

Psycho-Social Determinants of Adolescents Substance Abuse among Secondary School Students in Rivers State

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Abstract

The study investigated the psycho-social determinants of adolescents' substance abuse amongst public secondary school students in Rivers State. The study employed an ex post facto design. A sample of 348 students was used for the study. Disproportionate stratified random sampling technique was used to compose the sample. Three research questions were answered and three corresponding hypotheses were tested in the study at 0.05 level of significance. Data used for the study were collected directly from school principals and examining body (Rivers State Ministry of Education). Two instruments were used for the data collection of this study, the Substance Abuse Inventory (SAI) and the Psychosocial Determinants Survey (PDS). The reliability of the instrument was established using Cronbach Alpha technique, which produced the following coefficients: 0.86 for Substance Abuse Inventory (SAI), 0.78 for Peer Pressure, 0.92 for Anxiety and 0.73 for Family lifestyle. The data obtained was analysed using simple regression (R), coefficient of determination (R Squared, $r^2 \times 100$). The findings of the study showed that peer Pressure, anxiety and family lifestyle are determinants of substance abuse among senior school students. Amongst others it was recommended that parents should monitor their children involvement with peers in other not to be negatively influenced.

Keywords: Peer, family, lifestyle, anxiety, abuse.

Introduction

According to the World Substance Report (2015), the use of illicit substances has increased throughout the world in recent years. The report further states that a major world trend is the increasing availability of many kinds of substances to an ever-widening socio-economic spectrum of consumers. Substance abused range from the socially accepted like alcohol, tobacco, miraa and caffeine to the outlawed ones such as heroin, cocaine and cannabis sativa (bhang). Addiction to such substances is a disease that impairs the structure and function of the brain. Wade, & Pevalin, (2015), attributed the substance abuse among adolescents to the feelings elicited by the substances, influence from friends and kins, experimentations, medicinal use and stressful lives.

Substance abuse is the use of substance or sedative in a wrong way, to such an extent that it misshapes the physical and mental functioning of the abuser. Substance could likewise be abused when it isn't pharmacologically necessary. According to Abdullahi (2015), substance

abuse has been subjected to various definitions and understandings by various individuals from alternate points of view. It has been observed that greater part of substance abuse begin amid the pre-adulthood period, particularly so far the 'passage' medications, alcohol and cigarettes, this conveyed the need to check this awful practice in the secondary schools. Alcohol and cigarettes are depicted as 'door' since they are as a rule, the primary substances that are utilised before different substances are gone for (Indian Preventive Resource Center, 2003). According to Okaza and Aluede (2009) substance abuse by students can prompt sharp decrease in student's academic performance, increment reports of truancy and ejection from school. Sambo (2008) saw that "endless utilisation of substance can cause serious, and sometimes irreversible harm to adolescent's physical and mental development.

Right now, substances such as alcohol, cigarettes, marijuana, cocaine, heroin to hashish and numerous others are promptly accessible to youth in Nigeria and this has made numerous adolescents to be culprits of social indecencies in the general public. Mersy (2013) depicted substance abuse as dangerous utilisation of alcohol, tobacco, or illegal and/or professionally prescribed medications and it has been referred to as country's main medical issue. While, David, Derald & Stanley (2019) refers to substance abuse as an obsessive example or inordinate use, intake of a substance despite the fact that it might cause physical harm, risking security, or disabling social influences. Substance abuse may decrease adolescent's chances of moving on from school or of finding and holding a stable employment, it might likewise be causing students' distress which will exasperate scholastic schedule and this may likewise prompt poor academic performance. As indicated by Hawkins & Veselska, (2019) a low level of sense of duty regarding training and higher truancy rates have all been identified with substance use among adolescents. Substance abuse is regular among secondary school student; a considerable number of them abuse substance, for example, sedate alcohol and tobacco.

Alcohol is the most generally utilised and abused sedate among adolescents, and it causes serious and conceivably perilous issues for this populace. Squeeze (2019) saed that alcohol is the most abused substance in Nigerian today. Denga in Piwana and Haggai (2007) calls attention to that intake of alcohol has turned into what students use for fun, to the extent that students have discovered another religion in which drinking alcohol is a rite. This refers to the Kegites" Fraternity. The discoveries of Piwana and Haggai (2007) additionally uncovered that the medications generally utilised at religion gatherings incorporate as a matter of first importance alcohol and tobacco; all clique members abused these two medications frequently.

