



## **PEER INFLUENCE AND SELF-ESTEEM AS CORRELATE'S OF SUBSTANCE ABUSE AMONG SECONDARY ADOLESCENTS IN EDO STATE NIGERIA.**

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### **ABSTRACT**

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*This study examined peer influence and self-esteem as predictors of substance abuse by sex and school ownership among secondary school adolescents in Ovia North East Local Government Area of Edo State, Nigeria. The correlational survey research design was used. The population of the study comprised of 11985 students in both public and private senior secondary schools in Ovia North East Local Government Area of Edo State. Simple random sampling technique was used to select a sample of 450 students. The findings showed no significant difference in the relationship between peer influence and substance abuse based on sex as well as self-esteem and substance abuse based on sex. A significant difference in the rate of substance abuse was observed between public and private schools. It was therefore recommended that Seminars should be organized for students on how to build and maintain healthy self-esteem, while schools should ensure that they have a working counselling centre and professional counsellors who can offer group and individual counselling sessions for victims of substance abuse with more attention given to public school's adolescents.*

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**Keywords:** *Peer Influence: Self Esteem: Substance Abuse: Sex: School Ownership.*



## INTRODUCTION

Substance abuse has been perceived as a major contributor to suicide, homicide, poisoning, sexual assault and the spread of infectious disease among youth around the world (Salas-Wright et al., 2017). About one out of every 20 adults in the world, ages of 15 and 64 years are confirmed drug abusers, resulting in over 29 million people worldwide suffering from drug abuse disorders (United Nations' World Drug Report, 2018). Substance abuse is now recognized as a significant public health problem worldwide (Akindipe et al., 2021; cited in Anyanwu et al., 2016). The use of substances by youth is described primarily as intermittent or intensive (binge) drinking and characterized by experimentation and expediency (Degenhardt et al., 2016; Morojele et al., 2016; Romo-Avilés et al., 2016). Substance abuse often develops in the transitional phase of adolescence, a time when puberty and physical growth are occurring and when a young person seeks independence (Morojele et al., 2016) and majority of youths ignorantly depend on one form of substance or the other for various daily activities such as social, educational, political and moral (Gobir et al., 2017). While, students involved in drugs and substances abuse are affected socially,

academically and psychologically leading to expulsion from school, some of them also drop out of schools become delinquents and join gangs, other users may end up in hospital wards or are convicted and incarcerated for diverse crime while some may end up having mental problems.

In Nigeria today, Substance abuse is a general problem, especially in areas where there is no adequate supervision or control of students. It is not a new phenomenon but one that is growing at an alarming rate in every country in the world including Nigeria (Obiechina et al., 2016). These substances may include alcohol, tobacco, hallucinogens (alpha-methyltryptamine, ketamine, phencyclidine, D-lysergic acid) and illicit drugs (cocaine, heroin, marijuana, rohypnol) (WHO, 2014; Duru et al., 2017). According to Danjuma et al., (2015), youth make use of pit toilet/soak away fumes (bio generic gas), gun powder, lizard dung especially the whitish part, goskolo (a concoction of unimaginable harm). Some youths also use gadagi (a substance resembling tea leaves), robin blue powder cocktails to feel high, and pharmaceutical products such Rohypnol, Codeine, Tramadol, and cough syrup mixed with soft drinks. Nigeria has also been rated as the highest consumer of cannabis and amphetamines in Africa



Introduction (UNODC 2011). A study conducted using a representative sample of Nigerian adults reported that a high proportion (58%) use alcohol, followed by tobacco (17%), sedatives (14%), cannabis (3%), while other substances constituted the remaining 8 % (Gureje, Degenhardt, Olley, Uwakwe, Udofia, Wakil, Adeyemi, Bohnert, & Anthony 2007).

