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Effect of Self-Management and Cognitive Restructuring on Substance Abuse among In-School Adolescents with Hearing Impairment In Ibadan, Oyo State, Nigeria

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Abstract

This study examined the effect of self-management and cognitive restructuring strategies on substance abuse among in-school adolescents with hearing impairment in Ibadan, Oyo State, Nigeria. The pretest posttest control group quasi-experimental research design with 3x2 factorial matrix was adopted for the study. The sample comprised 30 male and female adolescents with hearing impairment selected from three secondary schools in Ibadan. The purposive sampling technique was used to select the schools and sample for the study. Four instruments: were used for data collection. They include short drug screening instrument (SSD), sample screening instrument (SSI), self-management strategy training package and cognitive restructuring strategy package. Data collected were analysed using Analysis of Covariance and Scheffe Post hoc Analysis at 0.05 level of significance.

There was significant main effect of treatment in reduction of substance abuse among adolescents with hearing impairment $f(2,27) = 6.430, P < 0.05, \eta^2 = .527$ and there was significant interaction effect of treatment and socio-economic status on substance abuse among adolescents with hearing impairment. Based on the findings, self-management and cognitive restructuring strategies should be adopted in reducing substance abuse among adolescents with hearing impairment and parents should not neglect their children with hearing impairment. The schools should ensure that counseling services are put in place in order to discourage substance abuse among adolescents with hearing impairment.

Keywords: Cognitive Restructuring, Self-Management, Students with Hearing Impairment, Substance Abuse

Introduction

Substance abuse among in-school adolescents with hearing impairment has been on continuous increase and this has been a great concern to parents, professionals and other members of the society as a whole. The adolescents with hearing impairment are equally affected in the challenges that every adolescent face during the period of adolescence. The period of adolescence, no doubt is characterized with poor decision making and possession of high rate of

participation in dangerous activities such as, experimentation with substances like alcohol (Steinburg, 2002). The stage of adolescence ranges from 13 to 20 years of age. It is a challenging period that is characterized with occasional turmoil that lures the adolescents with hearing impairment for self-discovery coupled with a weakness of being easily influenced by societal decadence and vices. Dikko (2015) submitted that the adolescents crave for independence from parents' control of their personal affairs. They revolt against cultural, religious and social restrictions such as drug consumption. A good number of them indulge in fantasy; they daydream a lot, living sometimes in utopian world of forgetfulness. According to Dikko (2015), the adolescents want to experiment a great deal even if it means experimenting with their lives. Sometimes they over indulge themselves in certain activities such as substance abuse. In addition, they sometimes join dangerous group in order to achieve their social, economic or psychological needs.

Every adolescent experiences the stress and storm of the adolescence stage of life. It is suffice to say therefore that the adolescents with hearing impairment are not left out. These are the individuals who have hearing loss that range from mild to profound. Scholars have found that they are more susceptible to substance abuse than their hearing counterparts, because of their communication difficulties. For instance, Oyewumi and Adigun (2013) reported that, adolescents with hearing impairment are in double jeopardy, because of their inability to communicate orally in the society. They feel isolated and dejected when they involve themselves in substance abuse in order to suppress their anger against the society. Also, Isaiah (2010) reported that adolescents with hearing impairment have the problem of hearing impairment and those of the period of adolescence to content with. They are bitter against the society because they feel that they are not so fortunate like their hearing counterparts who are well catered for in the society. The implication of hearing loss on the adjustment of adolescents with hearing impairment during the period of adolescence to the society cannot be overemphasized. Loss of hearing can make a child to be at risk of poor academic performance maladjustment.

