

**THE INFLUENCE OF FAMILY, PEERS AND  
SUBSTANCE AVAILABILITY ON SUBSTANCE  
USE AMONG COLLEGE STUDENTS IN  
NIGERIA**

**ISAH MAMMAN CHARANCHI**

**UNIVERSITI SAINS MALAYSIA**

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by

**ISAH MAMMAN CHARANCHI**

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## **LIST OF ABBREVIATIONS**

FCE	Federal College of Education.
NAFDAC	National Agency for Food and Drugs Control
NIDA	National Institute on Drug Abuse
NSDUH	National Survey on Drug Use and Health
NCASA	Northern Centre Against Sexual Assault
NDLEA	National Drugs Law Enforcement Agency
PAQ	Parental Authority Questionnaire
PLS SEM	Partial Least Square Structural Equation Modelling
POPS	Perceptions of Parents Scales
SAMHSA	Substance Abuse and Mental Health Services Administration
UNIDCP	United Nations International Drug Control and Prevention
UNODC	United Nations Office on Drugs and Crime.

**PENGARUH KELUARGA, RAKAN SEBAYA DAN KEBOLEHDAPATAN  
BAHAN TERLARANG TERHADAP PENGGUNAAN BAHAN TERLARANG  
DALAM KALANGAN PELAJAR KOLEJ DI NIGERIA**

**ABSTRAK**

Penggunaan bahan terlarang terutamanya di kalangan remaja merupakan masalah sosial yang serius yang menjadi cabaran utama kepada Dunia dan membangunkan masyarakat baru seperti Nigeria. Fenomena ini tersembunyi antara manusia, tetapi maklumat mengenai sifat, corak, kelaziman dan kaitan sosial psiko datang daripada pelbagai sumber termasuk kajian empirikal. Kajian siasatan penyelidikan kuantitatif semasa yang berhubungan dengan keluarga (dalam konteks gaya keibubapaan, penglibatan ibu bapa), ciri-ciri rakan sebaya dan hubungan mereka kepada penggunaan bahan terlarang oleh remaja sebagai tindak balas kepada trend yang berbahaya dan berterusan dengan penggunaan bahan terlarang di kalangan populasi remaja di zon utara-barat Nigeria. Subjek dalam kajian ini terdiri daripada (600) orang remaja dalam kumpulan umur dari 18 tahun dan ke atas dipilih secara rawak daripada empat kolej persekutuan pendidikan di kawasan tersebut. Kajian ini menggunakan alat statistik Partial Least Square Structural Equation Modeling (PLS-SEM) 3.0, semua persoalan kajian dan hipotesis telah diuji berkenaan dengan keputusan pembolehubah; penggunaan bahan terlarang (alkohol, rokok dan ganja) oleh remaja. Keputusan menunjukkan bahawa semua hipotesis null disokong, dengan itu; terdapat perbezaan yang signifikan antara gaya keibubapaan, penglibatan ibu bapa dan penggunaan bahan terlarang oleh remaja. Persatuan dalam penguasaan

keibubapaan nampaknya positif. Ini menunjukkan bahawa pelajar-pelajar, ibu bapa yang berwibawa dan bersifat terbuka, dan lebih terlibat dalam hal ehwal anak-anak mereka, kurang cenderung untuk menggunakan bahan terlarang manakala mereka daripada ibu bapa autoritarian muncul untuk menyatakan kecenderungan untuk menggunakan bahan-bahan terlarang. Kajian ini juga mendapati bahawa penggunaan bahan terlarang rakan sebaya, tekanan rakan sebaya dan kebolehdapatan ubat-ubatan adalah secara positif berkaitan dengan penggunaan bahan terlarang oleh remaja. Data yang dikumpul untuk pembolehubah demografi dikira dengan menggunakan IBM SPSS Statistik v22.0. Dapatan kajian menunjukkan bahawa penganut agama Islam, remaja yang lebih tua, tinggal dengan ibu bapa, sepenuh masa dan menjadi wanita kurang cenderung untuk menggunakan bahan terlarang. Walau bagaimanapun, bilangan adik-beradik yang ramai (lebih besar saiz keluarga) dipamerkan berkecenderungan tinggi untuk menggunakan bahan terlarang. Kajian ini juga mendapati pelajar dari Kwantagora dan Kano menunjukkan lebih banyak menggunakan bahan terlarang berbanding dengan daripada kolej-kolej lain.