There is an association between low self-esteem and negative outcomes for young people's behavioural and mental health problems, including health-compromising behaviours such as substance abuse, early sexual activity, and eating problems (Keane et al., 2017). It is disturbing that youths are involved in dangers inherent in substance abuse in their formative years, making experimentation of substances common among secondary school students as observed by the researchers. Zolala et al. (2016) stated that men and women embarked on drug use for different reason and that their level of addiction differs. The zeal to quench emotional pain, inability to say no to friends, the drive to feel strong and manly among reasons why men engage in drug use. For the women, the reasons are for general health improvement; higher work performance; difficulty in delivery; tackling emotional upset etc. (Zolala et al., 2016). Persons under the

influence of drug are involved for so many reasons, while that of the women differ significantly from that of the men. Women are involved in drug use so as to reduce weight, control exhaustion, and in an effort to treat psychological illness and coping with pains (National Institute on Drug Abuse, 2020). Thibaut (2018) had established the fact that males abuse drugs more often than females, and that males are prone to more health-related consequences than females.

Dimas et al. (2021) in study examined the prevalence of substance abuse and its determinant factors among youths in Jigwada Area, Keffi, Nasarawa State Nigeria, using a cross-sectional survey design, with a sample size of 198 from a total population of 405 substance users. The result indicated that Male participants differ significantly than Female participants in substance abuse as the male participants were more addicted to substance use [ $t(196) = 3.486, p < 0.05$ ]. Laanyan (2014) cited in Okoye (2019), carried out a study on the influence of peer pressure on drinking alcohol among Chinese college students, where he employed 951 students (Freshman, Sophomore, and Junior) from a University in central China who volunteered to participate in the study. The result indicated gender differences and subgroup differences for perceived peer



pressure. Furthermore, researchers who studied substance abuse that found drugs such as cocaine, ecstasy, and heroin and alcohol abuse rates were higher among males than females (Denham, 2014; Hassan et al., 2014; Popovici et al., 2014).

The lower the self-esteem the higher the susceptibility to peer pressure and this is because when self-esteem is low there's a strongly felt need to receive acceptance and to avoid ridicule from external sources like authority figures and peers, so as to fill up the psychic space where self-esteem is supposed to be (Schreiner, 2016). Okafor (2019) examined the causes of drug and substance use at the University of Ilorin, Kwara State, Nigeria. The study revealed that low self-esteem was a strong factor that aided drug abuse; that there was no significant difference based on gender. In a study conducted by Muritala et al., (2015) on impact of substance abuse on academic performance among adolescent students of colleges of Education in Kwara State, Nigeria, the result revealed that a significant difference existed between academic performance and students who abuse drugs and a significant difference existed by gender among adolescent substance abusers on the basis of academic performance. Onoja (2010) compared the prevalence of drug abuse among public and private secondary

schools in Jos, Nigeria, and found that drug abuse was more prevalent in private than in public schools. Akanni and Adayonfo (2015) researched on correlate of psychoactive substances use among Nigerian adolescent and found that there was no association between tobacco use and school type.

The future of any nation or society depends largely on the quality of her youths. It is therefore highly regrettable that our youths are exposed to the dangers inherent in substance abuse in their formative years. Experimentation with substances common among secondary school students and other prevalent in the society. Drugs and substances have an impact on performance because they affect students' health, discipline, behaviour and participation in learning. Students' inability to cope and manage academic challenges and the quality of peer relationships seems to be affected by their level of self-esteem (Kanafani, 2014). This makes them vulnerable to the indiscriminate use of drugs. Students with chronic self-esteem issues may take on behaviours that reinforce their feelings of inadequacy, including substance abuse because they believe they have little to live up to. When adolescents use drugs or alcohol as an artificial boost to low self-esteem, they are attempting to function in situations where they



lack confidence. They suffer from feelings of worthlessness, inferiority and emotional instability, which leads to dissatisfaction with life and most times substance abuse.

