



# LAUTECH JOURNAL OF NURSING

**VOL. 12, JANUARY, 2023**

**ISSN 2659-1405**

**Impact Factor Value of 0.861 based on International Citation Report for year 2020/2021**



***A Publication of the Faculty of Nursing Sciences,  
College of Health Sciences,  
Ladokpe Akintola University of Technology, Ogbomosho, Nigeria***

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**12TH EDITION  
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**ISSN 2659-1405**

12th Edition LAUTECH Journal of Nursing (LJN)

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ISSN 2659-1405

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VOLUME 12, JANUARY, 2023

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Ladoke Akintola University of Technology,  
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**Printed and published in Nigeria by**

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# AWARENESS, PERCEIVED CAUSES AND EFFECTS OF SUBSTANCE ABUSE AMONG UNDERGRADUATES AT COLLEGE OF HEALTH SCIENCES, LADOKE AKINTOLA UNIVERSITY OF TECHNOLOGY, OGBOMOSO

OLUWATOSIN COMFORT OLARINDE; DANIEL DURODOLUWA FALETI  
& DAMILOLA MOJISOLA FALETI

## ABSTRACT

Substance abuse continues to be a social health challenge in Nigeria among youths, as there is a rise in the number of those who engage in it. They are found to be between the ages of 10 and 24 years. In lieu of this, this study examines the perceived causes and effects of substance abuse among undergraduates at Ladoke Akintola University of Technology, Ogbomosho. A cross-sectional survey design was used for this study. A stratified sampling technique was used to select 251 undergraduates from 200L to 500L in different departments in the college of health sciences, LAUTECH namely: nursing, medicine, biochemistry, anatomy, physiology and medical laboratory science. The instrument used in the conduct of this study was a self-designed questionnaire. Data collected were analyzed using both descriptive and inferential statistics (chi-square test) at 95% confidence level, and a P-value of  $<0.05$  was considered significant. The result of this study showed that the level of awareness on substance abuse among respondents was high ( $\bar{x}=3.37$ ) and the sources of awareness were class lectures (78.9%), Seminars/Workshops friends (78.1%), Families (73.3%), television (77.7%), internet (88%) and religious/social gatherings (77%). Further findings revealed that Parental influence (59.3%), Peer pressure (99%), Availability of the illicit drug (85.2%), To feel good (78.1%), Low grades (71%), Affordability (62.1%), Lack of moral and spiritual development activities on campus (65%) and Lack of punishment for offenders on campus (71.4%) were perceived causes of substance abuse among undergraduates. Lastly, the perceived effect of substance abuse among undergraduates includes downward performance in school (86.8%), aggressive behaviour (92.5%), poor physical coordination (92%), memory loss (79.7%), financial hardship (65.7%), poor relationship with people (78.5%), psychiatric problems (89.3%) and loss of ambitions (90%). Hypothesis was tested and findings revealed that there was a statistical association between the age and gender of the study participants with their level of awareness ( $\chi^2=32.718$ ;  $P=0.000$ ;  $\chi^2=7.354$ ,  $P=0.007$ ), Second hypothesis noted that there was no statistical association between their department and their level of awareness ( $\chi^2=3.739$ ,  $P=0.588$ ). In Conclusion, measures need to be put in place to address the factors responsible for this menace.

**Keywords:** causes; effects; substance abuse; undergraduates; measures.

## INTRODUCTION

Substance abuse, also referred to as the illicit use of drugs, has been recognised to be a growing and burdensome public health issue among youths, especially within the educational system. It is a global and social health issue. United Nations Office on Drugs and Crime describe Nigeria as one of the current highest consumers of cannabis and amphetamine in Africa (UNODC) (2018) and World Health Organisation (2021) refers to substance abuse as a harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Substance abuse is also defined to as the usage of substances in a harmful way for mood-altering purposes (Buddy, 2020). Substance abuse is one of the social vices that must be eradicated (Adekeye *et al.* (2015). It is a great problem to global health as it poses threat to socioeconomic, physical, and educational sectors which result in ineffective work pattern, bad family life, legal problem, inability to cope in school and addiction Anetor & Oyekan-Thomas, (2018).