The rate of substance abuse among the adolescents with hearing impairment in different societies of the world is alarming. The 2008 National Survey on Drug Abuse and Health Survey estimated that 8% of the American population over 12 years of age made use of illegal drug in previous year and half of the population stated they always consume hard drugs. The most commonly used illegal drug was marijuana with 15% of users stating that they consume it daily (Substance Abuse and Mental Health Services Administration, 2009). Furthermore, McCrone (1994) reported that there are approximately 5,105 deaf alcoholics, 3,505 deaf heroin users, 31,915 deaf cocaine users and 97,745 deaf marijuana users in the United States of America. In Nigeria, Omigbodun and Babalola (2004) reported that it was estimated that the prevalence rate of substance abuse among adolescents was 56% of the population, including those with hearing impairment for Ibadan and 10% for Abeokuta. Similarly, a 12% of the population was reported to engage in alcohol consumption among the adolescents.

Adolescents with hearing impairment abuse both legal and illegal substance for different reasons, such as, commitment and conformity to peer influence, individual or personal interest and family life pattern. Ahire (1990) was of the view that personality disorders and socio-economic status of parents are the major determinants of involvement in substance abuse by adolescents with hearing impairment. Isaiah (2015) reported that substance abuse was one of the major antisocial behaviours among students with hearing impairment.

The adverse effects of substance on the adolescents with hearing impairment are very great. It affects almost every aspect of their lives. Again, biologically, substance can have serious health implications on an individual and it can affect the affective development, such as, relationship with others, emotions, feeling and personality development. Substance abuse is equally associated with misconduct behaviour that disrupts the maintenance of an orderly and safe school atmosphere that is conducive to learning.

Several attempts have been made by scholars to curb the menace of substance abuse among adolescents with hearing impairment. It seems that the problem still persist among them (adolescents with hearing impairment). This prompted the researchers of the present study to determine the effect of self-management and cognitive restructuring in reducing substance abuse among in-school adolescents in Oyo State, Nigeria.

Self-management, according to Akinade (2012) is known as self-control. This is the procedure in which an individual learns to regulate his or her behaviour in a way that is situationally appropriate, maximally rewarding and personally satisfying (Blacham and Silberman, 1980). Self-management strategy is a systematic intervention that teaches and enables an individual to actively participate in self-monitoring and/or decision making relating to his or her conditions. It is not accomplished in a singular step, it is a continuum of learning experiences and opportunities. It involves a person with a long tenure conditions (LTC) and the family working in collaboration with career and health professionals.

Self-management strategy is geared towards personal collaboration and enablement of problem-solving skill for sustained self-care. Self-management equips an individual with knowledge, skills to life situations (Flinders Human Behaviour and Health Research Unit, 2006). It is expected that the use of self-management strategy will enable an individual to abstain from or get rid of substance abuse and obtain a long-life span with healthier expectation, live more independent lives. It will equally equip an individual with good goal setting and problem-solving skills.

Cognitive restructuring strategy is a part of cognitive behavioural therapy (CBT). CBT is one of the most effective psychological treatments for common problems like depression, unhelpful thinking in form of dysfunctional belief and/or cognitive distortions which is just like any other automatically occurring bad habit. The use of cognitive restructuring will afford an individual become more aware of what is happening in his/her mind and change how he or she is thinking for the better.

Cognitive restructuring is also known as cognitive reframing. It is a technique drawn from cognitive therapy that can help the adolescents with hearing impairment identify challenge and alter stress inducing thought patterns and beliefs. The end goal of CR is to enable people to replace stress inducing thought habit with more accurate and less rigid thinking one. Again, it is a useful and moods and for challenging the wrong automatic beliefs.

Variable such as Socio-economic status of parents is capable of influencing substance among adolescents with hearing impairment. It is not unlikely that some of them engaged in substance abuse because of poor home background. In the light of this, Betson (1997) observed that adolescents found in families who are poor are likely to engage in substance abuse. According to him, living in poverty entails not having the means to acquire the necessities of living in

reasonable comfort. The frustration caused by poverty which invariably portrays low economic status has indeed caused some adolescents with hearing impairment to get involved in substance abuse.