**THE INFLUENCE OF FAMILY, PEERS AND SUBSTANCE  
AVAILABILITY ON SUBSTANCE USE AMONG COLLEGE STUDENTS  
IN NIGERIA**

**ABSTRACT**

Substance Use especially among the adolescents is a serious social problem that poses a major challenge to the World and the emerging developing communities like Nigeria. The phenomenon is hidden among people, but information regarding the nature, pattern, prevalence and psycho social correlates comes from many sources including empirical investigations. The current quantitative survey is a research enquiry relating to family (in the context of parenting styles, parental involvement), peer characteristics and their relationships on adolescent substance use in response to the dangerous and persistent trend of substance use among adolescent population in the north-west zone of Nigeria. Subjects in the study comprised of (600) adolescents within age cohorts from 18 and above years old randomly selected from four federal colleges of educations in the area. Using Partial Least Square Structural Equation Modelling (PLS- SEM) 3.0 statistical tool, all the research questions and hypotheses were tested in respect with the outcome variable; adolescents substance use (alcohol, cigarette and marijuana). The results indicated that all the null hypotheses were supported, thus; there is no significant difference between parenting styles, parental involvement and adolescent substance use. The association appears positive in the authoritarian parenting. This shows that students, whose parents are authoritative and permissive, and more involved in the affairs of their children, are less likely to use



substance whereas those from authoritarian parents appeared to manifest tendency to use substances. The study also found out that peer substance use, peer pressure and drugs availability are positively associated with adolescents substance use. Data collected for the demographic variables were equally computed with IBM SPSS Statistics v22.0. Findings revealed that belonging Islamic faith, being older adolescent, living with parents, full time and being female are less likely to use substance. However, more number of siblings (larger family size) exhibited high tendency for substance use. The study also found out students from Kwantagora and Kano displayed more substance use than other colleges.

## **CHAPTER ONE**

### **SUBSTANCE USE**

#### **1.1 Introduction**

Psychoactive substances use problem has become a world-wide issue. All over the world, as reported by UNODC (2005), drug use has become a major public health problem. For along time and to date, many research studies continuously provide more information as regards to causes and effects of substance use problem (Smith & Nutbeam, 1994; WHO, 2000; Gureje et al., 2007; UNODC, 2011). The problem has no boundaries and extends to all countries in the world with devastating effects particularly the developing nations, which affects the physical and social health of people generally particularly the school adolescents.

Several research findings have come up with a number of facts and figures on substance use and its associated problems. Research reports from the World Health Organisation (WHO, 2002) shows that about two million people worldwide consume alcoholic beverages and 76% of this people have diagnosable alcohol use disorder. Meanwhile, a special report by the United Nations Office on Drugs and Crime (2008), mortality statistics showed that substances use claims about 200,000 lives in a year. Sadly enough, a situation report from the 2014 World Drug Report shows that “around 243 million people aged 15-64 consumed illicit substances in 2012 alone. Nigeria, a country with highest population in Africa was scored highest than other African countries in cannabis seizure, apart from being the common substance that is in use, and thus

suggesting its availability in the country. This is a very serious and an alarming trend that require more special research attention, control measures, intervention and if possible preventive measures..

In the past, researchers have noted that the use of psychoactive substances such as alcohol and cigarettes have appeared to be part of the social life of people in Africa, including Nigeria ( Obot, 1993), but nowadays, multiple users of substances have tremendously risen and became increasingly widespread in many African countries including Nigeria (Adelekan, Ndom & Obanyan, 1996; Ebier & Obot, 2000; UNODC, 2011). More recent studies now have reported indiscriminate and persistent use of these substances especially among students population across the country (Obot, 2004; Gureje et al., 2007; Makanjoula, 2007; NDLEA, 2014).

In the previous decades to the present time in Nigeria, the prevalence, patterns, and psychosocial correlates of substance use studies among students were conducted ( Adelekan et al., 1996; Jackson, & LeCroy, 2009; Obot, et al., 2001;Ibe & Ele, 2003; unodc, 2008; Abasiubong et al.,2014) and reported different outcomes among differing population groups. For a long period of time to date, studies showing different outcomes (Monge, et al., 1999;Bachman, & Johnston, 2004;) extends across socio-economic, cultural, religious and ethnic boundaries , and continues to spread more research interest in Africa, particularly Nigeria (Oyakhilome, 1990; Okoza et al.,2009;World Drug Report, UNODC, 2008)

Epidemiological surveys in the country have shown that substance use is one of the risky and worrisome health related problems among the adolescents in Nigeria (Okonkwo, et

al., 1999;Obot, 2001NDLEA, 2010) and most of these adolescents start with alcohol or cigarettes and later progress to more dangerous drugs such as marijuana, cocaine and other narcotics (Adelekan, Makanjoula & Ndom, 2001). This trend moves gradually towards multiple drug use (Omigbodun & Babalola, 2004). Substance use particularly among college usually starts with alcohol and cigarettes as gateway drugs, (McArdle (2004). Adolescent substance use is problematic one, especially looking at the critical nature of adolescence period which is marked by psychological and social changes, leading to experimentation with drugs (Graham, Turk & Verhulst, 1999; Abasiubong et al.,2008; Igwe & Ojinnaka, 20101), with dire consequences.

A Statistics reports obtained from the National population Commission in Nigeria (2006), indicated that there are about 11, 787, 122 million adolescents in various institution of higher learning in the country. Among this population of students in Nigeria, the northern part of the country is a very large and densely populated area, and has the highest population of students across all institutions of learning in the country. These students in various colleges, universities and other institutions of higher learning, in who's the future of the country's hopes and aspirations rests in providing manpower for growth and development, are now posed with the dangers of drug use.