Idowu, *et al.* (2018) also reported that studies recorded high levels of substance abuse in college students. For instance, about two-thirds of teens attending schools in Osun, Nigeria, reportedly used substances in both rural (65.7%) and urban (66.0%) areas. According to another report, 69.3% of middle school students living in Igboora in South western Nigeria are currently using at least one illicit drug. A survey of junior high school students in Port Harcourt, southern Nigeria, also found that 30.6% of respondents had drunk alcoholic beverages before the survey. In another study, 15.3% of students in Ibadan, South-West Nigeria use illicit drug. In addition, another survey of junior high school students in Osogbo, South western Nigeria, 20.3% of

students reported a prevalence of substance abuse.

Existing studies have shown that substances mostly abused among undergraduates include mild stimulants, sedatives, alcohol, tobacco, marijuana (Makanjuola *et al.*, 2007; Akindutire & Adegboyega, 2012). Averagely, individuals aged 15 years or older drink 6.2 litres of pure alcohol in a year and its abuse results in 3.3 million deaths annually. A minimum of 15.3 million individuals have disorders related to drug use and 120 out of 148 countries involves in injecting drug use reported HIV infection. In 2008, 3.5% - 5.7% of the world's population aged 15 - 64 years had used psychoactive substances with cannabis as the most abused: others include amphetamines, cocaine, opioids, tranquilizers, hallucinogens and inhalers (World Health Organization, 2021; United Nations Office on Drugs and Crime, 2018).

Most undergraduates are in the stage where they are curious to try new things; they therefore, experiment with the substances on themselves rather than getting the information from others. They also abuse drugs to feel good, to be bold and have strength (Adekeye *et al.*, 2015; Lawal & Aliyu, 2020). Some of the substances abused like mild stimulants are socially acceptable and not expensive and are used while preparing for examinations (Makanjuola *et al.*, 2007). Biological factors such as gene, the effect of one's environment of the gene, developmental stage, ethnicity, gender and also, environmental factors such as school, neighbourhood and parental influence are responsible for substance abuse (National Institute on Drug Abuse, 2020). Other factors responsible for substance abuse among young people include curiosity, increased relaxation money, peer pressure, financial constraints at home (Idowu *et al.*, 2018; Johnson *et al.*, 2017).

Substance abuse among undergraduates is associated with rape, accidents, crime, low grade, cult related issue, suicide attempts, aggressiveness, lack of sleep, headache, changing friends, mental problem, inadequate concentration, hand tremor and increased blood pressure, increased risk of contracting HIV and other sexually transmitted infections gotten from sharing of unsafe needle, poor social life, absenteeism, dropping out of school, prostitution,

homicide, legal repercussions, troubles with police, decreased work, engaging in unprotected sex, lung disease, heart disease, addiction, gastrointestinal disease, issues with parents, depressive illness, unintentional injuries, physical fights, illegal behaviour, intoxication while working, absenteeism, violent crime, theft, loss of money, indiscipline, problems with teachers, and break-up of relations, financial problem and damage to objects (Adekeye *et al.*, 2015; Ekpenyong & Aakpege, 2014; Akindutire & Adegboyega, 2012; Tulu & Keskis, 2015; Babalola *et al.*, 2013; Ibrahim *et al.*, 2013; Osman *et al.*, 2016; United Nations Office on Drugs and Crime. Drug use in Nigeria, 2018).

One of the key impacts of illicit drug use on society is the negative health consequences experienced by its members. Drug use also puts a heavy financial burden on individuals, families and society (World Health Organisation, 2021). Also, the danger of substance abuse among undergraduates cannot be overemphasized as it has a lot of negative implications on students, with the university environment giving young people access to maximum freedom in most aspects of life like academics, religion and social life and often making them vulnerable to the use of different substances (Adekeye *et al.*, 2015). This is also prevalent in Nigeria as previous studies have revealed a great burden of substance abuse on adolescents and youths as there is a rise in the number of those who abuse substances between the ages of 10 and 24 years (Anetor & Oyekan-Thomas, 2018). Although several studies on different aspects of substance abuse have been carried out in Nigeria among community youths, secondary school students and undergraduates. The aim of this study is to examine the perceived causes and effects of substance abuse among undergraduates in the College of Health Sciences, Ladoke Akintola University of Technology, Ogbomosho.

