

## Health implications of excessive drugs and alcohol intake on rural dwellers in Sagbama, Delta state

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### **ABSTRACT:**

The study on the health implications of excessive drugs and alcohol intake on rural dwellers in sagbama, Delta State aimed at evaluating the causative factors of alcohol and drug abuse and its possible effects on rural dwellers in sagbama, Delta State, to determine the extent to which alcohol and drug abuse affects rural dwellers in sagbama, Delta State and to determine the effect of alcohol and drug abuse on rural dwellers in sagbama, Delta State. The study made use of primary data which are gotten from the distribution of the research questionnaires; the sample size for the study is 100. The study made use of the Pearson correlation method for the analysis. The study therefore concluded that there is a statistically significantly (0.00) strong relationship (0.819) between the responses of the respondents that said that alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State and those that said that there is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State. The study also made useful recommendation to assist the federal government in decision making.

### **INTRODUCTION:**

Drug abuse is a matter of grave concern to educational stakeholders, medical practitioners, sociologists, religious leaders, counselors and parents. It is a national and international sensitive challenge that needs urgent attention due to the alarming rate of involvement of the youth. Adewuya (2005) noted that alcohol is most widely used among young people. West and Graham (2005) also agreed that students, as a subset of the youth population, consume large quantities of alcohol, tobacco and other drugs. Ajake, Isangedihi and Bisong (2009) posited that premarital sexual practices and drug abuse constitute social ills that have been age-long problems in the secondary school system.

Ajayi and Ekundayo (2010) equally confirmed that drug abuse has been identified as a serious constraint to effective teaching and learning process in the Nigerian educational system. Drug abuse, according to Ajayi and

Ayodele (2002), is the wrong use or inappropriate use of chemical substances that are capable of changing functions of cells in the body. Bayer, as cited in Egbochuku and Akerele (2007), saw stimulants, which are substances that cause an increase in the activity of an organ in the body, as chemicals that excite certain activities of the central nervous system.

Ajayi and Ekundayo (2010) also saw drug abuse as over-dependence and misuse of one particular drug with or without a prior medical diagnosis from qualified health practitioners. They further identified dangerous drugs like cocaine, Indian hemp (marijuana), morphine, heroin, tobacco, ephedrine, valium five and Chinese capsules as few among the drugs commonly abused by youths. Oshodi, Aina and Onajole (2010) reported that, despite worldwide concern and education about psychoactive substances, many adolescents have limited awareness of their adverse consequences. They further explained that

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curiosity, social pressure and peer group influence are noted to be primary reasons for substance misuse. Makanjuola, Daramola and Obembe (2007), Aina and Olorunsola (2008), and Buddy (2009) lamented that a substantial percentage of the national budgetary allocation is utilized for treatment and rehabilitation of people with substance use problems in Nigeria.

It has been noticed overtime that university students engage in frequent and hazardous alcohol consumption and drug abuse (Gill, 2002; Heather et al., 2011; Webb et al., 1996). However, a cause for concern is that this pattern of hazardous drinking is elevated among those participating in sports (Leichliter et al., 1998; Partington et al., 2013; Wechsler et al., 1997).

For example, Leichliter et al. (1998) found that college athletes were more likely to consume a significantly greater number of drinks per week than non-sporting college students and, consequently, reported elevated rates of alcohol-related problems.

Moreover, studies suggest that as athletic involvement increases, so does the likelihood of heavy drinking (Andes et al., 2012; Hildebrand et al., 2001; Kwan et al., 2014), and that hazardous consumption continues after individuals no longer participate in sports (Cadigan et al., 2013; Green et al., 2014).

More than a third of U.K. university students are involved with a sports club or organization, and with participation figures rising (Sport England, 2014), the mechanisms underpinning sports and alcohol use warrant better elucidation.

Research examining this prevailing link between sports participation and hazardous alcohol consumption suggests that the socio-cultural motives for engaging in sports-related drinking may be particularly important (Martens et al., 2006a; Zhou & Heim, 2014). For example, sportspeople often describe the culture of consumption in place to celebrate (or commiserate) sporting outcomes (Collins & Vamplew, 2002) and how drinking is perceived to be important for team cohesion (Zhou et al., 2014).

However, there is a paucity of research that identifies the underlying psychological processes that elucidate the link between these social factors and actual drinking behaviors (Green et al., 2014; Zhou & Heim, 2014).

### **Statement Of The Problems:**

Through discussion, interviews write up and research findings; it has been a known fact that there has been a world explosion of alcoholic and drug addiction for more than a decade. However, in Nigeria, drugs are freely available and therefore, open to abuse. Abuse of drugs has become a cankerworm that seems to have eaten deeply into the fabrics of students in university which may later result to lack of concentration and focus

in school, lack of respect for the lecturers as well as truancy and more so, this can possibly affect the society as a whole cause of the unexpected havoc that might happen due to their presence around the community.