The use of substances among people generally, and especially the adolescents can have both immediate and longer-lasting negative consequences on the youth and the larger society. From literature review, Falcon (1988) cited by Sambo (2008) suggested that persistent use of substances can cause serious permanent change in the students physical and psychological development. Besides that however, the use of some drugs could be beneficial or harmful depending on the manner of its use. Researchers all over the World

have indicated that school adolescents who use substances are at risk for many problems. For instance, besides contributing to school under-achievement, anti-social behaviour, mental health problem into adulthood (Gilvarry & McArdle, 2007; Merline et al., 2004), it is also linked to expenditures for treatment in social service, criminal justice and health services system (Monge, et al., 1999). Many studies shows that adolescents substance use leads to problems including school drop-outs (Wright & Fitzpatrick, 2004), increased motor vehicle accidents (Lansford et al., 2008), delinquency and poorer physical health (Ford, 2005). and cultism (Oniyama & Oniyamma, 2000).

Evidences from different fields of enquiry strongly suggest that etiology of substance use and abuse is multifactorial and that psychological and social factors are all determinants of substance use. The use of substance among general populations, according to research studies are caused by many factors; however this may differ among people, cultures and their environments. These factors can be categorised into two groups. The broad social and cultural (contextual) factors provide the legal and normative expectations for behaviour. The second factor lies within the individuals ie such as the school adolescents and the environments where they live. Interpersonal environments in children's lives are families, school classrooms, and peer groups (Hawkins et al., 1992; Kandel; Ashby & Wills, 2003). The role and functions of family are significant in shaping and moulding a child's personality, identity, behaviour and attitude such as avoidance of substance use. Carter, (2006), identified family as a system of roles with cultural expectations for behaviour. As a social institution, the family provides a stratified system through which children learn to develop cultural norms, values, and social roles suitable for fostering socialization. This makes parenting one of the most important functions of

the family (Best, 2003). Parents were expected to provide environment that will accommodate maximum social, emotional and cognitive development for their children (Gage, 2006).

The current study seek to examine risk and protective factors for substance use by comparing the specific influences of interpersonal factors such the family risk factors, socio-cultural risk factors including peer influences and drugs availability. These variables were chosen based on the previous research on adolescent's samples indicating that they predicted substance use (Brook et al., 1990).

## **1.2 Background of the Study**

The devastating trend in the use of drugs among adolescents populations in Nigeria has become a subject of concern across the communities ( Oshikoya, 2006 ; Whichstrom & Hegna, 2003)), and considered a health and social problem, World Journal of Medical Sciences ( 2006). These substances are drugs or compounds that because of their chemical structure, changes the functioning of biological systems of the human body such as respiration, growth, excretion, locomotion, and reproduction (Levinthal, 1999). The use of any type of substances act specifically on the central nervous system (CNS) to alter thought processes, mood, cognition and the behaviour of the user as mentioned by the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV, 1994). The effects of use in these substances can be in any area of the users functioning; whether medical, physical, psychological, family, interpersonal, social, academic, occupational, legal or even spiritual. The free alcoholism Newsletter (Commonly Abused Drugs htm.on 12-10-2009) listed among others the most commonly used and abused psychoactive substances

to include; Alcohol, cigarettes, Barbiturates, Cocaine and Crack, Heroin, Methamphetamine, Marijuana, and other description medications.

Some decades ago in Africa, Asuni and Pela (1986) maintained that cannabis use is one of the important contributing factors in automobile accidents, and showed that many criminals involved in highways or armed robberies or acts of wars, use cannabis before committing such acts.

Although substance use is a widespread phenomenon among general population groups in Africa, Nigeria with an estimated population of over 154 million, and being the 8th most populous country in the world does not have a current data on both substance use and abuse and treatment demand (UNODC, 2011) and yet the country has the highest one year prevalence rate of cannabis use (14.3%) in Africa and more other drugs. For instance, in 1998, because of the non-existence of a national database of existing structures and services developed to tackle the menace of drug use and abuse , the United Nations International Drug Control Program conducted rapid situation assessment of drug use and abuse just in order to determine “the availability, adequacy and location of both secondary and tertiary preventive services” as reported by (UNIDCP, 1998).

A statistic reports, by the Nation Master (2009), portraying high consumption rate, showed that Nigeria as a country ranked 93<sup>rd</sup> among the ten countries rated for tobacco and cigarette consumption in the world, ranking the 113<sup>th</sup> among 117 countries for total smokers in the world. From other studies of cigarette smoking in Nigeria, research evidence shows that up to 22% among adolescents population described themselves as regular smokers and high proportion of them smoke at least half a pack of cigarettes a day

(Obot, 1991; 2004) whereby 29% of students in secondary and post secondary schools smoke cigarettes. Relatively, more available data indicated that cannabis use accounts for up to 8% of all cases, 60% of drug-related cases in psychiatric hospitals (Obot, 1991; NDLEA, 2009). Evidences from research investigations in Nigeria indicated that adolescents are fond of using multiple drugs and currently, uncontrolled alcohol use in particular Nigeria, is adversely affecting adolescents and the youths health (Odejide, 2006; Rocha-Silva, 2001).