The use of substances in itself does not constitute any danger, because substances correctly administered have been a blessing. Falco as cited by Sambo (2008) viewed that "chronic use of substances can cause serious, sometimes irreversible damage to adolescent's physical and psychological development. The use of substances could be beneficial or harmful depending on the mode of use. A substance refers to anything that could bring about a change in the biological function through its chemical actions (Okoye, 2001). It is also considered as a substance that modifies perceptions, cognition, mood, behaviour and general body functions (Balogun, 2006). This could thus be considered as chemical modifiers of the living tissues that could bring about psychological and behavioural changes (Nnachi, 2007).

Substance abuse is a major public health problem all over the world (UNODC, 2005). The use and abuse of substances by adolescents have become one of the most disturbing health related phenomena in Nigeria and other parts of the world (NDLEA, 1997). Several school going adolescents experience mental health problem, either temporarily or for a long period of time. Some become insane, maladjusted to school situations and eventually drop out of school. NAFDAC, (2004) as cited by Haladu (2003) explained the term substance abuse as excessive and persistent self-administration of a substance without regard to the medically or culturally accepted patterns. It could also be viewed as the use of a substance to the extent that it interferes with the health and social function of an individual. Odejide, (2000) warned that substance abusers who exhibit symptoms of stress, anxiety, depression, behaviour changes, fatigue and loss or increase in appetite should be treated by medical experts and counselors to save them from deadly diseases. The alarming evidence in the prevalence of substance abuse, the effects and consequences of substance abuse among students has called for concern and challenge to all helping professions to mount strategies of equipping adolescents with skills of living devoid of substance abuse.

In Nigeria today, the consequences of substance use are diverse, including acute and chronic health, social as well as psychological problems. There is disruption of interpersonal relationships particularly within the family, marginalisation, criminal behaviour, school failure, vocational problems and failure to achieve normal adolescent milestones, yet these adolescents are expected to be the leaders of the country in the future when they do not even have any focus for the future. Several studies carried out among the secondary school students in Benin City by Omege and Oshiloya, (2016), found out that students and youth of easy virtue in the community are involved in cannabis abuse and stimulants such as amphetamines and cannabis. This study intends to investigate the psycho-social determinants of substance abuse in Obio/Akpo Local Government Area of Rivers State, Nigeria. The psychosocial variables to be investigated in relation to substance abuse include Parenting styles (authoritarian, authoritative, permissive, and uninvolved), peer pressure, family lifestyle, anxiety/depression and self-esteem.

Berk (2009) affirmed that peer pressure refers to the cajoling, persuading or threatening of a member of a peer group to engage in certain behaviours (mostly societally abhorrent behaviour) for group identification and cohesiveness. Family lifestyle refers to behavioural repertoire that is typical or characteristic of a particular group of individuals bound together by consanguinity and/or are living in the same house. Owatimehin and Adetunji (2021) argued that this include their idiosyncrasy, prejudices, and preferences. Anxiety relates to excess and/irrational worry about a thing, situation or place to the point that it brings about impaired functioning in the individual's family, home and interpersonal relationships; finances, work or school and leads to illness or injury (Field, 2013).

Josephine (2017) carried out a research to investigate the peer pressure as a contributing factor to drug and substance abuse among the youths in Likii sub-location of Laikipia East Sub-County and make recommendations on appropriate intervention measures to arrest the situation. Laikipia East sub-county formed the area of study. The study adopted triangulation design that combines both qualitative and quantitative research techniques and measures (Mugenda & Mugenda, 2003). The data was collected using self-completion questionnaire

administered to youths and community members and interview schedules for area chief in addition to personal observations. This formed primary sources of data collection. The study population involved four villages, 120 youths and 120 community members drawn from 2189 households in Likii sub-location. The study used both stratified and simple random sampling methods to select households, youths and community members in each of the four villages of Likii sub-location, Laikipia East sub-county. The data collected from sampled respondents was tallied and converted into frequencies and percentages. The study findings indicated that alcohol was the most abused drug in the area, followed by miraa (khat), bhang and cigarettes in that order. Some respondents were reluctant to give actual information on hard drugs such as heroin, cocaine and mandrax due to legal implications surrounding these substances. Based on the gateway theory, which postulates that the use of one substance culminates in experimentation with other substances, it is deduced that the rate of consumption of alcohol alongside other legal substances such as miraa and cigarettes in Kenya may be on the rise. The study findings highlighted the peer pressure as a contributing factor influencing drug and substance abuse among the youths in Kenya, the community initiatives to curb the vice and the preparedness of National administration and other law enforcement agencies in arresting the situation.

