer pressure, stress, and exposure to diverse social environments. Many students, in an attempt to cope with academic stress, personal issues, or to conform to peer expectations, resort to the use of substances. Unfortunately, this often leads to addiction, academic failure, risky behaviors, long-term health complications.

Despite various efforts by institution, religion groups and public health agencies to curb this menace, substance use remains a persistence issue in tertiary institution across the Ilorin metropolis. Understanding the underlying causes, patterns, effects of substance use

among undergraduates is therefore essential for developing effective prevention and intervention strategies.

This study seeks to explore the prevalence, causes, types of substances commonly used, and the consequences of substance use among undergraduate students in Ilorin. It also aims to highlight possible solutions that can be implemented by educational institutions, parents, and policy-makers to address this pressing issues.

1.1   Background of the study

According to Falco (1988); as cited by Sambo (2008) viewed that "chronic use of substance can cause serious, sometimes irreversible damage to adolescents' physical and psychological development.   Therefore, the issue of substance abuse has become a Worrisom Phenomenon, because youth are dying morally, socially, psychologically and physically. Currently, drugs ranging from alcohol, cigarettes, marijuana, cocaine, heroin to hashish and many others are readily available to youth in Nigeria and this has made many youths to be perpetrators of social vices in the society.

Mercy, (2003) described substance abuse as problematic use of alcohol, tobacco, or illicit and /or prescription drugs and it has been referred to as nation's number one health problem.   While, David, Derald & Stanley (1990) refers to substance abuse as a pathological pattern or excessive use, intake of a substance even though it may be causing physical damage, jeopardizing safety (such as driving a car while intoxicated) or impairing social relationships and occupational functioning. Need for substance may

lead to a pre-occupation with its acquisition and use.

1.2   Statement of the problem

The physical, psychological, social and economic consequences of the drug problems among youth are becoming more obvious and disturbing. Young people who persistently abuse substances often experience an array of problems including academic difficulties, health related problems (including mental health), poor peer relationships and involvement in social vices such as stealing, bullying, secret cult activities all these have negative consequences on family members, community and the entire society. According to report from Osun State NDLEA (2010) about eight-four students were caught abusing drug in the year 2009, while, many of them are yet to be caught. Studies have shown that youth constitute the high-risk group of drug dependence and substance abuse (Obot, 1989, NDLEA, 1996).

It is logical to think that if this problem of substance abuse persist among undergraduate students it may be difficult for such students to obtain good academic performance, there is also the tendency for increase in anti-social tendencies and behavioral problems among undergraduate students in and outside the school. This unfortunate, anti-social behavior therefore, calls for some intellectual effort to be made to empirically find out the factors influencing substance abuse among undergraduate students in Osun State. This is with the view of suggesting possible way of curbing and preventing substance abuse among this vulnerable but very significant group of people in our society.

1.3 Aim and Objectives

    i.   To know if place of residence affect drug abuse

    ii.   To know if the substance are used to obtain desired effects

    iii.   To know if the addiction to substance exposes the person to mental illness and disease

    iv.   To know if the drug use affects attention, processing speed and sleep of the people

1.4 Significance of the study

This research work shall go along ways to assist in understanding the effects of agencies monitoring the substance use among undergraduate student in tertiary institution in Ilorin metropolis a case study of Kwara Stater Polytechnics.

It is hoped that the Kwara State Government will use the findings of this study to imbibe effective techniques and proper sanitary condition of the metropolis. similarly, it is expected that the national health planners and policy marker will use the finding to design strategies for the improvement of sanitary procedures for combating the pollution related diseases in this part of the country.

1.5 Scope of the study

The world health organization (WHO,1980) modified self-administered questionnaire for student drug use survey was adopted for the study. The questionnaire had previously been reported to have acceptable reliability and in this environment. The questions consist of socio-demographic characteristic questions and use of specific substance questions and

factors contributing to drug use.

The self-administered questionnaires were distributed for filling through the class's coordinator to randomly selected participants in March/April 2025 the returned questionnaires were thereafter analyzed.

1.6   Limitation of the study

It is expected that this study experiences the following limitations. Firstly, this work will not be able to study all the area in Ilorin as such this may in a way limit the scope of the study.