## Objectives

1. To determine the awareness level of substance abuse among undergraduates at College of Health Sciences, Ladoke Akintola University of Technology, Ogbomosho.

2. To identify the sources of awareness of substance abuse among undergraduates at College of Health Sciences, Ladoke Akintola University of Technology, Ogbomosho.
3. To identify the perceived causes of substance abuse among undergraduates at College of Health Sciences, Ladoke Akintola University of Technology, Ogbomosho.
4. To determine the perceived effects of substance abuse among undergraduates at College of Health Sciences, Ladoke Akintola University of Technology, Ogbomosho.

## METHODS

A cross-sectional descriptive survey design was used for this study. This study was conducted among undergraduates at Ladoke Akintola University of Technology, Ogbomosho. The study population are students of the College of Health Sciences of the institution from 200L to 500L in different departments namely: nursing, medicine, biochemistry, anatomy, physiology and medical laboratory science. A sample size of 251 students was calculated from the study population of 4096 students using an online sample size calculator with the following parameters: confidence level (95%) and margin of error (6%). The sample was chosen using stratified sampling technique. The instrument used in the conduct of this study was a self-designed questionnaire, consisting of closed-ended and open-ended questions, divided into six sections.

The instrument used was subjected to scrutiny by senior researchers to make sure there is face and content validity, assessing the adequacy, appropriateness and completeness of the content of the instrument to ensure it measures the scope of coverage of the content area to be measured. The reliability was also tested with a Cronbach's alpha test score of 0.781. A 10-item questionnaire was used to assess the level of awareness among respondents on substance abuse. Answers are provided using a five-point Likert scale (0=strongly disagree, 1=disagree, 2=undecided,

3=agree and 4=strongly agree, leading to a score range of 0–40, where a score of 0-15 indicates a low level of awareness, 16-25 indicates an average level of awareness and 26-40 indicates a high level of awareness. A 10-item questionnaire was used to assess the sources of awareness on substance abuse among respondents which include class lectures, seminars/workshops, friends, families, television, radio, newspapers, internet, religious gatherings and other sources.

An 8-item questionnaire was used to assess the perceived causes of substance abuse among undergraduates. Answers are provided using a five-point Likert scale (1=strongly disagree, 2=disagree, 3=undecided, 4=agree and 5=strongly agree. An 8-item questionnaire was used to assess the perceived effects of substance abuse among undergraduates. Answers are provided using a five-point Likert scale (1=strongly disagree, 2=disagree, 3=undecided, 4=agree and 5=strongly agree. An 8-item questionnaire was used to assess the perceived measures to curb substance abuse among undergraduates. Answers are provided using a five-point Likert scale (1=strongly disagree, 2=disagree, 3=undecided, 4=agree and 5=strongly agree.

Data concerning socio-demographic factors were collected, including age, gender, departments, level of study, ethnicity, and religion. Data were analyzed using the Statistical Package for Social Science (SPSS) version 25.0. Descriptive statistics (example, mean, frequencies, percentages) and inferential statistics (chi-square test) were carried out (and presented in tables). Categorical variables (socio-demographic variables) were compared with their level of awareness on substance abuse, interpreted with 95% confidence level, and a P-value of <0.05 is considered as significant. Formal permission was obtained from the ethical review committee of Ladoke Akintola University of Technology, Ogbomosho before conducting the study. Study objectives were explained to the respondents and informed consent was obtained before the study. Discrimination among respondents was avoided and there was no overt or covert coercion,

thereby giving the respondents freedom to participate or to opt-out of the study. Information given by the respondents was treated with confidentiality while plagiarism and falsification of data were also avoided.

with a mean age of  $21.88 \pm 3.09$  years. Majority of the respondents are females 161 (64.1%) with most of the study participants 94 (37.5%) in 300L. Most of them, 88 (35.1%), are in the physiology department, with the least, 3 (1.2%) in the Anatomy department. A large proportion of the respondents, 242 (96.4%) belong to the Yoruba ethnic group while most of them, 199 (79.3%) are Christians.

