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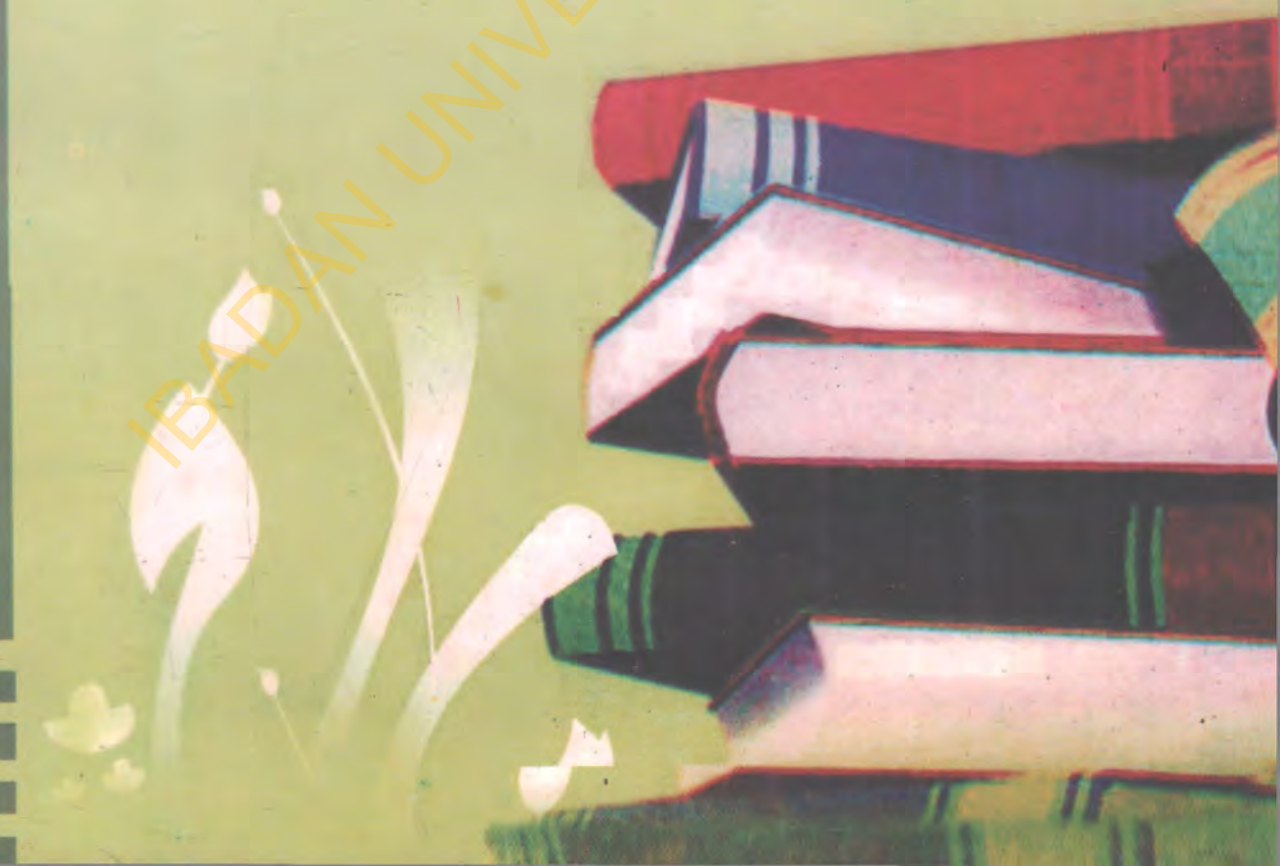

Contents

Psychoactive Substance as a predictor of Well-being of Young Adults in Selected Market Areas in Ibadan North Local Government Area

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Abstract

Recent events in Nigeria seem to suggest that young people are being indoctrinated and used under the influence of psychoactive substances to perpetuate various crimes including terrorism. There is need to examine and control the use of these substances in order to prevent escalation of these maladies. This study examined psychoactive substance as a predictor of well-being of young adults in selected market areas in Ibadan North Local Government Area, Oyo State.

The study adopted descriptive survey research design. The population comprises of 150 young adults in selected market areas. A purposive sampling technique was employed in selecting 30 respondents from each of the five markets in the study area, five markets area were selected because they were notorious for peddling substance hoarding. A structures questionnaire for data collection was used. The hypotheses were analyzed using Pearson Product Moment Correlation.