Unfortunately, an alarming rate of psychoactive substance use among the population of Nigerian students (Adelekan & Stimston, 1997; Gureje et al., 2007; Shehu & Idris, 2008) and increasing widespread have been reported (NDLEA, 2000; 2010) and nowadays, young adolescents generally in Nigeria constitute the high risk group as shown by a number of studies (Odejide, 2002; Morakinyo, & Odejide, 2003; Parry et al., 2004; UNODC, 2011), starting with the gateway drugs, (Rocha-Silva, 2001; 2004) such as cigarette, marijuana and alcohol, which are the drugs of interest for the current study. As in support of a study (Skitch & Abela, 2008), the adolescence years are important time for clarifying the relationship between anti social dis-orders and substance use.

Moreover, looking at the age of first use of substances, studies conducted in Nigeria showed that half of the lifetime users commenced use by the age of 20 years for alcohol, cannabis and tobacco, and 25 years for non prescription drugs (Gureje et al., (2007). Others were shown to commence using substances such as alcohol, tobacco and other drugs at premature age of 10- 15 years (Odejide, 2005; Obot, 2004). Due to the large number of adolescents especially the students in schools and colleges who could be



experiencing such problems, it is essential to continue with empirical research on this population.

Substance use therefore among college students in Nigeria, particularly in the north-west zone is highly at increasing rate. The north-west zone area, particularly Kano, Katsina, Kaduna and Sokoto states, had been reported to championed drug consumption especially among the youths. In a report by a newspaper (Weekly Trust, 12 June, 2010), the NDLEA which is the agency concerned with drug use control, maintained that Kano state came with the highest number of drug users and offenders in the country and seconded by Katsina state all in the same north-west zone. The same report indicated increasing involvement of youth in drug use showing that seven out of ten arrests made during the period 2000-2010 were young adolescents between age 17 to 35 years whereby most of them tried drugs when they were in secondary schools. A subsequent report also came from Daily Trust 28<sup>th</sup> December, 2011 indicating arrest of 340 persons in Katsina, mostly adolescents involved in using different drugs such as marijuana and other drugs. Some of the hard drugs used by the youths included marijuana, benylin, anafralin, gedegi, hankufa, roka, lizard (sewage), and many others drugs that are locally sourced and non prescription drugs.

A new trend of substance use of non medical use of codeine ( a cough syrup) among the youths in the north west zone of northern Nigeria has become a public concern Dankani (2012). A particular dangerous trend to mention, a report also by a Nigerian Newspaper, the Daily Trust of 3<sup>rd</sup> March, 2012 stated that, in the same northern Nigeria alone, over six million (6 million bottles) bottles of this same cough syrup are consumed daily by the youths , which is incredible.

In essence, many of the emerging social problems in Nigeria including various militancy groups, armed robbers, cultists, kidnappers, and even the recent "boko haram insurgents" who were reported to be in possession and use of hard drugs (Information Nigeria dated 9<sup>th</sup> September, 2015), have been associated with the use of substances (Ekpo et al., 1995; Adamson et al., 2000; Abasiubang et al., 2008; Abasiubang, et al 2014). This situation is pathetic and evokes a feeling that raises increasing concern by the parents, government and the general public.

From this observations of continuous reports of substance use among young aged adolescents, the basic fact remains clear that there is too much of such a problem requiring urgent attention before the situation comes out of hand, particularly in the north west zone of northern Nigeria where the reported cases are severe especially looking at the type of people involved, the adolescents as well as the consequences.

Researchers have identified both risk and protective factors influencing the use of psychoactive substance (Hawkins et al., 1992; Young et al., 2002). The risk factors here indicate that the increase in a specific variable is associated with increased likelihood of psychoactive substance use. A protective factor denotes to the increase in a specific attribute or behaviour is associated with decreased likelihood of psychoactive substance use. Similarly research evidence has proved that family impact on the development of substance use varied by gender, and that family environment was more influential on drugs use problem (Block & Keyes, 1988; Kilpatric et al., 2000). Interestingly, besides the individual and family factors so far mentioned, some studies reported that peer behaviours and attributes also influences the development of tobacco, alcohol and other drugs use (Kandel, Simcha-fagon, & Davies, 1986; Papalia, 2004; Santrock, 2005).

Researchers have also indicated that predictors of adolescents substance to include demographic factors as suggested by Dillon (2006); gender (Young et al.,(2002), age (Yang et al.,1998), peer behaviour (Sydow et al.,2002), environmental factors including family variables, (Dillon, 2006), such as drugs availability ( Arseneault, 2002; Stein, 2001) and religion (Hill & Hood, 1999; Koenig & Larson, 2001;King, Furrow & Roth, 2003)). Similarly, leading psychologists have examined a more positive perspective; that most adolescents experience continuity in their relationships with their parents and continued acceptance of parental values (Montemayor, Adams & Gullota, 1990;Ma & Huebner, 2008).