### **Objective of the Study:**

The study objectives is to investigate the relationship between peer influence and self-esteem on substance abuse by sex and school ownership among senior secondary school adolescents in Ovia North East Local Government Area of Edo State, Nigeria.

### **Research Questions**

1. Is there a difference in the relationship between Peer influence and substance abuse based on sex among senior secondary school adolescent in Ovia North East Local Government Area?
2. Is there a difference in the relationship between Self-esteem and substance abuse based on sex among senior secondary school adolescent in Ovia North East Local Government Area?
3. Is there a difference in the relationship between public and private schools in substance abuse among senior secondary school adolescents in Ovia North East Local Government Area?

### **Hypotheses**

1. There is no significant difference in the relationship between Peer influence and substance abuse based on sex among senior secondary school adolescents in Ovia North East Local Government Area.
2. There is no significant difference in the relationship between Self-esteem and substance abuse based on sex among senior secondary school adolescents in Ovia North East Local Government Area.
3. There is no significant difference in the relationship between Public and private schools in substance abuse among senior secondary school adolescents in Ovia North East Local Government Area.

### **Ethical Considerations**

Ethical clearance for this particular research was obtained as follows; the principals of the selected schools were informed and then teachers of the randomly selected students were instructed by the principals to assist the researchers in explaining the reasons for the consent forms to the students and this was to boost the students confidence as regards confidentiality after which assent



letters were signed by recipients and returned to the researcher, attesting to voluntarily participate in the study. The consent letters were given to them to also send to their parents. The signed consent letters by parents were returned to the researchers through the teachers to give consent for their wards to participate in the present study for before copies of the questionnaires were administered.

### Methodology

Correlational survey research design was used in the study. The dependent variable; substance abuse among senior secondary school adolescents and the independent variables were peer influence and self-esteem with the intervening variables of sex and school ownership.

### Participants

The population of this study consisted of a total of eleven thousand nine hundred and eighty-five (11,985) students in both Public and Private Senior Secondary schools in Ovia North East Local Government Area of Edo State. There are 6060 students in public senior secondary schools in Ovia North East Local Government Area of Edo State, from all 28 public senior secondary schools in Ovia North East Local Government Area, comprising of a total of 2903 boys and 3157 girls who enrolled in 2021/2022 academic session. There are 5925 students in private senior secondary schools, consisting of 3015 boys and 2910 girls from all 37 private senior secondary schools in Ovia North East Local Government Area who enrolled for 2021/2022 academic session as evident in the tables in appendix A and B below.

**Table 1: Total number of Students in Public and Private Senior Secondary Schools in Ovia North East LGA of Edo State**

<i>School Type</i>	<i>Total number of schools</i>	<i>Total number of Boys</i>	<i>Total number of girls</i>	<i>Grand Total</i>
Public	28	2,903	3,157	6,060
Private	37	3,015	2,910	5,925
Total	65	5,918	6,067	11,985

**Source:** Department of Planning and Statistics, Ministry of Education, Benin City, Edo State (2022)



### Sample and Sampling Technique

The multistage sampling procedure was adopted for this study. **Stage 1:** three (3) public senior secondary schools and three (3) private senior secondary schools in Ovia North East Local Government Area which were selected by the researcher using stratified random sampling technique. A list of sixty-five (65) schools were written on pieces of

paper, folded and put in a bag and three (3) schools each were randomly selected from both public and private senior secondary schools for this study. **Stage 2:** A proportional sample of 75 students were drawn from each school, making a total sample of four hundred and fifty (450) senior secondary students as shown in the table below.