Investigating into the reduction of substance abuse among adolescents with hearing impairment therefore, is worthwhile, since substance abuse make their behaviour harmful and detrimental to their quality of life, academic performance and adjustment to their environment. Not only that, they manifest symptoms like sudden change in behaviour and anger towards others. Many studies have been carried out on substance abuse among adolescents with hearing impairment, but from observation the problem seems to be on the increase. This study therefore, examined the effect of self-management and cognitive restructuring on substance abuse among in-school adolescents with hearing impairment in Ibadan, Oyo State, Nigeria.

Substance abuse among adolescents with hearing impairment has been a source of concern to parents and researchers over the years. It is characterized by withdrawal, truancy, aggression, poor academic performance and disruptive behaviour. Most of the adolescents with hearing impairment engage in substance abuse because they feel neglected by the members of the society, especially their family members. The socio-economic status of the parents could in a way contribute to substance abuse, especially when the parents could not afford to provide the basic academic resources for their children or when they are not well taken care of. Although, several attempts have been made to proffer solution to the problem of substance abuse among adolescents with hearing impairment through research using different measures and strategies, however, the efforts made, not having lasting solution thus necessitated this study on effect of self-management and cognitive restructuring strategies on substance abuse among adolescents with hearing impairment in Ibadan.

Hypotheses

The following hypotheses were tested at 0.05 level of significance:

- Ho₁: There is no significant main effect of treatment on substance abuse among adolescents with hearing impairment in Ibadan, Oyo State, Nigeria.
- Ho₂: There is no significant main effect of socio-economic status in reducing substance abuse among adolescents with hearing impairment in Ibadan, Oyo State, Nigeria.
- Ho₃: There is no significant interaction effect of treatment and socio-economic status on substance abuse among adolescent with hearing impairment in Oyo State, Nigeria.

Methodology

The pretest-posttest control group, quasi-experimental research design with 3x2 factorial matrix was adopted for the study. The population comprised all adolescents with hearing impairment in Ibadan. The sample comprised 30 male and female adolescents with hearing impairment who were selected from three secondary schools in Ibadan. The schools were Methodist Grammar School, Bodija, Ibadan, Ijokodo High School and Christian Mission School for the Deaf, Onireke, Ibadan. The instruments used comprised Drug Screening Instrument scale (SDS),

Simple Screening Instrument (SSI) for substance abuse, self-management strategy training package and cognitive strategy package.

The researchers sought permission from the principals of the schools that were used for the study. The researchers then interacted with the teachers, sign language interpreters and the school counsellors, who eventually served as research assistants in the course of carrying out the study. The researchers also interacted with the students in order to create rapport with them. The study lasted for six weeks.

The participants in the two groups were simple screening instrument (SSI) for substance abuse self-administered form and short drug screening instruments based on severity of dependence scale (SDS) before the commencement of the treatment exercise. The participants in the two experimental group were exposed to treatment on self-management and cognitive restructuring respectively, while the participants in the control group were not given any treatment. The data collected from the study were analysed using inferential statistics of analysis of covariance (ANCOVA) and Scheffe Post hoc analysis. ANCOVA was used to compare the differences in the effect of the two treatment while Scheffe Post hoc Analysis was used to find the mean differences of the effect of the treatment.

Results

Three hypotheses were formulated and tested at 0.05 level of significance. The following is the summary of the findings of the study.