Secondly, it expected that the respondent may not want to divulge certain data required for the study and this may in a way reduce the quality of the data study. However, the researcher will try is best to mitigate these limitations and others unforeseen ones. this will be done by structuring and designing the instrument for data collection to elicit known sensitive information from them.

CHAPTER TWO

2.1 Literature review

Substance use refers to the consumption of psychoactive or mood-altering substance such as alcohol, tobacco, cannabis, codeine, Tramadol, and other illicit or prescription drugs Among youths, particularly undergraduates, substance use is a growing concern due to its negative implications on academic performance, mental health, and social behavior (World Health Organization,2020)

Prevalence of Substance Use Among Students

Several studies have documented a high prevalence of substance use among under graduate students in Nigeria. According to Adewuya et al. (2016), over 30% university students have engaged in some form of substance use, with alcohol, cannabis and most commonly abused. similarly, Yusuf (2019) found that polytechnic students, including these in Kwara State Polytechnic, often experiment with substances due to per influence and stress related factors.

2.2 Substance Use in Ilorin Metropolis

Ilorin, the capital of Kwara State, is home to multiple tertiary institutions including the university of Ilorin, Kwara State Polytechnic, Al-hikma University, and others. Studies in the metropolis have shown that substance use is prevalent among students, often beginning in secondary school and intensifying during undergraduate years (Olawuyi & Fagbemi, 2018). These behaviors are frequently linked to urbanization, exposure to social media, and lack of parental supervision.

Factors Influencing Substance Use

The causes of substance use among students are Multifactoria. a study by Bello et al. (2017) in Kwara State identified key facilities including:

i. Peer pressure

ii. Academic stress

iii. Family background and poor parental monitoring

iv. Accessibility to drugs within the community

v. curiosity and need for social acceptance

Additionally, male students and these living off-campus were found to have higher tendencies towards substance use.

Effects of substance use on academics and social life

Substance use among students is associated with range of adverse outcomes. it often results in poor academic performance, class absenteeism, aggressive behavior, and even school dropout (Okafor & Obi, 2015). long term use can lead to dependency, mental health issues, and conflict with school authorities. within Kwara State Polytechnic, anecdotal reports suggest that substance use contributes to Declining cases and declining academic Engahement.

2.3 Intervention and control measures

Tertiary Institution, including Kwara State Polytechnic, have made efforts to address substance use through Counselling units, awareness programs, and collaboration with health agencies. However, these measures are often underfunded or lack students

engagement. According to Adebayo (2020), effective intervention requires a holistic approach involving education, regulation, peer mentoring, and strong institution policies The literature underscores that substance use among undergraduates in Ilorin metropolis, and specifically within Kwara State Polytechnic, is a serious concern. its prevalence is driven by social, psychological, and environmental factors. there is a pressing need for targeted, evidence-based interventions of students in polytechnic settings.

CHAPTER THREE

3.1 Methodology

This study adopted a descriptive survey research design to investigate the prevalence and pattern of substance use among undergraduate student across selected institute within Kwara State Polytechnic, Ilorin. This design was chosen to allow for the Systematic collection and analysis of data from a representative sample.

Method of data collection

This study aims to investigate substance use among undergraduate students in tertiary institutions within the Ilorin metropolis. The primary method of data collection will be through the use of a structured questionnaire.

Population of study

The population for this study comprised all undergraduate students enrolled in five selected academic institutes. Within Kwara State:

1. Institutes of technology

2. Institute of finance and management studies

3. Institute of information and communication technology

4. Institute of environmental studies

5. Institute of basic and applied sciences

Sample size and sampling technics

A total of (50) students were selected from five Institute using a stratified random sampling technique. each Institute represented a stadium. From each Institute, students

were randomly selected across different departments to ensure a fair representation of the entire student population.

Instrument for data collection

Data were collected using a structured, self-administered questionnaire designed by the researcher. The questionnaire consisted of three sections:

   i.   Section A: Socio-demographic information (age, gender, institute, level of study, etc.)

   ii. Section B: Use of substances (types of substance used, frequency, age of initiation, etc.)

   iii. Section C: perceived reasons for substance use (peer pressure, academic stress, curiosity, etc.)

