

Substance Abuse among Youths in Nigeria: Implication for Community and National Health

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ABSTRACT

The prevalence of substance abuse among Nigerian youths is a growing problem. Little has been documented on the role of community health nurses in the mitigation of substance abuse in Nigeria. Youth stage being a time of great physical and psychological change, many social and physical conditions as well as behavioral pattern can impact youths' health and heighten the risk of illness and diseases. Youth is both a crucial source of the state and a force for change. They are the architects of social, economic, political, and cultural change of the nation. Nigerian youths engage in substance due to various reasons ranging from ignorance, peer pressure, family background, and misconceptions among other factors. It was also found that substance abuse results in harmful effects on the individual, family, community, and the nation at large this has made the youths to be susceptible to various health issues by nature because of their stages of development. Therefore, community health nurses have significant roles to play to ensure optimal growth and development of young ones and to prevent and reduce the impact of changes associated with youth in the health and wellbeing them. This paper present consent of substance abuse and it implication on National health and the efforts of community health nurses in mitigating the effects of drug misuse in Nigeria.

Keywords: Substance abuse, youths, community health nursing

INTRODUCTION

Leaves and herbs were utilized in ancient times to treat ailments, reduce pain, and even summon spirits for the benefit of humans (1). Drugs were and still are valuable because they served different people's needs at different times and places. As a result, society benefited from drug use. However, as civilizations go through social change, the functions of some of these medications have shifted from their known initial goal of curing illnesses to providing pleasure and acting as a stress reliever for those under strain from human advances and societal advancements (2). As a result, today's

medications can be used for enjoyment, relaxation, and to treat panic attacks. They can also be used to gain energy during times of sadness and to do certain duties, such as boosting confidence in social circumstances where shyness is present (1). As a result, many still depend on narcotics since they help them achieve their goals. The misuse of drugs is becoming a serious issue for global public health. In 2018, 271 million people between the ages of 15 and 64 used drugs, according to the UNODC's World Drug Report 2019. Additionally, it has been estimated that 35 million people will suffer from drug use problems (3). Moreover,

585,000 people died globally in 2017 as a result of drug-related causes, according to the Global Burden of Disease Study 2017. Four international issues—organized crime, illegal money flows, corruption, and terrorism have been connected to the problem of drug misuse (4). In Nigeria, drug abuse is a problem that is getting worse and is now a public health concern (5). In particular, among young people Nigeria, Africa's most populous nation, has earned a reputation as a hotbed of drug use and trafficking (6). Over the past few decades, there has been an increase in the number of young people in Nigeria who commit various types of crimes and are imprisoned (7). Estimates indicate that heroin, cocaine, and other narcotics cause approximately 0.2 million deaths annually, destroying families and causing thousands of others to live in misery (6). Illegal narcotics impede social and economic advancement and lead to crime, unrest, insecurity, and the spread of HIV (8). More than 50% of girls and 80% of boys in the WHO's Western Pacific region aged 10 to 19 reported having ever drunk alcohol, making the situation even worse in certain of these nations (9). Drug misuse is a problem that affects people's productivity and health as well as committing crimes that are motivated by drug usage and hallucinogenic effects (10) (11). The Nigerian government has fallen short of its duty to safeguard citizens' lives against the negative consequences of drug usage (9). According to reports, the Nigerian government's anti-drug initiatives have either not materialized or have been unsuccessful. The activities of the anti-drug agency have also been hampered by pervasive law enforcement corruption, a lack of significant government backing, and a lack of clear policy direction. Despite the passage of anti-drug legislation, there have been no prosecutions or convictions of significant drug traffickers. Although there have been

numerous studies on substance misuse in Nigeria, the problem has persisted, especially among young people. Youth is both a crucial source of the state and a force for change. They are the architects of social, economic, political, and cultural change as well as its catalyst. The rate at which drug abuse is on the rise in Nigeria is alarming. The review aims to provide information about the prevalence of drug abuse in Nigeria, and the efforts of community health nurses in mitigating the effects of drug misuse in Nigeria.