The result shows that there is no significant relationship between psychoactive substance and alcohol use and physical well-being of young adults in selected market areas ($r = .044$, $n=143$, $p(.602)>.05$). The result further shows that there is a significant relationship between psychoactive substance and alcohol use and psychological well-being($r = .326$, $n=143$, $p(.000)<.05$). Finally, the result shows that there is a significant relationship between psychoactive substance and alcohol use and social well-being of young adults in selected market area ($r = .284$, $n=143$, $p(.001)<.05$).

The study recommends that public enlightenment on the detrimental effects of psychoactive substances should be strategically targeted to include community, market areas, family unit, primary and secondary school children.

Key words: Psychoactive, Predictor, Well-being, Substance, Market.

Introduction

Substance use and abuse is fast becoming a world public health problem. The immediate world drug documentation of 2019 of the United Nations Office on Drugs and Crime (UNODC) accounted that 271 million (5.5%) of the world human population (aged between 15 and 64 years), had used drugs in the previous year. (UNODC, 2019) Also, it has been projected that 35 million persons will be experiencing drug mental related problems. In addition, researches that have been conducted globally indicated that, in 2017, there were 585,000 mortalities on account of drug use, worldwide (UNODC, 2019). The load of drug abuse (usage, abuse, and trafficking) has also been connected to the four spheres of cross-border worry, *viz.* organized crime, unauthorised movement of stolen fund, corruption, and terrorism/insurgency. (UNODC, 2017) Therefore, global solutions for curtailing drug abuse including its consequences on health, governance, and security, requires a general understanding of the prevalence, commonly implicated drugs, commonly involved population, outlets of the drugs and dangerous elements that are related with the drug abuse. According to the 2018 UNODC document "Drug use in Nigeria," the first large-scale, countrywide national drug use research in Nigeria, one in seven individuals (aged 15–64 years) had taken drug in the previous year . Also, one in five persons who had taken drug in the previous year is a victim of drug-related mental problems. Drug abuse has been responsible for many criminal activities such as theft, burglary, sex work, and shoplifting. (UNODC, 2017).

Substance abuse is a dreadful bahaviour disorder or abnormal behaviour with significant despair and death which affects individuals and the household. In 2014, nearly 250 million persons between the ages 15 and 64 years were accounted to have taken illicit drug (World Drug Report, 2012). One-tenth of people who use illicit drug had been a victim of substance use disorder like drug dependence. Significant population of drug dependents use intravenous drugs and more than 10% of them contract HIV with substantial number

of them have been affected by hepatitis C (United Nations Office on Drugs and Crimes, 2018). **Substance use** is usually started during adolescence. Hard drink is the most common substance among adolescents, with 64% of 18 year olds enjoying alcohol throughout their life, then, marijuana (45%) and cigarette use (31%) ((Johnston, Miech, O'Malley, Bachman, Schulenberg, Patrick, 2017). Generally, rates of adolescent substance use have remained stable over the past many years, with a few known exceptions. Cigarette smoking has reduced dramatically over the past many decades, while e-cigarette use has become more frequent in recent period. Thirteen percent (3%) of teens report using e-cigarettes in the past month, compared to 3% reporting cigarette use, with a concerning increase in the number of those who never experienced e-cigarette use (Bunnell, Agaku, Arrazola, Apelberg, Caraballo, Corey, Coleman, Dube, King, 2013). Another current trend includes increased commonuse of marijuana, with 6% of 18 year olds documenting usage of marijuana daily (Johnston et al., 2017). Behaviours concerning marijuana use continue to increase toward large acceptance; the view of risk about using marijuana is at the lowest point ever documented, with a third of 18 year olds documenting that constant marijuana intake is harmful. While general rates of marijuana intake have remained fairly stable over the past many years, reduced feelings about harm typically corresponds with increased intake. Other drug use is barely not common, with less than 6% of young adults reporting past month intake of other illicit drugs (Johnston et al, 2017).