**Table 2: Public and Private Senior secondary schools selected as sample of the study**

<i>S/N</i>	<i>Name of schools</i>	<i>School Type</i>	<i>Number of Students</i>
1	Army Day Secondary school, Isihior	Pubic	75
2	Okada Grammar School, Okada	Public	75
3	Ekosodin Secondary School, Ekosodin	Public	75
4	Wisdom Gate International College, Iduowina	Private	75
5	Excellence Group of School, Isihior	Private	75
6	Jubilee Academy Group of Schools, Isihior	Private	75
Total			450

### Instrument

The instrument used for the study was a questionnaire titled "Substance abuse, Peer Influence and Self-Esteem Scale" adapted from Drug Use Questionnaire (DAST-20) by Skinner (1982); Peer Influence, Aggressive behaviour and Attitude to Vandalism Survey Scale (PIAGAVSS) and Parenting Styles and Self-Esteem Questionnaire (PSSEQ). From Drug Use Questionnaire the researcher adapted: the meaning of substance

abuse and 11 items (items 1,2,3,4,5,6,9,12,15,16 and 17). These items constituted the substance abuse scale. From Peer Influence, Aggressive Behaviour and Attitude to Vandalism Scale, 7 items were adapted (item 1,2,3,6,7,8 and 9) to form item 23-31 of the peer Influence scale. From Parenting Styles and Self-esteem Questionnaire, 9 items were adapted (items 1,2,3,4,5,6,7,8 and 10) to form items 23-31 of the Self-esteem scale. 7 items were generated by the





researcher, making a total of 34 items. Item 1 to 11 elicits information about substance abuse, item 12 to 22 elicits information about peer influence, and item 23 to 34 elicits information about self-esteem.

## Results and Discussion

**Hypothesis One:** There is no significant relationship between Peer influence and substance abuse based on sex among senior secondary school adolescents in Ovia North East Local Government Area.

**Table 3: Fishers Z-Test of Peer Influence and Substance Abuse among Senior Secondary School Adolescents based on Sex**

<i>Sex</i>	<i>N</i>	<i>R</i>	<i>Zr</i>	<i>Z-Cal</i>	<i>Z-Value</i>
Male	250	0.581	0.6625	0.610321	1.96
Female	200	0.54	0.6042		

Table 3 shows Fishers Z-Test of peer influence and substance abuse based on sex. The coefficient value for male is 0.581 and that of female is 0.54, with an alpha level of 0.05, the calculated Z-Value of 0.610 is less than the critical Z-Value of 1.96. With this the null hypothesis is retained. This indicates that there is no significant difference in the relationship between peer influence

and substance abuse among senior secondary school adolescents based on sex.

**Hypothesis Two:** There is no significant relationship between Self-esteem and substance abuse based on sex among senior secondary school adolescents in Ovia North East Local Government Area.

**Table 4: Fishers Z-Test of Self-esteem and Substance Abuse among Senior Secondary School Adolescents based on Sex**

<i>Sex</i>	<i>N</i>	<i>r</i>	<i>Zr</i>	<i>Z-Cal</i>	<i>Z-Value</i>
Male	250	0.206	0.2132	1.287642	1.96
Female	200	0.0902	0.0902		

Table 4 shows Fishers Z-Test of self-esteem and substance abuse among senior secondary school adolescents based on sex. The coefficient value of male is 0.206

and that of female is 0.0902, with an alpha level of 0.05, the calculated Z-Value of 1.288 is less than the critical Z-Value of 1.96. With this the null hypothesis is retained. This





indicates that there is no significant difference in the relationship between self-esteem and substance abuse among senior secondary school adolescents based on sex.

**Hypothesis Three:** There is no significant difference in the relationship between Public and private schools in substance abuse among senior secondary school adolescents in Ovia North East Local Government Area.