Empirical investigations have demonstrated that family connectedness provides protection against the early initiation of substance use such as cigarettes and alcohol (It could then be said that connectedness with family especially the parents fosters strong association, with safer behaviours including avoidance of the use of psychoactive substances and better health outcomes during adolescence (Resnick et al., 1997;Copello & Oxford, 2002). . Other factors that demonstrated effect on adolescent's behaviour includes peer relationship (Resnick, Harris & Blum, 1993), drugs availability (Gottfredson, 1988; NSDUH, 2001) religion (Smith, 2003).

From the views of vast literature knowledge, the determinants of adolescent's substance use, key predictors identified include the joint influences of parenting styles, parental involvement, peer influence and substance availability variables and their relationships on college students substance use. This is in support of a study ( Johnston and Pandina, 1991; Baumrind, 1991Young et al.,2002) which suggested family variables as one of the major predictors of adolescent's psychoactive substance use. The importance

of multivariate framework for understanding substance use among people is very important especially in a culturally diverse society like Nigeria.

Indeed, consideration of interpersonal factors such as family factors, perceived environmental and cultural factors have been found to be more heuristic than simplistic univariate explanations of substance use (Huba & Bent, 1982; Steinberg, 2001; Bauman, Carver & Gleiter, 2001). Research provided evidence that adolescents whose parents are authoritative, in which parents are both demanding and responsive to their adolescent children, appeared to protect the youth against substance use (Bailey & Hubbard, 1992). Higher expectations and involvement have also been found to be negatively associated with substance use (Cohen, Richardson & LaBree, 1994; Barnes et al., 2000; Kumpfe, 2002).

Some researchers believed that certain parenting practices are thought to be another important source of social influence on adolescents psychoactive substance use. The type of parenting behaviours includes the parenting styles (Baumrind, 1989; 1991; Derling & Steinberg, 1993), and the parental involvement (Grolnick, et al., 1991; Pleck & Masciadrelli, 2008). The parenting styles was defined as “the constellation of attitudes towards the child that are communicated to the child and that, taken together, create an emotional climate in which the parents behaviours are expressed” (Maccoby & Martins, 1983 p.488). For the purpose of the present study, parenting styles based on Diana Baumrind (1991) is proposed and considered as the independent variable for the study. A great deal of research in the previous studies has found parenting styles to be a predictor of psychoactive substance use (Barnes, 1984; Barnes, Farrell & Carins, 1986; Barnes & Farrell, 1992; Baumrind, 1978, 1991; Steinberg, 2001). Studies have shown that

adolescents who abstain from psychoactive substance use have parents who are highly supportive, moderately controlling (authoritative) or low in support, and high in control (authoritarian).

Parental involvement as an independent variable in the present study refers to the extent to which parents become interested in, knowledgeable about, and willing to take active role in the day to day activities of their children (Grolnick, et al., 1991; Grolnick & Slowwiaczek, 1994). As some researchers have demonstrated, this type of parent child interaction has been linked to behaviour problem including substance use (Hawkins, Catalano & Miller, 1992).

Several research studies on parental involvement have reported outcomes regarding adolescent's psychoactive substance use across many samples. A study by Bauman, Carver & Gleiter (2001), showed that it was negatively associated with risk factors for adolescents psychoactive substance use. In a research study, Swaim et al., (1997), confirmed that parents who are permissive about discipline and who do not enforce any rule or standard are more likely to end up with children who drink regularly whereas adolescents perceptions of authoritative parenting are associated with higher lower substance use among both boys and girls (Cohen & Rice, 1997). .

Research investigations shows that parental involvement reduces problem behaviours including substance use among young school adolescents (Zimmerman et al, 2000), and moreover, involved and supportive parenting is associated with lower alcohol use (Barnes et al, 2000). Notably, demographic characteristics such as age, gender, drug availability that have so far featured in the literature information across many population

groups and particularly in Nigeria, have been sought to affect adolescent's psychoactive substance use (Li et al.,2000;Chapple, et al., 2005)

Peer influences as a variable of in the present study generally accounts to the biggest impact on adolescent's substance use problem as identified by (Jenkins, 1996; Old & Thombs, 2001; Wood et al., 2004).

Frequent users of marijuana as some studies have suggested (Jessor, et al., 1990;Gardner et al.,2005;Omigbodun & Babalola, 2004)) have greater orientation towards friends than parents. Adolescents according to some studies, consume more alcohol and other substances because they are exposed to it by their friends and peers (Nash, 2005).Moreover, researchers have shown that potential impact of specific substance use risk and protective factors changes with age, because research evidence indicates that risk factors within the family have greater impact on a younger child, whereas association with substance abusing peers may be a more significant risk factor for an adolescent (Kumpfe, 2002).

The etiology of substance use has been conceptualized as risk and protective factors in which the risk factor refers to the negative influences in the lives of individual adolescents that may increase the presence of crime in the community and may as well increase the likelihood that these adolescents involve in crimes or becomes victims, as in support of study by Hawkins (1992; Lansford et al., 2008).

