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SUBSTANCE ABUSE IN NIGERIAN ADOLESCENT BOYS

Mr Usman Muhammed

Program Manager, Adolescent Substance Abuse Program

Medical Doctors Inter-Community Health Initiative, Nigeria - West Africa

1 INTRODUCTION

Substance abuse in Nigeria dates back to prehistoric times when natural substances, that induce some form of inhibition in the limbic system and neuro-chemistry of the pre-frontal cortex of the brain, were consumed orally or nasally.

With advancement in age and science new pharmacologic agents are discovered to have some pleasurable effects on emotion, mood and general physical activity of the body. Abuse of these substance which keep evolving daily has become a global burden.

Substance Abuse by adolescents in Nigeria and their negative consequences are becoming progressively a major public health concern.

4 METHODOLOGY

The cross sectional study was undertaken during 2016 to 2017, in public secondary and private secondary schools located within Jos, Plateau State, Nigeria.

The total population of male adolescent (11 - 19 years) was 1,624 out of which 410 students were selected using probabiliy proportionate to size sampling (PPS). Only 392 students cooperated in the study. The non-cooperation might be due to the stigma attached to substance abuse in Nigeria.

The sample size was calculated using the formula sample size = (1.96)2PQ/L2, where prevalence
P = 20%, Q = (1 - P) absolute precision L = 4%

Verbal consent of the school principals were obtained and the study tools were self developed pre-tested questionnaires.

2 BACKGROUND

The rationale for this work is based on the sky-rocketing prevalence of this menace among adolescent boys in Nigeria which is a marker of other harmful behaviours that predispose them to harmful lifestyles like unprotected sexual intercourse, violence and other related crime.

One burdensome factor is the progressive decline in the age of initiation. Early initiation is often associated with poor progrosis and a life long pattern of irresponsible behaviour.

5 RESULT & FINDINGS

Socio-demographic characteristics most of the study population was in their early and midteens 43.3% and 37.6% respectively. Prevalence and pattern of substance abuse out of 392 male adolescents 54 (13.3%) adolescents (8.3%) occasional and 5.3% regular user) we found to be into substance abuse. The percentage of the regular users increased with the age group of the adolescents (table 1) age of initiation of substance use: 1.8% of the adolescents assessed reported that the were initiated into the lifestyle at the age of 10 years. 78% were initiated at the age of 13 – 15 years with a peak at 14 years of age (52.6%).

Reasons for substance use:

46.1% started the use of substance for fun, 43.3% peer pressure 8.9% social status, 3.7 % relief of stress 3.1% habit

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Age Group	Never Users N (%)	Occasional Users N (%)	Regular Users N (%)	Total N (%)
10 – 13 Years (Early Teens)	157 (95.2)	7 (4.2)	1 (0.6)	165 (100)
14 – 15 Years (Mid Teens)	112 (80.6)	19 (13.7)	8 (5.7)	139 (100)
16 – 19 Years (Late Teens)	69 (80.2)	6 (6.9)	11 (12.8)	86 (100)
Total	**338 (86.6)**	**32 (8.2)**	**28 (5.1)**	**390 (100)**

3 STATEMENT OF PURPOSE

This study aims to estimate the prevalence, various substance used, socio-demographic risk factors, source of introduction of first use and reasons for substance abuse.

To elicit the minimal and pick age of initiation at which intervention might prevent adolescent from starting the substance use.

6 CONCLUSION

From the sample space of this study, male adolescents above knowledge of the extent of the problem and socio-demographic risk factor is essential to devise effective strategies against substance use community based interventions with peer approach to counter peer pressure and commitment to implementing and sustaining such programs by individuals, families, religious bodies, government agencies like NDLEA, NERDC and International agencies like UNODC should be a national emergency.

7 REFERENCE

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