CONCEPT OF SUBSTANCE ABUSE

The terms "substance abuse," "drug abuse," and "drug misuse" are often misunderstood. Given the importance of these ideas in treating drug misuse, it is crucial to understand them. Drug abuse, often referred to as substance abuse, is the self-administration of a substance for non-medical purposes in order to produce psychoactive effects, drunkenness, or a changed perception of one's body, even while one is aware of the substance's potential side effects. While drug abuse implies that a substance has a legitimate medical function and a prescription but is being used inappropriately (12). Substance abuse refers to a pattern of drug usage in which the consumer consumes the drug in quantities or ways that are damaging to them or others. Substance abuse is a serious health problem that affects both children and hurts the user's social, cognitive, or physical well-being (13). Everyone adolescents. Drug abuse is the use of drugs for purposes other than therapeutic benefits, which uses drugs regularly, young or old. Drugs are helpful for animals' health in addition to humans, who can benefit from them. When humans notice that their pets are unwell, they administer medication. The drug is a substance that is effective in restoring health and curing illness in all living things (14). Although medications are useful for

good health and are used for therapeutic purposes, they are also abused by people, especially young people. They use it for illicit and illegitimate purposes, which damages the body. Drug need and loss of control over drug use, as well as excessive time spent pursuing or using the drug and ongoing use despite negative effects, are characteristics of substance use disorder (SUD) or abuse. SUD can lead to the emergence of social and interpersonal problems, physical or psychological harm, tolerance and withdrawal symptoms, as well as the failure to fulfill obligations connected to work, an education, and a home (15). While many teens dabble with substances, excessive and chronic substance use is a sign of dependence. As teenagers become older, substance usage increases and over 70% of them will try alcohol before they graduate from high school (16). Hard drug usage is quite frequent among young people and has extended to people from all socioeconomic backgrounds, including those who are wealthy and underprivileged (7). Every industry, profession, gender, and region are affected by the usage of illegal substances. With the rise in prevalence among young people in Nigeria, cognitive impacts include memory loss and a person's inability to focus on academic work. Due to the potential for purposeful or unintentional injury, the WHO expert committee reported that drug abuse is a global health and social problem with specific conditions and problems that vary locally (17). Drug abuse, addiction, and trafficking are widely stigmatized, and this stigma cuts across socioeconomic, cultural, religious, and ethnic boundaries. The National Drug Law Enforcement Agency (NDLEA) and various levels of the Nigerian government have been working to manage the issue, but the number of cases, particularly among adolescents, has been gradually increasing (10-25 years of age). Adolescent drug

experimentation is widespread in Nigeria (7). At this age, they want to explore a lot for many different reasons, such as curiosity, peer pressure, and stress release. Due to early exposure, taking gateway drugs, especially alcohol and tobacco increases the chance of later using additional hard drugs. Some adolescent users try, discontinue, or only use infrequently without experiencing negative side effects. Others have a drug addiction that drives them to use more harmful substances, endangering their loved ones as well as potential third parties (18). Self-prescription and drug overdose occurrences are two well-known instances of drug abuse. These have serious side effects like altered metabolism and several systemic organ dysfunctions. Dependence and addiction, which are defined by obsessive drug-seeking behaviors and usage that continue in the face of negative effects, are one of the main effects of drug abuse. These alterations are harmful and unsuitable for social or environmental contexts, which puts the person in danger of injury.

MECHANISM ACTION OF ALCOHOL'S IN THE BODY

Alcohol is the substance that receives the least attention out of all those that are abused, but it has been found to have the worst effects on health. Only around 20% of alcohol consumed enters the stomach and is then absorbed into the bloodstream through small blood vessels. The small intestine is where the remaining 80% travels before being absorbed into the bloodstream. It is processed by the liver and broken down by enzymes as it enters the bloodstream. Only a small portion of the alcohol consumed—about 1.5 ounces or 12 ounces of beer—goes through this process in a single hour. The liver is unable to digest the excess food that was ingested. The blood becomes saturated in this situation and travels to the body.

Alcohol can affect almost every organ in the body if drunk over an extended period of time. If use is managed, some effects can be reversed, whilst others are irreversible. Drinking excessively on a single occasion over time can have an impact on both physical and mental health

(46). All these can be manifested with nausea, slurred speech, loss of coordination, impulse behavior, high blood pressure, increase heart rate, hallucination etc as it shows in figure 1 risks and symptoms.