The questionnaire was validated by experts in public health and behavioral sciences. a pilot study was conducted among 50 students in a non-selected institutes to ensure reliability and clarity.

Data collection procedure

After obtaining ethical clearance and institutional permission, the questionnaires were distributed by trained research assistants during lecture-free periods. Instructions were given to guide students on how to complete the forms. Participation was voluntary, and all responses were anonymous.

3.2 **Statistical methods**

From table 4.1 Factors affecting substance use and drug abuse:

Descriptive statistics are used to summarize and describe the basic features of a data set. The give simple summaries about the sample and the measures. In this case, the table summarizes responses from 50 participants regarding factors influencing substance and drug abuse.

The mean is simply the average score that participants gave to each statement or factor. In this case, 50 people (N=50) rated how much they agree or disagree with each statement using a **scale from 1 to 5,** where:

1= Strongly Disagree

2= Disagree

3= Neutral

4= Agree

5= Strongly Agree

So, the mean helps us understand the **overall opinion** of the group.

The mean shows us **how much the respondents believe** that each factor contributes to **substance use and drug abuse**:

   i.   A **higher mean** (**closer to 5**) = **More agreement** (respondents think that factor strongly contributes).

  ii.   A **lower mean** (**closer to 1**) = **Less agreement** (respondents think that factor does not contribute much).

From table 4.1.1 Effects of drug and substance abuse among students:

The **mean** is the **average score** that students gave when asked how much they agree

with each statement about the effects of drug and substance abuse.

The students responded on a **scale of 1 to 5**:

   1= Strongly Disagree

   2= Disagree

   3= Neutral

   4= Agree

   5= Strongly Agree

So the **mean shows how strongly students, on average, believe that each statement is true**.

i.   A **mean close to 5** means that **most students agree or strongly agree** with the statement.

ii.   A **mean close to 1** means that **most students disagree or strongly disagree**.

iii. A **mean around 3** shows that **students are neutral** or have mixed opinions.

CHAPTER FOUR

4.1 Data analysis

The data collected through structured questionnaire were coded, entered, and analyzed using the statistical package for the social sciences (SPSS) version (insert version) Descriptive statistics such as frequencies, percentages, means, and standard deviation were used to summarize the responses and answer the research questions.

TABLE 4.1.

Factors affecting substance use and drug abuse.

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
1. place of residence affects drug abuse	50	1.00	5.00	4.1800	1.00387
2. drug use due to previous experience	50	2.00	5.00	3.7600	.98063
3. physiological intolerance lead to substance and drug abuse	50	1.00	5.00	3.8000	1.04978
4. family background affect substance use	50	1.00	5.00	3.6400	1.02539
5 .the settings/area for use influence substance use	50	1.00	5.00	3.5200	1.09246
6. substance are used to obtain desired affects	50	1.00	5.00	3.9200	1.12195
7. substance use influenced by peer pressure/friends	50	1.00	5.00	3.9000	1.07381
8. misplaced priority affects substance use	50	1.00	5.00	3.7800	.99571
9. amount of money at student disposal affect substance use	50	1.00	5.00	3.3800	1.14089
10. drugs are used to change experiences	50	1.00	5.00	3.2000	1.04978
11. moral upbringing affect use of drugs	50	1.00	5.00	3.2200	1.23371
Valid N (listwise)	50				