## RESULTS

Table 1 shows that, most of the study participants, 149 (59.4%) are within the age range 21-25 years

**Table 1: Socio-demographic factors of respondents**

N = 251			
<i>Variables</i>		<i>Frequency</i>	<i>Percentage</i>
Age (in years)	16 – 20	80	31.9
	21 – 25	149	59.4
	26 – 30	20	8.0
	31 – 35	2	0.8
	Total	251	100.0
Gender	Male	89	35.5
	Female	161	64.1
	No response	1	.4
	Total	251	100.0
Level of Study	200	37	14.7
	300	94	37.5
	400	46	18.3
	500	71	28.3
	No response	3	1.2
	Total	251	100.0
Ethnicity	Yoruba	242	96.4
	Igbo	2	.8
	Hausa	2	.8
	Others	5	2.0
	Total	251	100.0
Religion	Christianity	199	79.3
	Islam	49	19.5
	Traditional	2	0.8
	No response	1	0.4
	Total	100	100
Department	Anatomy	3	1.2
	Biochemistry	52	20.7
	Medicine	17	6.8
	MLS	30	12.0
	Nursing	61	24.3
	Physiology	88	35.1
	Total	251	100.0

Level of Awareness on Substance Abuse among Respondents

Table 2 shows that most of the respondents, 243 (96.8%), have heard about substance abuse. A greater number of them 192 (76.5%) strongly believe that substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs for mood-altering purposes and 206 (82.1%) strongly believe it is harmful. Majority, 146 (58.2%) also believe strongly that psychoactive substance use can lead to dependence syndrome. However,

there are divergent views on predisposing factors to substance addiction. While most of the study participants 102 (40.6%) agree that no single factor establishes whether an individual will become addicted to drugs, 36 (14.3%) disagree while 48 (19.1%) are undecided. Many of them, 139 (55.4%) also believe that treatment for substance abuse and addiction can be delivered in different settings while 12 (4.8%) are undecided. This result implies that the level of awareness on substance abuse among respondents is high (3.37)

**Table 2: The level of awareness on substance abuse among respondents**

Variables	N = 251						Mean Score = 3.37
	SA (%)	A (%)	U (%)	D (%)	SD (%)	NR (%)	
I have heard about substance abuse	170 (67.7)	73 (29.1)	3 (1.2)	1 (0.4)	3 (1.2)	1 (0.4)	3.61
Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs for mood-altering purposes	192 (76.5)	54 (21.5)	1 (0.4)	0 (0)	2 (0.8)	2 (0.8)	3.71
Substance abuse is harmful	206 (82.1)	43 (17.1)	0 (0)	1 (0.4)	0 (0)	1 (0.4)	3.8
Psychoactive substance use can lead to dependence syndrome	146 (58.2)	84 (33.5)	18 (7.2)	0 (0)	2 (0.8)	1 (0.4)	3.47
Substances can include alcohol and other drugs (illegal or not) as well as some substances that are not drugs at all	157 (62.5)	82 (32.7)	5 (2.0)	4 (1.6)	1 (0.4)	2 (0.8)	3.54
Globally, the most common illegal drug used is cannabis	90 (35.9)	118 (47.0)	32 (12.7)	7 (2.8)	4 (1.6)	0 (0)	3.13
No single factor establishes whether an individual will become addicted to drugs	49 (19.5)	102 (40.6)	48 (19.1)	36 (14.3)	14 (5.6)	2 (0.8)	2.53
Substance abuse has adverse consequences on the user	180 (71.7)	68 (27.1)	1 (0.4)	0 (0)	1 (0.4)	1 (0.4)	3.69
Treatment for substance abuse and addiction can be delivered in different settings	91 (36.3)	139 (55.4)	12 (4.8)	4 (1.6)	3 (1.2)	2 (0.8)	3.22
Treatment of substance dependence is individualized	84 (33.5)	118 (47.0)	25 (10.0)	16 (6.4)	4 (1.6)	4 (1.6)	3.0
<b>TOTAL</b>	<b>89.5%</b>						