Diagrammatic Representation of Risk and Symptoms of Substance Abuse

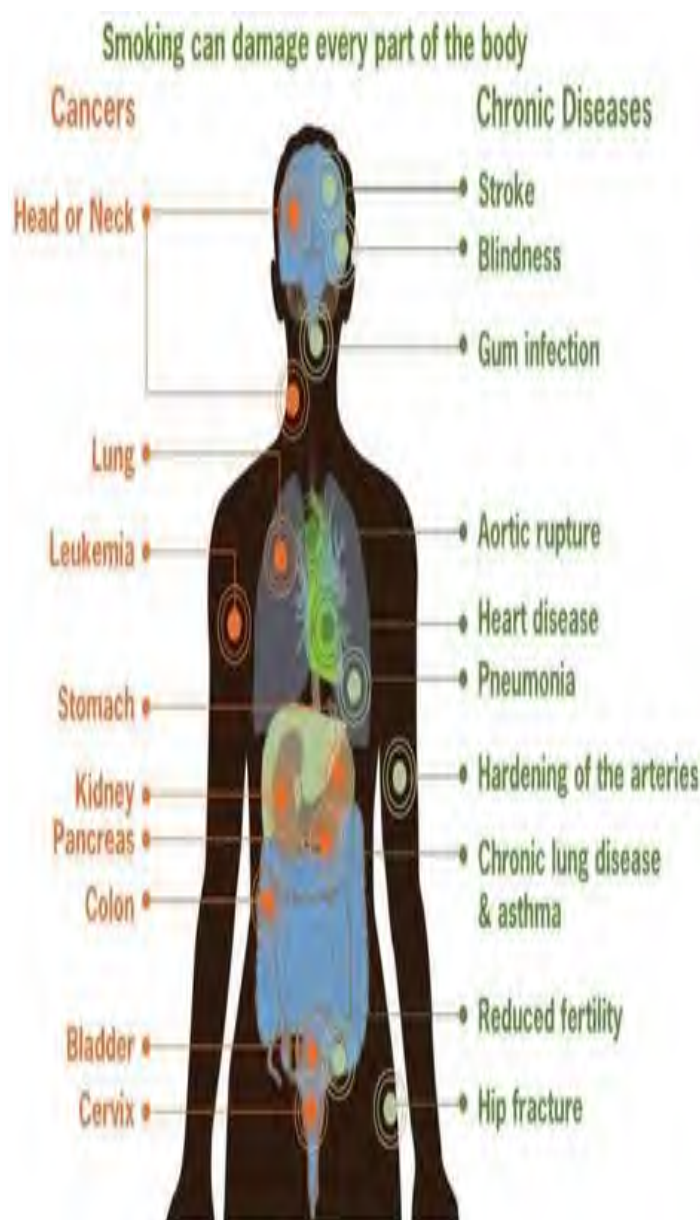


Fig. 1: Risks factors of substance abuse.



Fig. 2: Symptoms of substance abuse.

PREVALENCE OF DRUG ABUSE AMONG YOUTHS IN NIGERIA

According to (3), 271 million people (or 5.5% of the world's population) between the ages of 15 and 64 used drugs. 14.4% of the general population (of all ages), 20.9% of local youths, and 81.1% of commercial bus drivers were affected (6). Every year, over 7.2 million people die from tobacco-related illnesses, including those brought on by secondhand smoke and in the next years, this number drastically increased (19). The mean age of the respondents in the study on the "Male adolescent use of psychoactive substances at a high rate in Southwest Nigeria" was 16 years (9). There was a 54% lifetime usage rate for all psychoactive substances. Non-amphetamine stimulants (39%) and

alcohol (31%) were the most often used substances among respondents; hallucinogens (1.0%) and cocaine (1.0%) were the least frequently used substances. In Ibadan, southwest Nigeria, this study reveals a significant frequency of psychoactive substance use among male secondary-school teenagers (20). The prevalence of psychoactive substance usage was examined in a study by (21), which included male commercial vehicle drivers from Nigeria's three main ethnic groupings. Out of the 264 Nigerian male commercial truck drivers who took part in the study, 111 (42.0%) had recently taken illicit drugs, 55 (20.8%) had done so to increase their energy, and 90 (34.1%) reported feeling high after doing so. Across all ethnic groups examined,