The protective factors on the other hand refers to the positive influences as in the family socialization of that supports the learning of adolescents to inhibit healthy attitudes that resist the urge for problem behaviours like substance use. Fostering the existence of

protective factors makes the adolescents and their communities stronger and better able to counteract the risk factors. In this respect, it is assumed here that both peer group influence, religiosity, drugs availability as well as familial risk and protective factors have been given a focal interest in relation to adolescent's substance use problem behaviour in the present study.

### **1.3 Problem Statement**

As a result that substance use among adolescents has become a global health and social problem (World Journal of Medical Health, 2006), the menace and consequences in Nigeria is magnified by high prevalence and patterns of use among students in schools and colleges ( Eneh & Stanley, 2004; Obot,2004; Shehu & Idris, 2008; NDLEA, 2014) whereas college students used substances at premature age of 14 years or older (Adelekan, 2000; Okoza et al., 2009; Oshikoya & Ally, 2006). Meanwhile, other studies indicated that adolescents in schools and colleges start consuming alcohol, cigarettes and marijuana at the tender ages of 10 to 15 years and this tendency is common in both males and the females (Ojidide 2005; Obot, 2004).

Evidently, research studies conducted on adolescents substance use in all parts of Nigeria have maintained that, despite the wide array of prevention programmes in communicating the consequences of drug use as advanced by (Johnston, O'Malley 1997), and substantial amount of money from the national budgetary allocation spent on control, rehabilitation and treatment of people with psychoactive substance use problem (, substance use particularly among college students continue dangerously in Nigeria (Adelekan et al.,1996;World Drug Report, UNODC, 2008; Abasiubong et al.,2008).

The situation in Nigeria appeared to be grim especially in the north-west zone of the country, where multiple drug use happens ( 7.88%) and the youths smoke the dangerous pawpaw leaves and seeds of “zakami”(datura metel) (UNODC, 2007).

Among the major states in the north-west zone, including Katsina, Kaduna and Kano, the trend in substance use had severely gone deep into the lives of adolescents who live with their families or guardians. This tendency in substance use led to emergence of notorious delinquent touts popularly termed “yan daba” or “area boys” in the north-west, Nigeria (Salaam, 2011; Abudu, 2005; 2008), who formed a clique of hard illicit substance users . These adolescents get into trouble with the law (Dankani, 2012; NDLEA, 2014) and commit several offences under the influence of substances like alcohol, marijuana and other hard drugs (Salaam, 2011) without control or concern from their parents, community elders and the concern authorities. This social nuisance is a calamity that affects everyone in the country, with serious consequences especially looking at the nature of school adolescents at risk, and who are seen as the future leaders and desired hope for the country’s manpower source in the nearest future.

On a sad note, a Daily Trust Newspaper of 11<sup>th</sup> September, 2015 disclosed that a national survey conducted by the National Population Commission, UNICEF and the United Nations Disease Control and Prevention, revealed that 6 out of every 10 Nigerian children under the age of 18 years experience some un imaginable physical, or emotional molestation and such molestations comes directly from their close ones, either parents or guardians whereby these children loss their innocence and balance thereby seeking solace in using substances. Similarly, in the same north-west zone, the a Nigerian vanguard newspaper (January, 2014) reported an interview with a 23 years old school child who



complained of persistent maltreatment from his harsh stepmother and his parents' unconcern which made him to alternatively left the family house and hang with friends who introduced him the use of cigarettes and later progressed to marijuana (NDLEA, 2014). A Nigerian Newspaper the Daily Trust (December, 2011) equally reported arrests of 340 youths drug offenders in Katsina for using different drugs particularly marijuana and urge parents to be more vigilant and monitor their children

In spite of all this ugly development regarding students substance use in the north-west zone of Nigeria, there is no enough research study so far been undertaken particularly in the north-west zone of Nigeria to assess the true position with regards to parent's attitudes to their child rearing practices and its relationship with substance use outcomes. This instances justifies the opinion for the present study that there is absence of research information and thus a literature gap exist as regards to impact of parenting on adolescents substance use.

Although substances use studies among school and out of school adolescents have been investigated across many populations in Nigeria as mentioned earlier, the population group of college adolescents in the north-west continue to receive less attention on studies of adolescents substance use despite the fact that these states produce the largest number of students in schools as well as the increasing reports of constant arrest of drug users who are mostly youth in the area as indicated (Obot, 2004; Shehu & Idris, 2008; NDLEA, 2008; 2010).

Perhaps that allow for the suggestion that there is less empirical studies that have utilize large representative sample of adolescents population from the core north geographical zone to investigate the impact of parenting styles and parental involvement, peer influence and substance availability relationships on adolescents substance use , because of its significance in predicting substance use (Amoateng, Barber, & Erickson, 2006; Baumrind, 1991; Bauman, Carver, & Gleiter, 2001;

Meanwhile, empirical studies suggests that a quality parent-child relationship decreases later adolescents substance use (Bronte et al., 2006; Mogro-Wilson, 2008) and moreover, a positive parent-child relationship which includes warm and supportive parenting strategies has been found to be associated with healthy social, emotional development of any adolescent (Cox & Harter, 2003). Because of inadequate protection or support from the family or society, adolescents may be at risk for various forms of health and socio-behavioural problems including substance use.