**Table 5: Independent Sample t-Test Showing the Difference between Public and Private Schools in Substance Abuse among Senior Secondary School Adolescents**

<i>School Type</i>	<i>N</i>	<i>Mean</i>	<i>S.D.</i>	<i>df</i>	<i>t-Value</i>	<i>Sig. (2-tailed)</i>
Public	225	38.8711	4.2914	448	7.39	0.000
Private	225	35.5511	5.19343			

Table 5 shows the difference between public and private schools in substance abuse among senior secondary school adolescents. A total of 225 students in public schools and 225 students in private schools responded to the instrument and the mean obtained for public schools and private schools are 38.8711 and 35.5511. The standard deviation for this distribution is 4.29143 and 5.19343 for public and private schools respectively. The degree of freedom is 448 and the t-Value is 7.392. The presentation had a P-Value of 0.000 while the alpha level is 0.05. The critical t-Value for this distribution is 1.96. Since the t-Value obtained is greater than the critical t-Value and the p-Value is less than the alpha value, it

then implies that there is a significant difference between public and private schools in substance abuse among senior secondary school adolescents. Thus, the null hypothesis which states that "there is no significant difference between public and private schools in substance abuse among senior secondary school's adolescents" is rejected. Therefore, there is a significant difference between public and private schools in substance abuse among senior secondary school adolescents in favour of public schools.

### Discussion

The findings revealed no significant difference in the relationship between peer influence and



substance abuse among senior secondary school adolescents based on sex. This is in contrast to earlier researchers who found the abuse of drugs such as cocaine, ecstasy, and heroin and alcohol abuse rates were higher among males than females (Denham 2014; Hassan et al., 2014; Popovici et al., 2014). Laanyan (2014) as cited in Okoye (2019) also indicated gender differences and subgroup differences for perceived peer pressure. Dimas et al. (2021) which asserted that male differ significantly than female in respect to substance abuse.

It was also deduced from the findings that no significant difference existed in the relationship between self-esteem and substance abuse among senior secondary school adolescents based on sex. This lends credence to Okafor (2019) study in Nigeria which revealed that low self-esteem was a major consequence of drug abuse and that gender did not difference significantly. Again, the aforementioned deduction contradicts Muritala et al., (2015) who found a significant difference between the academic performance and students who abuse drugs and those who do not and there is significant gender difference among adolescent substance abusers on the basis of academic performance.

Finally, a significant difference was observed between public and private schools in substance abuse among

senior secondary school's adolescents and from the table it was observed from the mean that public schools were more prone to substance abuse. This is in inline with Onoja (2010) whose finding revealed that drug abuse was more prevalent in private than public schools. Again, Akanni and Adayonfo (2015) found that there was no association between tobacco use and school type.

### **Conclusion**

This study has provided meaningful insight into peer influence and self-esteem as correlates of substance abuse among senior secondary school adolescents in Ovia North East Local Government Area of Edo State, Nigeria. It was concluded from the study that no significant difference existed in significant the relationship among peer influence, self-esteem and substance abuse. However, a difference was observed between public and private schools in substance abuse among senior secondary school students in Ovia North East Local Government Area of Edo State, Nigeria.

### **Recommendations**

It is recommended as follows:

1. Seminars should be organized for students on how to build and maintain healthy self-esteem, how to resist negative peer pressure that make adolescents victims to substance abuse



2. Secondary schools should ensure that they have a functional counselling centre and professional counsellors who can offer group and individual counselling sessions for victims of substance abuse and also promote awareness on abstinence.
3. Government and non-government organizations in all levels should periodically organize sensitization and awareness programs on the dangers of substance abuse to secondary school adolescents through various media platforms.

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## APPENDIX A

### Population of Public Senior Secondary School students who enrolled for 2021/2022 academic session in Ovia North East LGA of Edo State