marijuana abuse was the most common drug, with 77 (29.2%), followed by benzodiazepines with 34 (12.9%) (21). In Nigeria, one in seven people between the ages of 15 and 64 have taken drugs other than alcohol and tobacco in the previous 12 months (22). In the previous year, 14.3 million people between the ages of 15 and 64 used a psychoactive substance for non-medical reasons, according to the projected 14.4% prevalence of drug use in the past year (range: 14.0 to 14.8%). In Nigeria, one out of every four drug users is a woman (22). Drug user problems affect 1 in 5 people who used drugs in the last year. Opioids (such as tramadol, codeine, or morphine) were used for non-medical purposes by 4.6 million persons or an estimated 4.7% of the population. It is estimated that 2.4% of adults use cough syrups with codeine and dextromethorphan for purposes other than medicinal purposes (nearly 2.4 million people).

FACTORS INFLUENCING SUBSTANCE ABUSE IN NIGERIA

The urge for new experiences, the need to solve issues or perform better academically, and plain old peer pressure are just a few of the reasons why young people use these substances. Adolescents are "biologically programmed" to seek out novel experiences, take chances, and establish their unique identities. Drug use may satisfy all of these common developmental impulses, but using drugs improperly could have highly detrimental long-term implications (10). Substance addiction is influenced by several variables, such as the accessibility of drugs in the adolescent's home, community, and school, as well as whether or not their friends also use drugs. Adolescent drug use is more likely to occur in environments where there is violence, physical or emotional abuse, mental illness, or drug use. Teenagers are more likely to use drugs if they have traits like poor impulse

control or a strong desire for excitement, personality traits like these, mental health conditions like depression, anxiety, or ADHD, and attitudes like thinking that drugs are "cool" or safe. In the meanwhile, several explanations have been put out to justify drug misuse. For instance, according to personality theory, those who struggle with impulse control and low self-esteem are more likely to take drugs (23). According to the learning hypothesis, social or instrumental learning, conditioning, or other factors all contribute to drug misuse (23). Developmental changes, drug availability and access, media portrayals of drug use as liberating, genetic factors, performance enhancement, individual tolerance differences, psychiatric issues like anxiety disorders, mood disorders, and personality disorders, experimental curiosity, subpar socioeconomic conditions in the home, and the need for extra energy for daily activities are some additional risk factors for drug abuse among youths. However, the following are more important variables that affect teen substance abuse:

Family History

Since children of smokers are twice as likely to become smokers as noted by (24), parents have a significant impact on their offspring. Adolescents are less likely to start smoking if their parents disapprove of it (13).

Peer Pressure

In addition to what is available in ads, movies, television, pop stars, and fashion models who make smoking seem desirable and the teenagers copy them to smoke their manner, friends are the biggest impacts on smoking among youths (25). In 2016, the National Institute on Drug Abuse found that 1.9 million 12-17-year-old adolescents had used drugs within 30 days of the study. Most of these teenagers claimed that a peer had offered them booze

or drugs (26). To satisfy friends or family, people are persuaded to conduct actions they otherwise wouldn't. (27) Asserts that a significant factor in people starting to use drugs is a desire to be accepted and loved by family and friends.

Ignorance

Some young adults and teenagers are brought up to think that abusing drugs and alcohol is normal. It is sung about by their favorite singers, romanticized in movies, and advertised on television. There is a medication for everyone, regardless of whether you suffer from a headache, depression, difficulty in sleeping, or both. Because of the "pill heals everything" mentality prevalent in our culture, young people also feel this way about drugs. The consequences of drug use are not well known to many people. The damage that might be done to teens' bodies, minds, and relationships is frequently not known to them. They require good instruction. They need someone who will be honest with them about the risks associated with alcohol and drugs (10).

Competition

Young people and teenagers face a lot of pressure to perform well, impress others, and fulfill their own ambitions. Whether it's in the classroom or on the sporting field, young people always want to prove their supremacy to their parents and classmates. There can be a lot of pressure to perform well, though (10). For instance, prescription stimulants are widely misused by teens and young adults as "smart pills" or study aids to improve academic performance.