SA: Strongly Agree; A: Agree; U: Undecided; D: Disagree; SD: Strongly Disagree; NR: No Response

**Sources of Awareness on Substance Abuse among Respondents**

The source of awareness on substance abuse among respondents was as follows: internet 221 (88%), class lectures 198 (78.9%), friends 196 (78.1%) and television 195 (77.7%). Awareness via radio and newspapers 164 (65.3%) while 101 (40.2%) reflects other

sources of awareness (See Table 3). This study indicates that class lectures (78.9%), seminars/workshops friends (78.1%), families (73.3%), television (77.7%). internet (88%) and religious/social gatherings (77%) are the sources of awareness on substance abuse among respondents

**Table 3: Sources of Awareness on Substance Abuse among Respondents**

N = 251		
<i>Variables</i>	<i>Frequency</i>	<i>Percentage</i>
Class Lectures	198	78.9
Seminars/Workshops	184	73.3
Friends	196	78.1
Families	184	73.3
Television	195	77.7
Radio	164	65.3
Newspapers	164	65.3
Internet	221	88.0
Religious/Social Gatherings	193	76.9
Others	101	40.2

*Level of percentage of significance = 70%*

*Perceived Causes of Substance Abuse among Undergraduates*

Many of the study participants 100 (39.8%) agreed that parental influence could lead to substance abuse while 18 (7.2%) strongly disagree; however, 193 (76.9%) strongly agreed that peer pressure could. Majority 114 (45.4%) also agree that the availability of the illicit drug is a factor and 100 (39.8%) further strongly agreed to this. Few of the respondents disagreed that substances are abused to feel good 28 (11.2%) or because of low grades 30 (12%). Affordability also was agreed by majority 111 (44.2) as a cause of substance abuse. Lack of moral and spiritual development activities on campus and lack of

punishment for offenders on campus were also agreed by a significant number of the participants, 89 (35.5%) and 91 (36.3%) respectively, as a factor leading to substance abuse (See Table 4). This study concludes that parental influence (59.3%), Peer pressure (99%), Availability of the illicit drug (85.2%), To feel good (78.1%), Low grades (71%), Affordability (62.1%), Lack of moral and spiritual development activities on campus (65%) and Lack of punishment for offenders on campus (71.4%) are perceived causes of substance abuse among undergraduates

Table 4: Perceived Causes of Substance Abuse among Undergraduates

<i>Variables</i>	N = 251					
	<i>SA</i> (%)	<i>A</i> (%)	<i>U</i> (%)	<i>D</i> (%)	<i>SD</i> (%)	<i>NR</i> (%)
Parental influence	49 (19.5)	100 (39.8)	40 (15.9)	44 (17.5)	18 (7.2)	0 (0)
Peer pressure	193 (76.9)	55 (21.9)	0 (0)	1 (0.4)	1 (0.4)	1 (0.4)
Availability of the illicit drug	100 (39.8)	114 (45.4)	15 (6.0)	17 (6.8)	5 (2.0)	0 (0)
To feel good	76 (30.3)	120 (47.8)	15 (6.0)	28 (11.2)	12 (4.8)	0 (0)
Low grades	55 (21.9)	123 (49.0)	29 (11.6)	30 (12.0)	13 (5.2)	1 (0.4)
Affordability	45 (17.9)	111 (44.2)	28 (11.2)	53 (21.1)	13 (5.2)	1 (0.4)
Lack of moral and spiritual development activities on campus	74 (29.5)	89 (35.5)	23 (9.2)	14 (5.6)	14 (5.6)	1 (0.4)
Lack of punishment for offenders on campus	88 (35.1)	91 (36.3)	22 (8.8)	41 (16.3)	6 (2.4)	3 (1.2)