Moreover, the choice of adolescents in the federal colleges of education as population for the present study is out of the believe that, these colleges of are the main manpower sources of teaching qualification. Every year these colleges produced thousands of NCE and B Ed degree professional teachers who teach in primary, secondary and other tertiary institutions. And this informed the choice for a representative sample from the adolescent population in the Nigerian colleges of education for this study.

This social nuisance is a calamity that affects the adolescents with serious consequences, especially looking at the students in colleges who are seen as the future leaders, and the hope of the country, who will provide the necessary manpower need for the country in the near future.

Besides the increasing prevalence of substance use among adolescents, (Fatoye & Morakinyo, 2002) a more serious trend is the increased in the availability of gateway drugs (cigarettes, alcohol and marijuana) in the area. Some previous years ago, there has not been any noticeable downward trend in the extent of use of these psychoactive substances amongst adolescents in Nigeria (Adelekan & Ndom, 1996; Gledhill-hoyt, Lee, & Strote, 2000).

Religion as well plays a very vital role among adolescents concerning their life towards substance use. Several studies have tried to examine the impact of religion in preventing substance use among adolescents particularly the college students. Researchers believed that youths who are highly religious consistently report lower levels of substance use than young adolescents who are less religious and moreover, religious attitudes and beliefs caused reduced psychological stress and risky behaviour prevention such as smoking, drinking alcohol and other drugs (Johnson, Tomskin & Webb, 2002). Studies therefore indicated that religious beliefs and practices prohibits the use of alcohol, cigarettes and other hard substances which results in utilizing these beliefs and practices in treatment and recovery from chronic and multiple substance use (Romero et al., 2007). Other researches pay more attention on the “lack” of religion as a risk factor for increased substance use (Cathlano & Miller, 1992).

Many studies in various parts of Nigeria had earlier noted that alcohol and cigarettes are the most commonly used substances among the adolescents (Anochier, et al., 1999; Fatoye & Morakinyo, 2002). Cigarette smoking, the gateway drugs (Rocha-Silva; 2001; Obot, 2004) particularly in the north-zone area is very common (Obot, 2004). The rate of consumption of drugs in Kano, Katsina and Jigawa was earlier reported to be very high despite the fact that drugs are not produced in the area as suggested by the National Drugs Law Enforcement Agency (NDLEA, 2008).

Meanwhile, studies in schools shows that the use of psychoactive substances by the adolescents starts with alcohol and cigarettes (Ohaeri & Odejide, 1993; Obot, 2004) and progress to marijuana (Abiodun et al., 1994; Adelekan, Makanjoula & Ndom, 2001) as demonstrated by some studies (Baron & Kelsher, 2008) which shows that tolerance for one drug increases the tolerance for another drug, thus this tendency can lead the adolescents to use more other illicit substances.

Studies now in Nigeria have now confirmed that adolescents across all communities including those in the north- west zone in Nigeria now constitute the high risk group of substance use (Morokinyo & Odejide, 2003; Odejide, 2002), with reported female involvement (Adelekan, Makanjoula & Ndom, 2001).

Exploring the effects of various parenting styles, parental involvement on adolescents use of the three substances marijuana, alcohol and cigarettes is particularly relevant for this study, given the nature of the indiscriminate involvement in substance use among youths in the north-west zone particularly Katsina, Kaduna, Kano and Sokoto states, where the phenomenon has become a menace and social nuisance.

As previously mentioned, if drug offenders are more in the northern region, as mentioned earlier, and inadequate studies were equally undertaken, then this study becomes very essential in order to provide empirical data upon which informed policy response to psychoactive substance problems can be based.

The increasing trend as reported in a (World Drug Report, 2000), demands more studies on this population of adolescents, whose developmental period should be targeted for prevention efforts (Hawkins et al., 1992) in order to discourage or delay substance use. Although, majority of adolescents who use drugs do not progress to diagnosable abuse or dependence (Weinberg et al., 1998), yet the normative use of drugs is a problem use (Zoccolillo et al., 1999), warranting investigation of this problem behaviour in non medical undiagnosed population especially adolescent groups. With regards to the fact that adolescents substance use in the north-west zone is persistent, the problem therefore need more empirical studies to understand clearly the factors associated with the indiscriminate involvement of youth in such a greater number. Substance use problem behaviour is a multi dimensional. The problem can be addressed through carefully looking at various risk and protective factors among the peoples setting, their family and the social environment. The main concern of this study is not to determine the frequency or the effects of adolescent's involvement in psychoactive substance use alone, because that aspect has been explored by other researchers as indicated above and in the literature (Fatoye & Morakinyo, 2002; Gureje et al., 2007; Ibe & Ele, 2003; Makanjoula, Daramola & Obembe, 2007).