Self-Medication

Self-medication is one of the main causes of drug and alcohol misuse in people. Self-medication usually results in stress, anxiety, untreated mental illness, profound sadness, loneliness, and trauma. These

factors, and perhaps more than one of them, might easily push someone to start abusing drugs and alcohol as a coping mechanism. Both the need to feel well and the desire to feel nice are present. These two things are very distinct from one another when assessing teen drug use. In reality, teens who seek to "feel better" are self-medicating. More than simply peer pressure or a poorly done homework assignment confronts them. Some adolescent patients experience underlying conditions like melancholy, social anxiety, and problems related to stress, according to (28). They use drugs to mask or replace their bad emotions with the pleasure the drugs offer.

EFFECTS OF SUBSTANCE ABUSE ON INDIVIDUALS, FAMILY, AND COMMUNITY IN NIGERIA

Based on the harm already done among the youth, the physical and health effects of substance misuse on today's society cannot be overstated. Numerous elements of a person's physical and psychological health might be impacted by drug misuse. Some medicines can make someone sleepy and cause slow breathing, while others can give sleeplessness, paranoia, or hallucinations. Chronic drug usage is linked to ailments of the heart, kidneys, and liver as well as psychiatric issues like anxiety, mood, and personality disorders. Substance abusers are more prone than non-users to develop mental health issues such as depression, conduct issues, personality disorders, suicidal thoughts, attempted suicide, and suicide than non-users (29) (30)(31)(32). According to (33), drug abuse is to blame for lost income, property damage in schools, skyrocketing healthcare costs, and disintegrated families. Agreeing with this opinion, (34) highlighted some other effects of drug abuse including memory loss, lack of attendance at school, focus problems, and poor performance. Adolescent substance

misuse is linked to problems like declining grades, absences from school and other activities, and a higher likelihood of dropping out of school. According to research referenced by (35), adolescent substance use appears to be associated with absence rates and a lack of commitment to school. Teens who misuse drugs and alcohol may experience cognitive and behavioral problems that impair their academic performance as well as the capacity for learning from their peers. Youth substance misuse has a variety of negative repercussions on their health, including overdoses that are likely to have occurred, physical ailments and impairments, and accidents and injuries (including car accidents). It is more likely for young people who use alcohol and other drugs extensively to also die in homicides, have accidents, or get sick. The main ways that HIV/AIDS is transmitted are through sexual contact with body fluids from an infected individual or by sharing contaminated injection equipment. Adolescent substance abusers frequently struggle with mental health problems such as depression, developmental delays, apathy, withdrawal, and other psychosocial dysfunctions (36). Adolescent substance users are more likely than non-users to experience depression, conduct problems, personality disorders, suicidal ideation, attempted suicide, and suicide. (37). Short-term memory, learning, and psychomotor skills have been demonstrated to be negatively impacted by cannabis use, which is common among young people. There may also be influences on motivation and psychosexual/emotional development, as mentioned by (14). Drug addiction, while a person is young, has negative social and economic effects. They result from the financial losses and emotional pain that victims of crimes involving alcohol and drugs experience, the rising need for medical and other treatment services for

adolescents and young adults who are unable to sustain themselves, as well as the rising support expenditures for these young people. Additionally, there is a clear connection between drug abuse and delinquency. Many young persons who use alcohol and other drugs eventually receive arrests, judgments, and interventions from the juvenile court system. It is indisputable that indulging in risky behavior or abusing alcohol and/or drugs leads to delinquent behavior. The two hobbies, however, usually lead to problems in school and with family life, involvement in negative peer groups, a lack of social controls in the neighborhood, and physical or sexual abuse.

IMPLICATIONS FOR NATIONAL AND COMMUNITY HEALTH CONCERNS

Misuse of drugs frequently has detrimental social effects on group dynamics. The current article focuses on the detrimental effects that drug abuse has on businesses, education and training, and families, as well as how it causes crime, violence, financial hardships, housing problems, homelessness, and vagrancy. The social and economic spheres are two that substance addiction has an impact on. The government, the academic community, and society at large have all expressed grave concern over drug usage. This has had a significant impact on the socioeconomic growth of the person, family, community, and state. A culture dominated by young people who consume drugs cannot be considered healthy or advanced since it causes drug users to lose their potential. Numerous premature deaths due to suicide, automobile accidents, and other causes, violent crimes, inactivity, and subsequent poverty are only a few of the many negative repercussions of drug use. Households are shattered, aspirations are dashed, and potential labor is lost as drug