SA: Strongly Agree; A: Agree; U : Undecided; D: Disagree; SD: Strongly Disagree; NR: No Response

*Level of percentage of significance = 95%*

Perceived Effects of Substance Abuse among Undergraduates

Most of the study participants 106 (42.2%) strongly agreed that substance abuse can lead to a downward performance in school and can also lead to aggressive behaviour 140 (55.8%). Poor physical coordination was strongly believed by almost half of the respondents 125 (49.8%) to be an effect of substance abuse. In terms of memory loss, 111 (44.2%) agree that it is an effect of substance abuse. There were different views on financial hardship being an effect of substance abuse as 96 (38.2%) agreed, 39 (15.5%) disagreed and 40 (15.9%) were

undecided. Substance abuse was perceived to be able to lead to a poor relationship with people as agreed by 117 study participants (46.6%). Majority strongly agreed that substance abuse can lead to psychiatric problems 133 (53%) and loss of ambition 119 (47.4%) (See Table 5). This study concludes that perceived effect of Substance Abuse among Undergraduates includes Downward performance in school (86.8%), Aggressive behaviour (92.5%), Poor physical coordination (92%), Memory loss (79.7%), Financial hardship (65.7%), Poor relationship with people (78.5%), Psychiatric problems (89.3%) and Loss of ambitions (90%)

Table 5: Perceived Effects of Substance Abuse among Undergraduates

N = 251						
<i>Variables</i>	<i>SA (%)</i>	<i>A (%)</i>	<i>U (%)</i>	<i>D (%)</i>	<i>SD (%)</i>	<i>NR (%)</i>
Downward performance in school	106 (42.2)	112 (44.6)	17 (6.8)	14 (5.6)	2 (0.8)	0 (0)
Aggressive behaviour	140 (55.8)	92 (36.7)	8 (3.2)	6 (2.4)	4 (1.6)	1 (0.4)
Poor physical coordination	125 (49.8)	106 (42.2)	11 (4.4)	6 (2.4)	2 (0.8)	1 (0.4)
Memory loss	89 (35.5)	111 (44.2)	31 (12.4)	14 (5.6)	5 (2.0)	1 (0.4)
Financial hardship	69 (27.5)	96 (38.2)	40 (15.9)	39 (15.5)	5 (2.0)	2 (0.8)
Poor relationship with people	80 (31.9)	117 (46.6)	24 (9.6)	26 (10.4)	4 (1.6)	0 (0)
Psychiatric problems	133 (53.0)	91 (36.3)	14 (5.6)	10 (4.0)	3 (1.2)	0 (0)
Loss of ambitions	119 (47.4)	107 (42.6)	15 (6.0)	5 (2.0)	5 (2.0)	0 (0)

SA: Strongly Agree; A: Agree; U: Undecided; D: Disagree; SD: Strongly Disagree; NR: No Response



**Level of Association between the Level of Awareness on Substance Abuse and Selected Characteristics of Study Participants**

The highest level of awareness is observed among the age group 21-25 years and females. The null hypothesis of the study stated that there is no statistical association between selected characteristics of the study participants (age, gender and department) and

their level of awareness on substance abuse. Findings from the chi-square test however revealed there is a statistical association between the age and gender of the study participants with their level of awareness ( $X^2=32.718$ ;  $p=0.000$ ;  $X^2=7.354$ ,  $p=0.007$ ), and no statistical association between their department and their level of awareness ( $X^2=3.739$ ,  $p=0.588$ ) (See Table 6).