Taylor (2011) carried out a study to investigate relationship between peer pressure and substance abuse among students in public secondary school in Mombasa District. The study was guided by the following objectives, influence of peer pressure on substance abuse among student in public secondary schools, influence of availability of drugs on substance abuse among students, how mass media contributes to substance abuse among students, how family conflicts contributes to substance abuse among students in public secondary school and the role of guidance and counseling in controlling substance abuse among students in public secondary schools in Mombasa. The study is based on the social Learning Theory- advanced by Albert Bandura (1977), which states that adolescence acquire their beliefs about antisocial behaviours from their role models, especially close friends or (peer groups) parents and relatives. The role models may influence students directly or indirectly and positively or negatively. The theory assumes that substance specific cognition is the strongest predictor of the students' early substance use. The study utilised descriptive survey design. The target population of this study was 1800 students, 330 teachers and 13 head teachers; the target group was form 3 and 4 students. Simple random sampling was employed to select 10 schools out of 13 schools in Mombasa District to participate in the study. The study sample comprised of 10 head teachers, 99 teachers and 180 students from 10 secondary schools in Mombasa District. The study used questionnaire for data collection. The following are the findings; students were greatly influenced by peer pressure to abuse drugs and other related substances. The study also noted that a very small percentage of students were abusing drugs as individual. Secondly, the responses showed that, drugs are easily available within the school environment and that mass media play a major role in influencing students to abuse drugs. Thirdly, the study established that, family conflict lead to divorce and separation hence affecting the family and children stability. This therefore, may encourage children to engage into drug and substance abuse as a result of frustration and desperation. Further the study showed that, students from unstable family background are more likely to abuse drugs as

compared to those from stable family backgrounds. In addition, the study indicated that, effective guidance and counseling, aggressive anti- drug campaigns and regular drug awareness in most schools was lacking. The study also implied that, guidance and counseling may prevent substance abuse in schools to a certain extent if well utilised in the schools by the professionals and school administration. The following conclusion were arrived at, firstly, the students had adequate knowledge on certain issues in drugs and substance abuse. Secondly, the study revealed that there were measures put in place in the schools to curb drugs and substance abuse which included guidance and counseling, drug awareness campaigns and punishment. The most popularly measures used are guidance and counseling, punishment and (suspension). The recommendations of the study are as follows, instead of punishment for those students found abusing drugs in school, they should be counseled. They also felt that guidance and counseling departments should be strengthened with counselors equipped with knowledge and skills to handle students with drug problems. In addition, the respondents also suggested that, school administrators should decide to have forum to educate the parents, teachers, students and school community on how to curb substance abuse. Lastly, they recommended that, the government should give support to schools by declaring drug and substance abuse illegal business and put into place strict penalties of those involved in the abuse. Jorge, Ferreira, Ferreira, Kawachi, Zarzar and Pordeus (2018), examined illicit drug use and associations with socioeconomic factors as well as peer group influence among Brazilian adolescents aged 15 to 19 years. It was found that adolescents who lived in less vulnerable areas had higher chance of drug use in comparison with those living in more vulnerable areas. Religion-based and sports/culture-based friendships seem to demonstrate a protective effect against lifetime illicit drug use. Gender heterogeneity within groups and residing in a less vulnerable area increased the chances of adolescents reporting illicit drug use.

In terms of anxiety, Blöte (2016) studied the link between social anxiety and substance use in adolescents, in particular the role susceptibility to peer pressure plays in this link. The results showed that socially anxious adolescents basically avoid substance use but, if susceptible, may yield to peer pressure and start using substances. Parents, teachers, and therapists should be aware of this susceptibility to possibly negative peer pressure of socially anxious adolescents. Reed (2019) revealed that a relationship between victimisation, substance use, psychological health service utilisation, and depressive symptoms in a sample of 4,757 of adolescents using two waves of data from the National Longitudinal Study of Adolescent. Based on this, the study was guided with the following objectives.

Aim and Objectives of the Study

This study aimed at investigating the psycho-social determinants of substance abuse among secondary school students in Rivers State. The following specific objectives were considered:

1. to find out the extent to which peer pressure determines substance abuse among secondary school students in Rivers State.
2. to ascertain the extent to which family lifestyle determines substance abuse among secondary school students in Rivers State.

3. to establish the extent to which anxiety determines substance abuse among secondary school students in Rivers State.