addict's battle to support their habits. As a result, they start to burden their own lives, their families, society, and the entire state. Unfortunately, young people who are meant to carry Nigeria's socioeconomic progress forward are persistent advocates for this subculture and antisocial drug usage (38). The high rate of substance abuse among commercial bus drivers, as well as other immoral behaviors among them, are believed to be directly related to the high frequency of traffic accidents currently seen in our society. These behaviors pose a serious threat to the peaceful coexistence of the people they interact with, particularly their passengers. Their daily lives are filled with frequent and habitual aggressive behaviors (13). Heroin, cocaine, and other narcotics are thought to kill about 0.2 million people a year, destroying families and causing agony for thousands of others. Additionally, drug usage costs individuals, families, and society a great deal of money. The misuse of tobacco, alcohol and illicit substances cripples our country and costs more than \$740 billion a year in costs for healthcare, missed work productivity, and crime (39). The use of psychoactive substances causes social problems and public health issues that affect communities beyond the home, school, and workplace. This leads to an unhealthy culture that will eventually have a detrimental impact on the country as a whole. As a result of risky sexual behavior and/or community injection drug use, substance misuse has been linked to an increase in cardiovascular disease morbidity and mortality, injuries from motor vehicle crashes, sexually transmitted and blood-borne illnesses, such as HIV/AIDS and hepatitis B and C, pregnancy complications, neonatal abstinence syndrome (NAS), and drug overdoses. Additionally, substance misuse can have negative social and legal repercussions like family disturbances,

money issues, lost productivity, and failure in school or at work, domestic violence, child abuse, and crime that also threaten the community's economic stability (40). National stakeholders have expressed concern about drug addiction among Nigerian youngsters as one of their health-related issues. Because of its impact on young people and the country as a whole, drug usage in Nigeria has gained international attention. Drug misuse harms undergraduate education at several colleges throughout the world. The user's general health is badly impacted, and drug abusers are more likely to engage in criminal activity and contract infectious diseases like HIV/AIDS due to their drug-related behaviors. Drug addiction is viewed as an aggravating element for economic problems, contributing to Nigeria's impoverished status as well as being a significant public health, social, and individual problem. Numerous studies have proven some consequences ((29) (30) (31) (32) (33) (34). For instance, (41) mentioned cirrhosis of the liver, and pancreas, gastric ulcers, hypertension, neurological disorders, Tuberculosis, etc. as among the physical consequences of substance misuse. The list of mental impacts according to (42), also includes amnesia, dementia, nervous system deficiencies, delayed motor development, and retardation. Unfortunately, these consequences fueled the insurgency in Nigeria. Among other things, there are mental illnesses, social violence, gang formation, cultism, armed robberies, "advanced fee fraud" syndrome, online fraud, social miscreants (local boys and girls), lawlessness among teenagers, disrespect for elders, rape, loss of senses, instant death, and squandering of priceless and innocent lives (42) (36). Drug users run the risk of becoming a burden on society as well as issues for themselves and their families.

PREVENTION PROGRAMS FOR SUBSTANCE ABUSE

The most effective prevention programs use interactive methods that encourage participation in learning about drug misuse and reinforcing skills, such as parent role-playing and peer discussion groups. Meanwhile, the likelihood of developing a substance addiction depends on the mix of risk factors (such as abnormal attitudes and actions) and protective variables (e.g., parental support. As people get older, certain risk and protective variables may have distinct effects. A younger child, for instance, is more impacted by risk factors in the family, but an adolescent may be more impacted by a connection to peers who use drugs. With early intervention for risk factors, a child's life path (trajectory) can be shifted away from problems and toward constructive behaviors (such as violent behavior and inadequate self-control). Risk and protective factors can affect any population, but depending on an individual's age, gender, ethnicity, culture, and environment, they may have different effects. Therefore, prevention initiatives should strengthen protective variables while reversing or lowering risk factors. The use of illicit drugs by minors, such as marijuana or heroin, as well as the inappropriate use of substances that can be lawfully obtained, such as inhalants, prescription pharmaceuticals, or over-the-counter medications, must all be addressed in prevention programs. The specific type of drug misuse problem in the community should be addressed by preventative programs, which should concentrate on modifiable risk factors, reinforce recognized protective ones, and do so. Prevention programs should be particularly created to target risks related to the audience or demographic features, such as age, gender, and ethnicity, in order to increase program success. Programs that involve families, schools, communities, and the media in the prevention of