Finally, several researches have been carried out on drugs and alcohol abuse but not even a single research has been carried out on the health implication of excessive drugs and alcohol intake on rural dwellers in sagbama, Delta State hence a need for the study.

### **Aim And Objectives of the study:**

The main aim of the study is to examine the health implication of excessive drugs and alcohol intake on rural dwellers in sagbama, Delta State. Other specific objectives of the study include;

1. to determine the causative factors of alcohol and drug abuse and its possible effects on rural dwellers in sagbama, Delta State.
2. to determine the extent to which alcohol and drug abuse affects rural dwellers in sagbama, Delta State.
3. to determine the effect of alcohol and drug abuse on rural dwellers in sagbama, Delta State.
4. to proffer possible solutions to the problems.

### **Research Questions:**

The research questions for the study are:

1. What are the causative factors of alcohol and drug abuse and its possible effects on rural dwellers in sagbama, Delta State?
2. What is the extent to which alcohol and drug abuse affects rural dwellers in sagbama, Delta State?
3. What is the effect of alcohol and drug abuse on rural dwellers in sagbama, Delta State?
4. What are the possible solutions to the problems?

### **Research Methodology:**

This chapter is designed to describe the procedures adopted in this research. The procedures involve the following: research design, population of the study, sample and sampling techniques, instrumentation, validation of the instrument, administration of the instrument and data analysis techniques.

### **Research Design:**

This study employs survey research design to evaluate the health implication of excessive drugs and alcohol intake on rural dwellers in sagbama, Delta State. According to Nworgu (2006), survey research design insurance that a group of people or items is studied by collecting analyzing data from only a few people or items considered to be representative of the entire group.

It uses a questionnaire to determine the opinions, preferences, attitudes and perceptions of people about issues that concern them. A survey design is suitable for this research because it is going to make use of a questionnaire to elicit information from the respondents.

**Population of the Study:**

The population of the study consists of about 134 respondents were selected based on their knowledge on the health implication of excessive drugs and alcohol intake on rural dwellers in sagbama, Delta State.

**Sample and Sampling Techniques**

A sample of 100 was selected out of the population of 134 as stated above for the purpose of the study.

**Instrumentation:**

The instrument for this study is questionnaire constructed by the researcher which was drawn from the research questions. The questionnaire was coded.

**Validation of the Instrument:**

The validation was determined by the expert judgment of the supervisor. The judgment were sought to guarantee that each of the items in the instrument

**Data Analysis:**

Biodata of respondents

<b>Table 1 gender of respondents</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	male	65	65.0	65.0	65.0
	female	35	35.0	35.0	100.0
	Total	100	100.0	100.0	

Source: field survey, January, 2023.

Table1 above shows the gender distribution of the respondents used for this study. Out of the total number of 100 respondents, 65respondents which represent 65.0percent of the population are male while the remaining 35 which represent 35.0 percent of the population are female.

<b>Table 2 age range of respondents</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	15-19 years	15	15.0	15.0	15.0
	20-24years	10	10.0	10.0	25.0
	25-29years	25	25.0	25.0	50.0
	30-34 years	20	20.0	20.0	70.0
	above 34 years	30	30.0	30.0	100.0

measured what it was supposed to measure. The final draft was adjudged valid by project supervisor.

**Administration of the Instrument:**

A total of 134 copies of the questionnaire will be administered to the respondents by hand and 134 were returned after the exercise.

**Data Analysis Techniques:**

Data collected will be analyzed using frequency table, percentage and mean score analysis while the Pearson correlation method was used to test the formulated hypothesis using SPSS (statistical package for social sciences)

**Result And Interpretation:**

This chapter deals with the presentation and analysis of the result obtained from questionnaires. The data gathered were presented according to the order in which they were arranged in the research questions, sample percentage and pie charts were used to analyze the demographic information of the respondents while the Pearson correlation method was adopted to test the research hypothesis.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	15-19 years	15	15.0	15.0	15.0
	20-24years	10	10.0	10.0	25.0
	25-29years	25	25.0	25.0	50.0
	30-34 years	20	20.0	20.0	70.0
	above 34 years	30	30.0	30.0	100.0
	Total	100	100.0	100.0	

**Source: field survey, January, 2023.**

Table 2 above shows the age grade of the respondents used for this study. Out of the total number of 100 respondents, 15 respondents which represent 15.0percent of the population are between 15-19years.10 respondents which represent 10.0percent of the population are between 20-24years. 25 respondents which represent 25.0percent of the population are between 25-29years.20 respondents which represent 20.0percent of the population are between 30-34years while the remaining 30 respondents which represent 30.0percent of the population are above 34years.