TABLE 4.1.1

Effects of drug and substance abuse among students

Descriptive Statistics

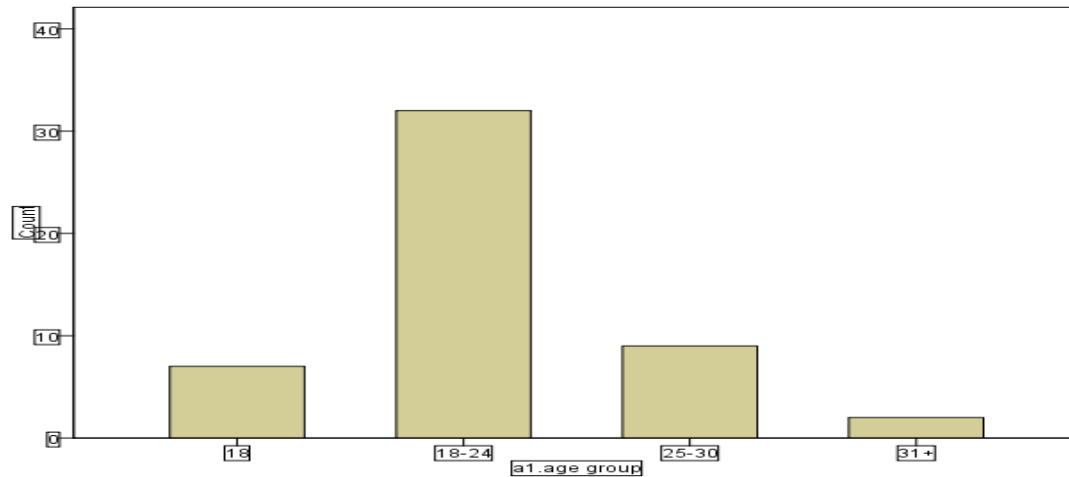|	N	Minimum	Maximum	Mean	Std. Deviation
1. substance use affects persons thimking	50	2.00	5.00	4.1400	.98995
2. substance abuse increases risk of sexually transmitted infections	50	1.00	5.00	3.6800	1.23619
3. users mental judgement is seriously impaired/damaged	50	2.00	5.00	3.9000	1.03510
4. substance use affects brain systems attender age	49	1.00	5.00	3.9184	1.03756
5. drug abused have overall negative impact on user career and future development	50	1.00	5.00	4.0200	.86873
6. addiction to substance exposes the person to mental illness and disease	50	1.00	5.00	3.9200	.89989
7. it damage persons ability to think and communicate adequately	50	1.00	5.00	3.5000	1.03510
8. it affects adequate participation and engagement in life	50	1.00	5.00	3.8200	1.06311
9. substance affects performance in school,or at work	50	1.00	5.00	3.5400	1.21571
10. substance abuse potentially harm unborn baby and pregnancy	50	1.00	5.00	3.7400	1.10306
11. drug use affects attention,processing speed and sleep of the people	50	1.00	5.00	3.3800	1.14089
Valid N (listwise)	49				

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Figure 4.1.

From figure 4.1, Student aged 18-24 were the most involved in drug abuse based on the data collected.

The under 18 and 31+ age groups show very low involvement.
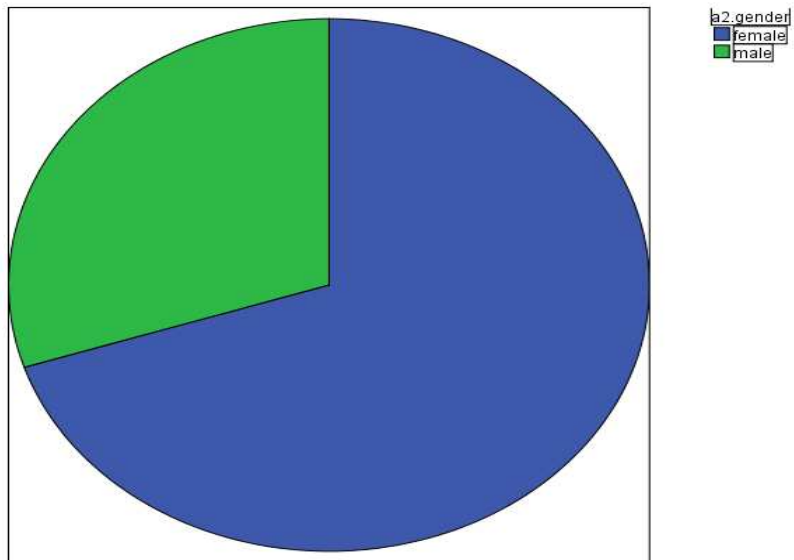
The 25-30 age group has moderate involvement.

Figure 4.2

From figure 4.2 The **blue portion** (about **70-75%**) indicates a **larger number of respondents** chose this option.