**Table 6: Level of Association between the Level of Awareness on Substance Abuse and Selected Characteristics of Study Participants (using Chi-Square)**

		Awareness		Chi-Square ( $X^2$ )	df	p-value	Decision
		Ave- rage	High				
Age	16 – 20	0	80	32.718	3	.000	H <sub>0</sub> rejected
	21 – 25	2	147				
	26 – 30	1	19				
	31 – 35	1	1				
Gender	Male	4	85	7.354	1	.007	H <sub>0</sub> rejected
	Female	0	161				
Department	Anatomy	0	3	3.739	5	.588	H <sub>0</sub> accepted
	Biochemistry	2	50				
	Medicine	0	17				
	MLS	0	30				
	Nursing	0	61				
	Physiology	2	86				

*P value = 0.05; p < 0.05 (reject the null hypothesis); p > 0.05 (accept the null hypothesis)*

*H<sub>0</sub> – Null Hypothesis*

**Discussion of findings**

This study was conducted to examine the perceived causes and effects of substance abuse among undergraduates at the College of Health Sciences, Ladoke Akintola University of Technology, Ogbomoso, Oyo State. The demographic characteristics revealed that most of the study participants are within the early stage of adolescence with a mean age is  $21.88 \pm 3.09$  years and a range of 21-25 years. This is comparable to the age distribution among students studying at the University of Uyo, Nigeria where the mean age is 21.571.96 years,

with a range of 18-25 years (Johnson *et al.*, 2017). The gender distribution is almost a female to male ratio of 2.1 to 1. Most of the participants are in 300L, same with the study conducted by Johnson *et al.* (2017).

Findings from this study revealed a high level of awareness of substance abuse among the respondents, which is consistent with Anetor & Oyekan-Thomas, (2018) and Johnson *et al.*, (2017) which stated there is sufficient knowledge about the risk of substance abuse found among adolescents.

This study noted that class lectures, seminars/workshops friends, families, television, internet and religious/social gatherings are the sources of awareness on substance abuse among respondents This study is harmonious with other studies conducted by (Johnson *et al.*, 2017 and Oshikoya & Alli, 2006).

This study indicates that parental influence, peer pressure, availability of the illicit drug, to feel good, low grades, affordability, lack of moral and spiritual development activities on campus and lack of punishment for offenders on campus are perceived causes of substance abuse among undergraduates. This study is similar to Adekeye *et al.*, (2015); Idowu *et al.*, (2018); Johnson *et al.*, (2017); Joseph *et al.*, (2019); Lawal & Aliyu, (2020); Makanjuola *et al.*, (2007) who identified peer pressure, curiosity, environmental and parental influence, the need to feel good and bold, examination preparation, drug availability, increased relaxation money, financial constraints at home and gender as perceived causes of substance abuse among respondents in their studies. However, the writers found that there were different views on predisposing factors to substance addiction as most of the study participants agreed that no single factor establishes whether an individual will become addicted to drugs. A similar study found that the most common predisposing factors for undergraduate drug use were peer influence, stress, more entertainment funding, and curiosity (Johnson *et al.*, 2017).

From our study, it was noted that the perceived effect of substance abuse among Undergraduates includes downward performance in school, Aggressive behaviour, Poor physical coordination, Memory loss, financial hardship, Poor relationship with people, Psychiatric problems *and Loss* of ambitions. This is consistent with studies conducted by Awosusi & Adegboyega, (2019); Joseph *et al.*, (2019); and Oshikoya & Alli, (2006). However, there are different opinions on financial hardship as a consequence of substance abuse.

Hypothesis 1 tested revealed that there is a statistical association between the age and

gender of the study participants with their level of awareness.

Hypothesis 2 showed that there is no statistical association between their department and their level of awareness. The highest level of awareness was observed among the age group 21-25 years and females. The writers observed that even though there was no statistical association between the department of the study participants with their level of awareness of substance abuse, there is however a statistical association between their age and gender with their level of awareness which could mean that they were influenced by their age and gender. However, these findings could be influenced by the proportion of males to females involved in the study.

## Conclusion

As the study has revealed there is a high level of awareness about substance abuse, the perceived factors responsible for these actions and measures to curb those factors need to be addressed to reduce the prevalence of the act and its consequences among undergraduates within the society. This can be achieved by continuous sensitization through education and awareness campaigns.

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