Public Schools	SS1			SS2			SS3			Grand Total
	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	
A1	95	128	223	88	123	211	62	64	126	560
A2	179	199	378	117	121	238	67	70	137	753
A3	18	12	30	21	26	47	28	28	58	163
A4	17	20	37	8	12	20	10	8	18	75
A5	16	28	44	18	30	48	60	30	90	182
A6	68	59	127	75	75	150	39	53	92	369
A7	40	38	78	46	41	87	36	60	96	261
A8	51	79	130	88	90	178	60	66	127	434
A9	-	-	0	-	-	0	-	-	0	0
A10	10	10	20	15	10	25	10	12	22	67
A11	14	26	40	18	27	45	12	21	33	118
A12	-	-	0	-	-	0	-	-	0	0
A13	5	7	12	11	11	22	38	55	93	127
A14	19	21	40	17	18	35	36	28	66	129
A15	7	8	15	19	10	29	29	41	70	104
A16	150	140	290	120	145	265	108	107	215	770
A17	4	2	6	7	12	19	15	26	41	66
A18	30	41	71	68	70	138	65	83	148	362
A19	22	26	48	21	29	50	28	30	58	156
A20	-	-	0	-	-	0	-	-	0	0
A21	1	1	2	1	-	1	28	30	58	61
A22	20	25	45	22	18	40	10	15	25	97
A23	53	47	100	35	34	69	26	20	46	215
A24	12	18	30	24	26	50	35	45	80	160
A25	20	25	45	22	18	40	20	20	40	125
A26	43	20	63	45	32	77	70	89	159	299
A27	45	23	68	25	20	45	64	70	134	247
A28	13	17	30	18	25	45	32	55	87	160
<b>Total</b>	<b>952</b>	<b>1024</b>	<b>1972</b>	<b>949</b>	<b>1022</b>	<b>1972</b>	<b>993</b>	<b>1136</b>	<b>2116</b>	<b>6060</b>





## APPENDIX B

### Population of Private Senior Secondary School students who enrolled in 2021/2022 academic session in Ovia North East LGA of Edo State

Private Schools	SS1			SS2			SS3			Grand Total
	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	
B1	13	10	23	2	4	6	-	-	0	66
B2	18	12	30	7	13	20	-	2	2	67
B3	20	34	54	17	29	46	2	10	12	155
B4	26	17	43	18	25	43	13	13	26	57
B5	19	21	40	20	33	53	20	15	35	150
B6	7	5	12	6	6	12	1	3	4	52
B7	-	-	0	-	-	0	-	-	0	6
B8	21	16	37	14	25	39	20	3	23	122
B9	4	4	8	6	6	12	-	-	0	31
B10	22	29	51	19	31	50	41	22	63	126
B11	4	5	9	-	-	0	-	-	0	19
B12	21	29	50	22	31	53	41	42	83	146
B13	21	41	62	13	25	38	28	22	50	90
B14	42	38	80	32	35	67	40	31	71	279
B15	22	20	42	18	12	30	15	12	27	101
B16	3	4	7	3	3	6	-	-	0	23
B17	14	11	25	11	14	25	28	22	50	101
B18	10	11	21	9	5	14	7	5	12	73
B19	2	2	4	3	1	4	5	3	8	17
B20	6	3	9	14	12	26	28	32	60	69
B21	8	4	12	10	2	12	15	12	27	51
B22	14	10	24	10	8	18	13	15	28	61
B23	21	20	41	-	-	0	-	-	0	107
B24	27	20	47	15	16	31	40	38	78	188
B25	3	6	9	8	5	13	7	4	11	34
B26	15	9	24	17	18	35	14	12	26	76
B27	8	13	21	12	15	27	10	18	28	53
B28	-	-	0	-	-	0	-	-	0	61
B29	22	20	42	28	20	48	17	16	32	117
B30	8	6	14	6	5	11	9	7	16	69
B31	21	18	39	14	13	27	16	16	32	84
B32	3	4	7	-	-	0	-	-	0	33
B33	5	5	10	6	4	10	7	3	10	39
B34	10	5	15	10	11	21	8	8	26	47



B35	-	-	0	-	-	0	-	-	0	74
B36	-	-	0	-	-	0	-	-	0	48
B37	15	16	31	18	18	36	30	20	50	123
<b>Total</b>	<b>476</b>	<b>467</b>	<b>943</b>	<b>390</b>	<b>443</b>	<b>833</b>	<b>475</b>	<b>406</b>	<b>881</b>	<b>5925</b>