The **green portion** (about **25-30%**) indicates a **smaller number of respondents** chose this alternative
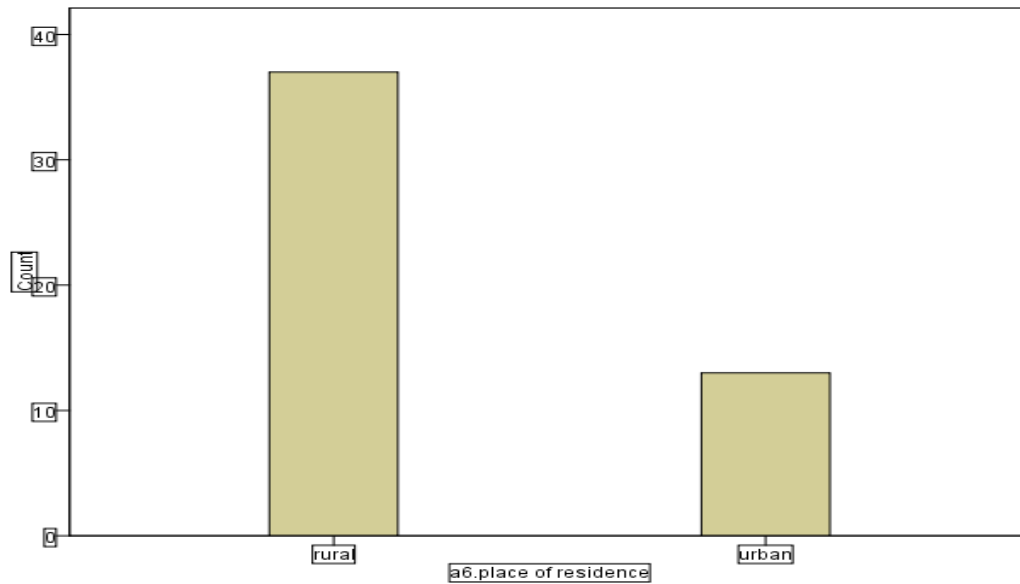
Figure 4.3

From figure 4.3 **More students from rural areas** were involved in substance use than students from urban areas.

This difference is visually clear because the **bar for rural students is much higher** than the one for urban students.
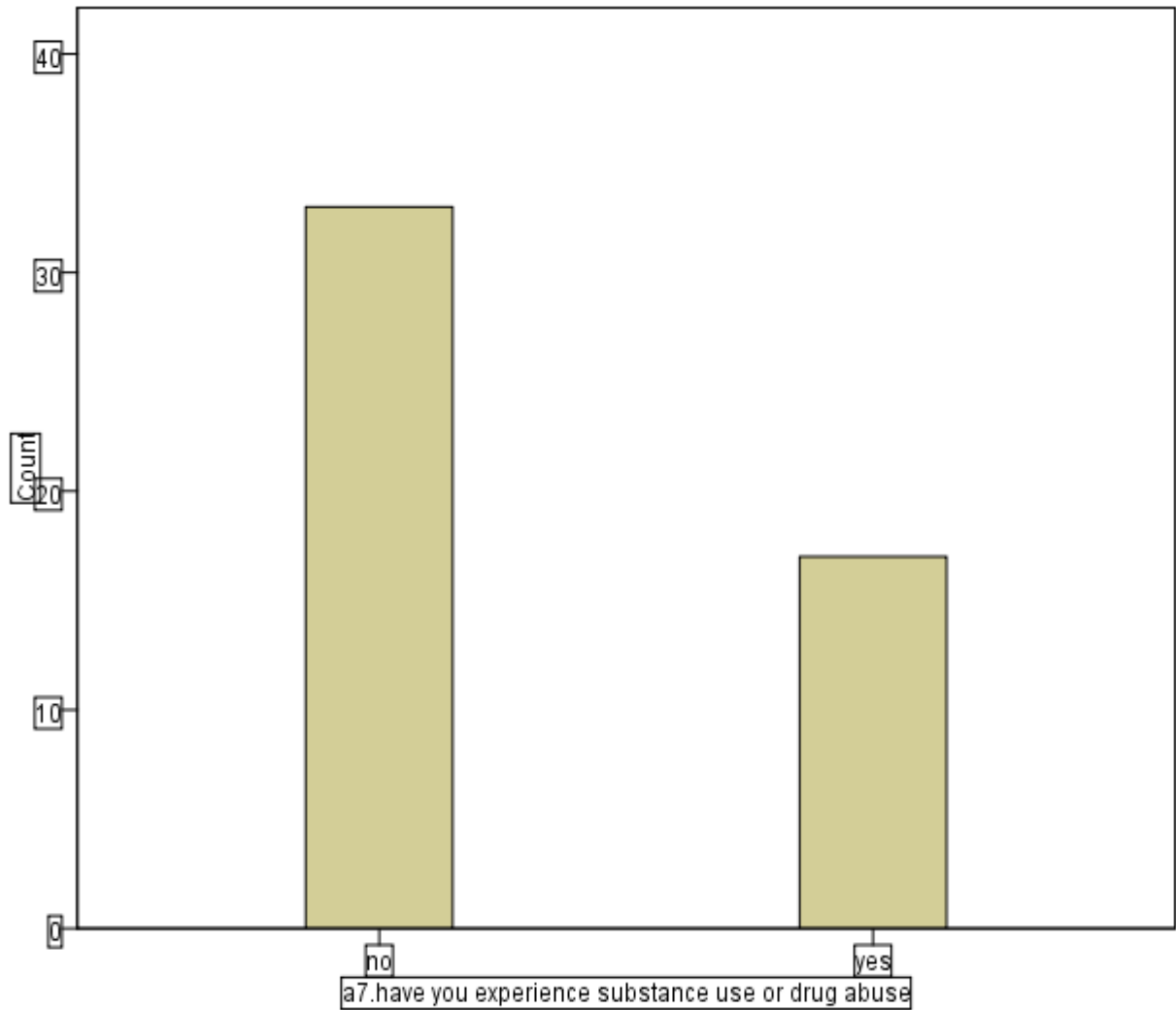
Figure 4.4