Table 1: ANOVA showing the significant main effect and interaction effects

Source	Sum of Square	Df	Mean Square	F	Sig.	Eta ²
Corrected Model	507.476	111	45.134	14.222	.000	.897
Pretest	.809		.809	.249	.624	.014
Main Effect						
Treatment Group	41.718	21	20.859	6.430	.008	.417
Socio-economic status	65.130		65.130	20.077	.000	.527
2-Way Interaction Treatment						
Socio-economic Status	14.078	2	7.039	2.170	.143	.194
Error	58.39	18	3.244			
Total	565.867	29				

Table 2: Estimated marginal

Treatment Group	Mean	Std Error
Treatment I	21.578	0.757
Treatment II	23.084	0.669
Control	18.009	0.746

Hypothesis 1: There is no significant main effect of treatment on substance abuse among adolescents with hearing impairment. The result from Table 2 shows that there was significant main effect of treatment on substance abuse ($f(2,27)=6.430$, $P<.05$, $\eta^2=.4417$). Hence, the null hypothesis is rejected.

Hypothesis 2: There is no significant main effect of socio-economic status on substance abuse among adolescents with hearing impairment.

Table 3: Estimated marginal means scores on socio-economic status

Socio-economic status	Mean	Std Error
Low	19.338	.563
High	23.328	.561

The result from Table 3 shows that there was significant main effect of socio-economic status on substance among adolescents with hearing impairment ($f(1,28)=20.077$, $P<.05$, $\eta^2=.527$). Hence, the null hypothesis is rejected.

Hypothesis 3: There is no significant interaction effect of treatment and socio-economic status on substance abuse among students with hearing impairment.

Table 4: Estimated marginal means scores on treatment and socio-economic status

Treatment	Socio-economic status	Mean	Std Error
Treatment I	Low	19.658	1.148
	High	23.497	.850
Treatment II	Low	21.799	1.107
	High	24.368	.771
Control	Low	16.667	.632
	High	20.913	1.810

The result from Table 4 shows that there was significant interaction effect of treatment and socio-economic status on substance abuse among adolescents with hearing impairment ($F(2,27)=2.170, P<.05, \eta^2=.194$). Hence, the null hypothesis is rejected.

Discussion of findings

The study found that there was a significant main effect of treatment in reduction of substance abuse among adolescent with hearing impairment, it maintains that treatment is effective and has a role in reduction of substance abuse among adolescents with hearing impairment thus rejected the null. This confirms Akinade (2012) proving that self-management helps individual learns and practices to regulate his or her behaviour in a way that is situationally appropriate, maximally rewarding and personally satisfying. Again, corroborating with the result is Kristina (2013) revealing that cognitive restructuring trains individuals to recognize, examine and modify maladaptive cognitions when they emerge. Additionally, Singh (2005) supported that self-management components improved health cares for individuals with long term conditions.

This study found that there was a significant main effect of socio-economic factor in reduction of substance abuse hence rejecting the null and proving that socio-economic status is a fundamental factor to adolescents with hearing impairment abusing substance. This result conforms to Brooks-Gunn and Duncan (1997) which revealed that residence in an impoverished neighbourhood exposed vulnerable minors to crime drug use. Patrick and Schoeni reported that socio-economic status had effect on substance abuse young adults. The study stating that there was interaction effect of treatment and socio-economic status in reduction of substance abuse rejects the null, thus, implying that treatment and socio-economic status influences reduction of substance abuse among adolescents with hearing impairment. This negates the findings of Children Defence Fund (2007) which found that poverty increased mental problem in children and decreased the likelihood that the child will have access to mental health care to counter the negative effects.

Conclusion

The adverse effect of substance abuse among adolescents with hearing impairment is alarming. Consequently, all hands must be on deck to profer appropriate solutions to the menace of substance abuse among them, so that they can live meaningful and productive lives.

Recommendations

The following are recommended, based on findings of this study:-

- In every school, there should be counseling psychologists saddled with the responsibilities of counseling the adolescents with hearing impairment about the risk factors associated with substance abuse.
- Adolescents with hearing impairment should be included in the programmes that are meant for the youths in curbing substance abuse.
- Self-management and cognitive restructuring should be adopted by professionals in management of substance abuse among adolescents with hearing impairment.

- The parents should show love to their children with hearing impairment by providing for them all things require socially, academically and psychologically in order to improve their sense of belonging.

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