Of interest in the present study, is examining the nature of parents parenting styles, parental involvement in order to determine its relationships with adolescents substance use among colleges of education students in Nigeria. Little research work is known to explain predictors of adolescents substance use from the family characteristics in the context of parental attitudes towards adolescents substance use among Nigerian adolescents, despite the pronounced evidence of increasing rate of use among the groups (Abiodun, Adelekan, & Ogunremi, 1994; Adelekan, Makanjoula, & Ndom, 2001; Eneh & Stanley, 2004; Odejide et al., 1987).

Previous studies on this topic have examined how parenting variables, most notably parental monitoring, parental communication are associated with adolescent substance use ( Wills, Vaccaro & McNamara, 1992).Although there is clear utility in identifying parental attributes that impacts parents capacity to influence their adolescents, theoretical models of parent adolescent relationships (Baumrind, 1978; Darling & Steinberg, 1993) shows that examining adolescents role in the influence process could also be informative to both government, policy makers, advocates of drug use control, parents and those who join hand to reduce the menace and provide intervention strategies.

The current study focus on attributes of adolescents perceived parenting styles, parental involvement, peer influence and substance availability and their relationships with college students substance use (marijuana, cigarettes and alcohol) in Nigeria. These variables were based on the previous research on adolescent's samples indicating that they predicted substance use (Brook et al., 1990), which were not previously conducted among this population groups in north-west part of Nigeria.

Several studies have shown that families across the whole world play a major role part in the socialization of children's behaviour (Maccoby & Martins, 1983) whereby children largely depend on their families, especially parents for support and guidance. As the children continue to grow and develop into the adolescence stage, more other extra, familial influences increases, however the family still remains a major socializing agent (Te Ching, 1998).

The current study intends to justify the study of three drugs of interest namely cigarettes, alcohol and marijuana because of their nature of pathway to using more dangerous hard drugs and that these substances are less studied despite frequency of their use as demonstrated by some studies. Moreover, research investigations have provided evidence that smoking, drinking and drug taking behaviours cluster together (Farrell, 2001).

Indeed, adolescent's substance use studies as shown by some researchers in Nigeria are very few and limited (Ibeh & Ele, 2003), the few ones document a widespread use of these substances among the adolescents and the situation poses serious social and public health problems similar to the situation in most western societies (Eide & Acuda, 1995). Notably, as the increase in consumption of substances such as cigarettes and alcohol progressed as shown by some studies, marijuana use has since been less marked. Additionally, among most of the substance use studies in Nigeria, the primary focus appeared to be on prevalence and patterns of use (Gureje et al., 2007) and much less work have been reported on tobacco and cannabis (Ibe & Ele, 2003) which are the gateway drugs that supports the path to the use of other drugs, Indiana Preventive Resource Centre (2003).

Family socialization process is both social and developmental, and an important influence on adolescents mental health. Researchers on substance use among the adolescents claimed that young adolescents irrespective of race, culture or environments has been well known to be influenced by various parental factors that includes family bonding, closeness, or connectedness (Resnick et al, 1997), and parental attitudes and substance use (Windle, 1996) including, parental involvement. The joint influences of these factors which are considered as key and strong predictors of adolescent's substance use, as in support of (Johnston et al., 1991) and has been found to be associated with adolescents substance (Young et al., 2002). In the proceeding research, three potential demographic variable (age, gender and religion) are among the more likely to be important explanatory variables in the link between parenting styles, parental involvement, peer influence and substance availability influences on the adolescents substance use.

Ashby & Wills (2003) maintained that adolescent's psychoactive substance use is associated with multiple predictors including family relationships, drugs availability, and peer influences variables. The current study views some studies that lend support about family socialization influences. A substantial amount of research indicates that parents actually play an important role in the lives of their children and adolescents (Hendrickson & Roker, 2000; Smettana, 1999), despite the claims to the contrary (Harris,1998). For instance, some studies indicated that supportive parenting characterized by responsiveness to the children's needs is related to greater less involvement in problem behaviour in general and less drug use in particular (White, Johnston, & Buyske, 2002; Baumrind, 1991). Conversely, lack of parental support is often cited as a strong correlate of adolescents substance use (Simon, Lin, & Gordon, 1998).



#### **1.4 Purpose and Objective of the Study**

The main purpose of the present study is to investigate the relationship between the college students perceived parenting styles (authoritarian, authoritative and permissive), parental involvement, peer influence, drugs availability and adolescents substance use. Specifically therefore, the objectives of the study includes;

#### **1.5 Research Objectives**

1. To find out whether there is any difference in college students substance use based on their demographic profiles (gender, age groups, study programme, residence, family size and religion).
2. To find out the extent of relationship between adolescents perceived parenting styles (authoritarian, authoritative and permissive) and substance use among college students in Nigerian.
3. To find out the extent of relationship between adolescents perceived parental involvement substance use among college students in Nigeria.
4. To examine whether peer influence and perceived substance availability have any relationship with substance use among college students in Nigeria.

#### **1.6 Research Questions**

1. Is there any differences on substance use based on demographic profiles of gender, age group, study programme, residence, family size and religion among college students in Nigeria?