From figure 4.4 The **left bar** is **taller**, indicating that **more students responded "Yes"**, meaning they **experience substance use or drug abuse**.

The **right bar** is **shorter**, meaning **fewer students answered "No"** indicating they do not have such experiences.

CHAPTER FIVE

Summary, Conclusion and Recommendation

5.1 summary of findings

From the data analyzed, the study yielded the following key findings:

i.   prevalence of substance use:

ii.   Approximately 46% of respondent reported using one or more substances.

iii.   Commonly Abused Substance:

iv.   The most frequently used substance when alcohol (74%), cigarettes/tobacco (34.8%), SHISHA cigarettes/tobacco (31.9%), and cannabis (25.4%).

v.   Reasons for substance use:

vi.   The primary factors influencing substance use included peer pressure (47.8%), stress relief (30.4%), curiosity (20.3%), and academic pressure (18.8%).

vii.   Effects on Academics:

viii.   39.1% reported a decline in academic performance.

ix.   44.9% admitted to missing classes due to substance use.

x.   A few faced disciplinary actions due to their behavior linked to substance use.

xi.   Demographic Influence:

xii.   More Female students were involved in substance use than Male students.

xiii.   students age 21-25 were the most involved in drug abuse.

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Conclusion

Substance use among undergraduate student in Ilorin tertiary institutions poses a serious threat to academic success, mental health, and societal stability. the high rate of usage, driven by peer influence, stress, and curiosity, calls for immediate attention from stakeholders. with collaborative and consistent intervention strategies, this growing trend can be curtailed, ensuring a healthier, more productive student population.

5.2   Recommendation

1. Awareness Complains:

Lauch continuous anti-drug education and awareness programs in all tertiary institutions.

2. Peer Support Group:

Encourage the information of student-led support groups that promote drug-free lifestyles.

3. Counseling and Mental Health Services:

Establish accessible counseling centers on campuses to help students deal with stress and personal issues.

4. stricter Institutional Policies.

Institution should enforce drug policies strictly, including regular monitoring and appropriate penalties for violations.

5. Parental and Community involvement:

Strengthen family involvement in monitoring and supporting students emotionally and morally.

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