substance abuse and addiction are appropriate. These programs entail outreach and education to help people understand the risks of drug use. To reinforce the initial preventative goals, prevention programs should be long-term and include recurring interventions (also known as booster programs). According to research, middle school prevention programs are less effective than high school continuation programs. Training teachers in effective classroom management techniques, such as praising appropriate student behavior, should be a component of prevention programs. These methods support students' good conduct, success, academic motivation, and school ties. The executive, legislative, and judicial branches of government, as well as the Ministries, Departments, and Agencies (MDAs) of Health, as well as health, educational, and religious institutions, must vigorously and comprehensively address the public health and social problems brought on by drug abuse (43). Strategic organizations (Nigeria Custom Services, National Drug Law Enforcement Agency, and NAFDAC) in charge of regulating the importation of prohibited substances and/or preventing their distribution and usage must work together. Increased regulatory vigilance, diligence, and control of food and medication importation are required by NAFDAC. The National Prescription Policy should be developed by the Federal Ministry of Health, and the Federal Ministry of Health should enforce the prescription policy. Through print, social, and electronic media, advocacy and public awareness campaigns should be run. The Ministry of Information and organizations that are directly in charge of customers and consumers, such as the Pharmaceutical Society of Nigeria (PSN), the Medical and Dental Council of Nigeria (MDCN), NAFDAC, etc., should take an active part

in these. The government should provide more money for these.

ROLES OF COMMUNITY HEALTH NURSES IN THE PREVENTION OF SUBSTANCE ABUSE

From the various studies (44)(45), it is evident that school and community nurses can give children, teenagers, and their families special and valuable services; however, nurses work mostly in hospitals and clinics in impoverished nations like Nigeria. Children who are at risk of developing substance use issues might get help from the nursing profession. Nurses, in particular, could play a crucial role in the early detection and prompt intervention of susceptible and high-risk persons in connection to children and their families. Nurses everywhere should increase their understanding of effective prevention measures and become more attentive to the problem of drug dependency and the factors that influence young people's drug usage.

CONCLUSION

Substance misuse is still a serious public health problem that affects both the patient's family and the surrounding area. The community health nurse is in a unique position to function as a change agent for juvenile substance abuse prevention because of her roles as a health care provider, health educator, and liaison with families, schools, and the community. In the community setting, the community health nurse can play a critical role in the prevention of substance abuse through careful identification of substance abuse risk factors and encouraging the enhancement of youth protective factors, as discussed in this paper on the roles of the community health nurse. The IOM Mental Health Intervention Spectrum Model and other existing tools, which are easily adaptable to nursing practice, may be useful in helping nurses evaluate and

carry out successful prevention interventions in the school context.

RECOMMENDATIONS

The government, drug enforcement agencies, the community, schools, and other parties participating in the war on drugs must cooperate. To assist in lowering drug abuse among teenagers or young people in Nigeria, the following measures are suggested: In order to help their children, grow their morals and character, parents should be encouraged to learn about drugs and teach them to their children. It's crucial to do this in order to inform young people about the dangers of drug use, abuse, and society at large. In general, healthcare practitioners are urged to counsel patients on prevention, screen them for substance abuse and use disorders, and, where necessary, offer early interventions in the form of motivational approaches.

Authorship Criteria

M.G Elemile was involved with the concept and design of the study while O. D Akinwale was involved with drafting the article and revising the article critically for important intellectual content, and C.B Bello gave the final approval of the version to be published.

Contribution Details

M.G Elemile was involved with the concept, design, definition of intellectual content, literature search, clinical studies, experimental studies, data acquisition, and data analysis while O.D Akinwale was involved with the manuscript preparation and C.B Bello was involved with the manuscript editing and manuscript review. M.G Elemile is responsible for the integrity of the work as a whole from inception to published article and is designated as a 'guarantor'.

Conflicts of Interest/ Competing Interests

The authors of the article hereby disclose that there are no conflicts of interest they may have with the publication of the manuscript.

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