Research Questions

The following research questions guided the study;

1. To what extent does peer pressure determine substance abuse among secondary school students in Rivers State?
2. To what extent does family lifestyle determine substance abuse among secondary school students in Rivers State?
3. To what extent does anxiety determine substance abuse among secondary school students in Rivers State?

Hypotheses

The following hypotheses were tested in the study;

1. Peer pressure does not significantly determine substance abuse among secondary school students in Rivers State.
2. Family lifestyle does not significantly determine substance abuse among secondary school students in Rivers State.
3. Anxiety does not significantly determine substance abuse among secondary school students in Rivers State.

Methods

The design of this study was ex-post facto design. because it seeks to establish relationship between peer pressure, family lifestyle and anxiety and substance abuse among secondary school students in Rivers State without manipulation of the study variables. The population of the study was made up to all 14,784, senior secondary school students in 16 public secondary schools in Obio/Akpor local government areas of Rivers State. The sample for this study was 348 students drawn using Taro Yamen formula and multi-stage sampling technique. Two instruments were used for the data collection of this study. They were Substance Abuse Questionnaire (SAQ) adapted from the Drug Use Disorders Identification Test DUDIT) Basedow, Kuitunen-Paul, Eichler, Roessner, and Golub, (2021). The Anxiety scale was adapted from the Hamilton Anxiety Rating Scale (HAM-A) by Hamilton 1959 in Mohamed, Ahmad, Hassaan, and Hassan, (2020) while the other variables in the Psychosocial determinants survey (PDS) was developed by the researcher. The psychosocial determinants survey is divided into three sub-questionnaires to cover the three independent variables of the study. These are the peer pressure survey, family background survey and anxiety. Every one of the above sub-questionnaire consisted of seven items cumulating in 35 items, which measured the positive and negative feelings of the respondents. All items were answered using a modified 4-point Likert format of Strongly Agree (SA), Agree(A), Disagree(D) and strongly disagree (SD) and weighted as 4points,3points,2points and 1point respectively for positive items or 1point, 2points, 3points and 4points for negative items respectively. Two major instruments were used for data collection of the study. The first instrument is a univariate scale called “substance use inventory (SUI),” adapted from the Drug use Disorder

Identification Test (DUDIT) by Berman et al (2003) in Basedow et al (2021). The SAI is composed of 14 items measuring substance use. All the items employed a 4-point Likert response format of SA, A, D and SD. The second instrument is a self-developed multivariate scale called Psychosocial Determinant Survey (PDS) and Anxiety Scale adopted from the Hamilton anxiety Rating Scale (HAM-A). Face and content validity of the instruments were established. However, the construct validity of the instruments were established using item-total correlation” statistics generated using SPSS version 23. The above procedure is affirmed by the study of Audu, Obaitan and Adekele, (2016) and Asuru and Njigwum (2021) as a measure for construct validity; and they recommended an item-total correlation coefficient of 0.3 and above as acceptable. The SAI instrument had an item-total correlation between 0.37 – 0.70, while the PDS had the following coefficients; family lifestyle (0.39-0.61), peer pressure (0.40-0.59), and anxiety (0.56-0.87). The reliability of the instruments was determined using Cronbach alpha (α) with an index range of 0.78-0.92.

In the course of this investigation, Pearson correlation coefficient (r) and coefficient of determination (R Squared, $r^2 \times 100$) was used to answer all the research questions while, the hypotheses were tested using linear regression analysis at 0.05 level of significance.

Results

Research Question 1: To what extent does peer pressure determine substance abuse amongst secondary school students in Rivers State?

Table 1: The Extent to which Peer Pressure determine Substance Abuse

Model	R	R Square	Adj R Square	Std. Error
1	.22	.050	.047	.479

Results from Table 1 yielded a correlation coefficient (r) of 0.224 and R^2 of 0.050. This shows there is a low positive relationship between peer pressure and substance abuse amongst secondary school students in Rivers State. While R^2 of 0.05 (with coefficient of determination, $R^2 \times 100$ equals 5%) means that peer pressure account for only 5% of substance abuse amongst secondary school students in Rivers State.

Hypothesis 2: Peer pressure does not significantly determine substance abuse amongst secondary school students in Rivers State.

Table 2: Testing the significance of standardised regression coefficient (β) to which Peer Pressure Determine Substance Abuse

Model		Unstandardized Coefficients		Stand Coefficients	Sig. (P-value)
		B	Std. Error	Beta	
1	(Constant)	.338	.030	11.386	.000
	Peer Pressure	.252	.059	.224	4.271 .000

Result from table 2 reveals that Beta (β) value of 0.224 produced a t-value of 4.271 which is significant at $P(0.00) < 0.05$. The result is significant and the null hypothesis is rejected. This means that Peer pressure is a significant determinant of substance abuse amongst secondary school students in Rivers State.