Worldwide, the dangerous intake of alcohol alone has been accounted for 3.3 million mortalities yearly and at least 15.3 million individuals globally have been reported as a victim of drug related mental problems (WHO, 2012). In 2008, 155 to 250 million people in the global arena were accounted to have taken psychoactive substances with cannabis being the most familiar substance abuse. WHO accounted that 0.7% of the worldwide load of disease in 2004 was due to cocaine and opioid intake, with the social cost of illicit substance use being in the area of 2% of Gross Domestic Product (GDP) in those nations which have measured it (WHO, 2012). More than 2.6 million adolescents aged 10 to 24 die yearly in the world. These mortalities are mostly due to avoidable etiologies such as substance abuse. In fact, not less than 14% of adolescent girls and 18% of boys aged 13–15 years in developing nations are documented to have been drinking alcohol. This problem is even more grim in some nations in the Western Pacific region of the WHO as more than 50% of girls aged 10–19 and more than 80% of boys aged 10–19 had ever taken alcohol (WHO, 2012)

Adolescence is a transition period from childhood to adulthood, featured by efforts to attain the aims that linked to the cultural expectations, as well as the needs for physical, mental, emotional, and social development. It has its own features in the biological, psychological, and social terms, with a process of identity formation, the growth of social, and moral norms of behavior (McCabe, Veliz, Wilens, Schulenberg, 2017). Adolescence is a period of great settings in which younger persons do play with psychoactive substances and can, in some cases, lead to the formation of prolong addictive tendency (Jeannin, Peyret, Bouche-Florin, Stehelin, Reyre, 2013). Psychoactive substances include licit, illicit, and prescribed psychoactive drugs. Alcohol and tobacco are among the licit and regulated drugs, while marijuana, cocaine, heroin, lysergic diethylamide (LSD), crack, and ecstasy are illicit drugs (Kassa, Taddesse, Yilma, 2014). Usage of psychoactive substances at this period of younger persons is commonly linked with socio-economic variables, such as gender, age, type, race, ethnicity, family and social structures, and socio-economic parameters of the household. (Gebreslassie, Feleke, Melese, 2013). Previousresearches have been carried out in Nigeria on substance abuse, the problem of this social maladies has remained unstoppable particularly among the youths.

The objectives of this paper were thus to assess the current burden of substance abuse in the study location and to describe factors that may be associated with continuous practice of substance abuse among adolescents in selected market areas in Ibadan North Local Government Area of Oyo State.

Methodology

The descriptive survey research design was used for this study. The respondents comprised of 150 young adults in selected market areas in Ibadan North Local Government. A purposive sampling technique was employed in the selection of 150 young adults in the study area. These 5 markets area were selected among many on account of been the notorious markets for peddling substance hoarding. In each of the market, 30 respondents (young adults) were randomly selected, totaling 150 respondents. Questionnaire was used for collection of data. The scale was adapted to measure drug attitude scale of young adolescents, the respondents were assured that their responses were for research purpose only. Out of 150 questionnaires administered seven (7) were not returned and the remaining 143 were used for the analysis. The hypotheses were analyzed using Pearson Product Moment Correlation.

Results

Hypothesis One: There is no significant relationship between psychoactive substance and alcohol use and physical well-being of young adults in selected market areas in Ibadan North Local Government Area.

Table 1: Pearson Product Moment Correlation (PPMC) showing the relationship between psychoactive substance and alcohol use and physical well-being of young adults in selected market area in Ibadan North Local Government Area.

Variables	Mean	Std. Dev.	N	r	p-value	Remarks
Psychoactive Substance and Alcohol use	36.7483	12.35135	143	.044	.602	Not Sig.
Physical Well-being	25.8042	12.29981				

The table above shows that there is no significant relationship between psychoactive substance and alcohol use and physical well-being of young adults in selected market areas in Ibadan North Local Government Area. (r = .044, n=143, p(.602)>.05). Hence, the hypothesis is accepted.

Hypothesis Two: There is no significant relationship between psychoactive substance and alcohol use and psychological well-being of young adolescents in selected market areas in Ibadan North Local Government Area.

Table 2: Pearson Product Moment Correlation (PPMC) showing the relationship between psychoactive substance and alcohol use and psychological wellbeing of young adults in selected market areas in Ibadan North Local Government Area.

Variables	Mean	Std. Dev.	N	R	p-value	Remarks
Psychoactive substance and Alcohol use	36.7483	12.35135	143	.326**	.000	Sig.
Psychological Well-being	19.1791	11.80823				

The table above shows that there is a significant relationship between psychoactive substance and alcohol use and psychological well-being of young adults in Selected Market Areas in Ibadan Metropolis (r = .326, n=143, p(.000)<.05). Hence, the hypothesis is rejected.