Research Question 3: To what extent does family lifestyle determine substance abuse amongst secondary school students in Rivers State?

Table 3: The Extent to which family lifestyle Determine Substance Abuse

Model	R	R Square	Adjusted R Square	Std. Error
1	.175	.031	.028	.484

Results from Table 4.3a yielded a correlation coefficient (r) of 0.175 and R^2 of 0.031. This shows there is a low positive relationship between family lifestyle and substance abuse amongst secondary school students in Rivers State. While R^2 of 0.031 means that family lifestyle account for only 3.1% of substance abuse amongst secondary school students in Rivers State.

Hypothesis 3: Family lifestyle does not significantly determine substance abuse amongst secondary school students in Rivers State.

Table 4: Testing the significance of standardised regression coefficient (β) to family lifestyle Determine Substance Abuse

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig. (P-value)
		B	Std. Error	Beta		
1	(Constant)	.327	.035		9.442	.000
	Family Lifestyle	.173	.052	.175	3.315	.001

Also, the result from table 3 reveals that Beta (β) value of 0.175 produced a t-value of 3.315 which is significant at $P(0.001) < 0.05$. The result is significant and the null hypothesis is rejected. This means that family lifestyle is a significant determinant of substance abuse amongst secondary school students in Rivers State.

Research Question 3: To what extent does anxiety determine substance abuse amongst secondary school students in Rivers State?

Table 5: The Extent to which anxiety Determine Substance Abuse

Model	R	R Square	Adjusted R Square	Std. Error
1	.397	.158	.155	.451

Results from Table 4 yielded a correlation coefficient (r) of 0.397 and R^2 of 0.158. This shows there is a moderate positive relationship between anxiety and substance abuse amongst secondary school students in Rivers State. While R^2 of 0.158 means that anxiety account for only 15.8% of substance abuse amongst secondary school students in Rivers State.

Hypothesis 4: Anxiety does not significantly determine substance abuse amongst secondary school students in Rivers State.

Table 6: Testing the significance of standardised regression coefficient (β) to anxiety determine Substance Abuse

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig. (P-value)
		B	Std. Error	Beta		
1	(Constant)	.310	.027		11.570	.000
	Anxiety	.503	.062	.397	8.049	.000

Also, the result from table 6 reveals that Beta (β) value of 0.397 produced a t-value of 11.57 which is significant at $P(0.00) < 0.05$. The result is significant and the null hypothesis is rejected. This means that anxiety is a significant determinant of substance abuse amongst secondary school students in Rivers State. The regression equation for predicted Substance abuse scores is $Y = 0.503x + 0.310$.

Discussion of Findings

The result of this research question one and hypothesis one shows that Peer pressure is a significant determinant of substance abuse among secondary school students in Rivers State. The statistical analysis yielded a correlation coefficient (r) of 0.224 and R^2 of 0.050. This result is not surprising to the researcher because peer pressure has been found to be a major reason that most adolescents' behave in ways that seek to please their peers (Oloyode and Adejumo, 2020). The peer group plays a significant role in the life of an adolescent. These individuals are often bond together by factors such as sex, age, independence, socio-economic status and similarity of interest; group of persons that hang-out often and share private experiences. In contemporary society, the peer group plays a very important role in

the social development of the adolescent. Changes in family life and schooling have contributed to rise and influence of adolescent peer group in contemporary Nigeria. The basic unit of the adolescent peer group is the clique. This consists of adolescent (4-6 persons) who share similar background and attitudes. Their bond is stronger than others in the group (Walker, 2014). Be that as it may, peer group is an important source of support during the complex transition of adolescence, as well as a source of pressure for behaviour that parents may detest. Adolescents going through rapid physical and social changes take comfort from peers and friends who share similar situations. Therefore, many adolescents are cajoled, deceived, and/or even threatened to do things they don't want to (such as indulging in drug-related habits). It is also a place to form intimate relationship that serves as "rehearsals" for adult intimacy.