Hypothesis Three: There is no significant relationship between psychoactive substance and alcohol use and social well-being of young adults in Selected Market Areas in Ibadan North Local Government Area.

Table 3: Pearson Product Moment Correlation (PPMC) showing the relationship between psychoactive substance and alcohol use and wellbeing of Young Adults in Selected Market Areas in Ibadan North Local Government Area.

Variables	Mean	Std. Dev.	N	R	p-value	Remarks
Psychoactive substance and Alcohol use	36.7483	12.35135	143	.284**	.001	Sig.
Social Well-being	20.0699	11.89724				

The table above shows that there is a significant relationship between psychoactive substance and alcohol use and social well-being of Young Adults in Selected Market Area in Ibadan North Local Government Area. ($r = .284$, $n=143$, $p(.001)<.05$). Hence, the hypothesis is rejected.

Discussion of findings

HO_1 The result of hypothesis one indicated that there was no significant link between psychoactive substance use and physical wellbeing of young adults in selected market areas in Ibadan North Local Government Area. This means that the respondents felt that marijuana, cocaine, heroine, and other alcoholic contents had no effect on their physical wellbeing. This result is in contrast to the study carried out by National Institute on Drug Abuse, (2004) that documented several list of negative effect of psychoactive substance use has on the physical well-being of individuals; such as blurred eye sight, hearing and coordination, liver problem, increase in hepatitis and AIDS through shared needles and among others. Similarly, (Schulte and Hser, 2017) in their study discovered that drug users are at the risk of overdose and tendency for automobile accident while driving.

HO_2 The result of hypothesis two revealed that there was a significant link between psychoactive substance use and emotional well-being of Young Adults in Selected Market Areas in Ibadan North Local Government Area. This implies that there is a significant link between psychoactive substance use and emotional well-being of the respondents. This result is in tandem with the study carried out by National Institute on Drug Abuse, (2004) which documented a list of negative effect psychoactive substance use has on the emotional wellbeing of individuals; such as altered perception and emotion, hearing voices, depression, anxiety, false belief and among others. However, Walton, (1938) originally stated that psychoactive substance and alcohol use were being used as sedative which were being used to relieve patient.

HO_3 The result of hypothesis three shows that there was a significant connection between psychoactive substance use and social well-being of Young Adults in Selected Market Areas in Ibadan North Local Government Area. This implies that there is a significant connection between psychoactive substance use and social well-being of the respondents. This result is in tandem with the position of (Oteyo and Kariuki, 2009) that conducted among male students in public schools of Nakuru Municipality in Kenya showed that peers accounted for the greatest influence for alcohol and tobacco use. This implies that there is a connection between social relationship and psychoactive use. Also a study by (Maithya, Muola and Mwinzi, 2012) that conducted a study among secondary and university students in Kenya found that substance abuse was determined by the existence of risk and protective factors which included attachments with family, peers and institutions as well as skills that help people succeed in life.

Conclusion

The prevalence of substance abuse in the studied population is significant. It is worthy to note that even minor disinfectant like cough syrup

solvent has also acquired an abuse profile. The tendency to abuse substances may begin earlier in childhood and adolescent ages, with the male sex, more vulnerable, though a good number of female sex are now into substance abuse compare to a decade back. More efforts at public enlightenment on the detrimental effects of psychoactive substances should be strategically targeted to include community, family unit, primary and secondary school children.

Recommendations

This study has implications for Government, Schools, Families, and Social Workers. The findings of the study would be useful for government in designing policies that would take into consideration the psychoactive substance abuse as a factor affecting physical and psycho-social well-being of young adolescents.

The following recommendations are:

- School authorities should prioritize wellness programme especially on substance abuse to educate and prevent students from using illicit and abuse of drugs in the school environment and whoever defiled this warning should be expelled from school.
- Parents/families should be sensitized on the need to make the mental health of their children top priority by giving health education talks and counselling to their children in the area of drug abuse.
- Committee should be set up in the market places to checkmate the activities of these youngsters and those found with substance abuse should be handover to security agents and necessary punishment melted on the perpetuator.
- The services of Social Workers should be utilized in schools, communities, Hospitals and market places. They should create awareness campaign on substance abuse by educating and enlightening the general public especially children, young adolescents and youths on the grave effect of illicit drugs and ensuring access to prevention and treatment services.

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