The result of this present study also agrees with Josephine (2017) which finding showed that peer pressure is a contributing factor influencing drug and substance abuse among the youths. In addition, in America, a national survey of high-school seniors reveals that over 90% of American adolescents have tried alcohol and that 60-70% are regular users (Reed and Rountree, 2017). These trends have remained relatively stable for nearly two decades, although regular use of alcohol has declined to 50% over the past 5 years. The prevalence of marijuana use among high-school seniors has declined steadily since the late 1990s; however, recent trends show a dramatic shift toward increased use of marijuana. Exposure to friends who use drugs and alcohol has been firmly established as one of the most important determinants of adolescent drug and alcohol use. Results from studies have led many criminologists to conclude that the relationship between peer associations and criminal or delinquent activity represents one of the strongest in the field (Gottfredson and Hirschi, 2013). A commonly held findings from the above studies is that social pressure from friends to use drugs and alcohol is a major contributor to substance use.

The result of from research question two and hypothesis two reveals that family lifestyle is a significant determinant of substance abuse among secondary school students in Rivers State. However, the result of the analysis yielded a correlation coefficient (r) of 0.175 and R^2 of 0.031 which indicates a low positive relationship between family lifestyle and substance abuse among secondary school students in Rivers State. While R^2 of 0.031 shows that family lifestyle account for only 3.1% of substance abuse among secondary school students in Rivers State. The result of this study is surprising as students are individuals who don't live in isolation of their immediate environment; the family being the most influential aspect of one's life, particularly at the early developmental stage. To this end, the family has a strong hold on the behaviour of individual due to bond by consanguinity. Be that as it may, social learning theory has illuminated the influence of one's environment and how individuals inadvertently learn what is in their environment through observation and modelling.

This result agrees with Ayomide (2018) who found that a significant relationship existed between family type and students' motivation to use substances ($r=0.26$; $P<0.005$). It also showed that there was a significant difference in the overall motivation to use substance of students from monogamous families and those from polygamous families ($T\text{-cal}=3.48$; $P<0.005$). In addition, this study agrees with Okonkwo and Osuafor (2013), and Amiegheme (2013). The former study showed that family lifestyle influence students substance abuse.

While Amiegheme (2013) conducted a study investigating the psychosocial factors predicting towards adolescent alcohol abuse. A non-experimental descriptive design was used for this study, purposive /convenience and cluster sampling was used to select a sample frame of one hundred youths in Edo state, Nigeria. Data was collected via a self-developed questionnaire. Descriptive and inferential statistics were used to analyse the data with a 5% level of significance. The result of the study revealed that there was significant association ($P < 0.05$) between peer group influence and a tendency towards adolescent alcohol abuse, the study also revealed that significant associations ($P < 0.05$) also exist between family instability, parental consumption of alcohol and adolescent alcohol abuse.

Finally, findings from research question three and hypothesis three shows that anxiety is a significant determinant of substance abuse among secondary school students in Rivers State. The result of this study is in no way surprising as anxiety which pertains to excess and/irrational worry about a thing, situation or place to the point that it brings about impaired functioning in the individual's family, home and interpersonal relationships; finances, work or school and leads to illness or injury, makes many individuals to indulge in eccentric behaviours just to change their state (Field, 2013). Negative childhood experiences rooted in parenting styles, crowded homes and the company of many servants are viruses that distort healthy childhood development. Parental rejection/abandonment, labeling and discipline through excessive punishment are some of the factors that could lead to distress and make a child to develop anxiety, especially social anxiety. An early start of this substance use predicts later dependence and abuse. For example, youth who start drinking or smoking in early or mid-adolescence have a higher risk for alcohol use disorder or daily smoking later in life than those who start at a later age. Because substance use frequently starts in adolescence and has consequences for later use or even abuse, it seems very important to learn more about factors that facilitate or impede the beginning of these behaviors in this period of life. One of the factors that may be related to substance use is anxiety, particularly social anxiety.

However, the present study agrees with Alsheikh (2014) who examined several psychological and social factors in predicting alcohol and drug abuse.

Conclusion

This study investigated the psychosocial determinants of adolescents' substance abuse among secondary school students in Obio/Akpor Local Government Area of Rivers State. The study found that Peer pressure is a significant determinant of substance abuse among secondary school students' in Rivers State. In addition, this study found that Family lifestyle is a significant determinant of substance abuse among secondary school students in Rivers State. It was also revealed by this study that anxiety is a significant determinant of substance abuse among secondary school.

Recommendations

In light of the above findings, the following recommendations are made:

1. Parents should monitor their children's activities with their peers and show interest in their relationships.

2. Parents should avoid comments or actions that could make the adolescent feel guilty over his or her inadequacies.
3. Parents should endeavour to provide the basic needs of their adolescent children, especially female adolescents.

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