**Tables Based On Research Questions: Health Implications Of Excessive Drugs And Alcohol Intake On Rural Dwellers In Sagbama, Delta State**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	30	30.0	30.0	30.0
	Agree	42	42.0	42.0	72.0
	Undecided	10	10.0	10.0	82.0
	Disagree	10	10.0	10.0	92.0
	strongly disagree	8	8.0	8.0	100.0
	Total	100	100.0	100.0	

**Source: field survey, January, 2023.**

Table 3 shows the responses of respondents that alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State

30 respondents representing 30.0percent strongly agreed that alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State.

42 respondents representing 42.0percent agreed that alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State.

10 respondents representing 10.0 percent were undecided.

10 respondents representing 10.0percent disagreed that alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State

While the remaining 8 respondents representing 8.0percent strongly disagreed that alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	10	10.0	10.0	10.0
	Agree	15	15.0	15.0	25.0
	Undecided	5	5.0	5.0	30.0
	Disagree	40	40.0	40.0	70.0
	strongly disagree	30	30.0	30.0	100.0
	Total	100	100.0	100.0	

**Source:** field survey, January, 2023.

Table 4 show the responses of respondents that there is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State.

10 of the respondents representing 10.0percent strongly agree that there is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State.

15 of the respondents representing 15.0percent agree that there is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State

5 of them representing 5.0percent were undecided.

40 of the respondents representing 40.0percent disagree that there is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State

while the 30 of the respondents representing 30.0percent strongly disagree that there is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	60	60.0	60.0	60.0
	agree	25	25.0	25.0	85.0
	undecided	10	10.0	10.0	95.0
	disagree	5	5.0	5.0	100.0
	Total	100	100.0	100.0	

**Source:** field survey, January, 2023.

Table 5 show the responses of respondents that peer pressure and group is among the reasons for excessive drug and alcohol intake among rural dwellers in sagbama

60 of the respondents representing 60.0percent strongly agree that peer pressure and group is among the reasons for excessive drug and alcohol intake among rural dwellers in sagbama.

25 of the respondents representing 25.0percent agree that peer pressure and group is among the reasons for excessive drug and alcohol intake among rural dwellers in sagbama.

10 of them representing 10.0percent were undecided

While the remaining 5 of the respondents representing 5.0percent disagree that peer pressure and group is among the reasons for excessive drug and alcohol intake among rural dwellers in sagbama.

**Table 6** There is prevalence of alcoholic and drug abuse among rural dwellers in sagbama, Delta state

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	25	25.0	25.0	25.0
	Agree	32	32.0	32.0	57.0
	Undecided	13	13.0	13.0	70.0
	Disagree	15	15.0	15.0	85.0
	strongly disagree	15	15.0	15.0	100.0
	Total	100	100.0	100.0	

Source: field survey, January, 2023.

Table 6 shows the responses of respondents if there is prevalence of alcoholic and drug abuse among rural dwellers in sagbama, Delta state

25 of the respondents representing 25.0percent strongly agree that there is prevalence of alcoholic and drug abuse among rural dwellers in sagbama, Delta state.

32 of the respondents representing 32.0percent agree that there is prevalence of alcoholic and drug abuse among rural dwellers in sagbama, Delta state

13 of the respondents representing 13.0percent were undecided.

15 of the respondents representing 15.0percent disagree that there is prevalence of alcoholic and drug abuse among rural dwellers in sagbama, Delta state

While the remaining 15 of the respondents representing 15.0percent strongly disagree that there is prevalence of alcoholic and drug abuse among rural dwellers in sagbama, Delta state.

**Table 7: Sagbama local government plays a significant role in curbing excessive drug and alcohol abuse among rural dwellers in Sagbama**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly agree	65	65.0	65.0	65.0
	Agree	30	30.0	30.0	95.0
	Disagree	3	3.0	3.0	98.0
	strongly disagree	2	2.0	2.0	100.0
	Total	100	100.0	100.0	

Source: field survey, January, 2023.

Table 7 show the responses of respondents if sagbama local government plays a significant role in curbing excessive drug and alcohol abuse among rural dwellers in Sagbama

65 of the respondents representing 65.0percent strongly agree that sagbama local government plays a significant role in curbing excessive drug and alcohol abuse among rural dwellers in Sagbama.

30 of the respondents representing 30.0percent agree that sagbama local government plays a significant role in curbing excessive drug and alcohol abuse among rural dwellers in Sagbama.

3 respondents representing 3.0percent were undecided.

3 of the respondents representing 3.0percent disagree that sagbama local government plays a significant role in curbing excessive drug and alcohol abuse among rural dwellers in Sagbama.

2 of the respondents representing 2.0percent strongly disagree that sagbama local government plays a significant role in curbing excessive drug and alcohol abuse among rural dwellers in Sagbama.

**Hypothesis:**

**H<sub>01</sub>:** Alcoholic and drug abuse has no significant effect on rural dwellers in sagbama, Delta State.

**H<sub>i</sub>:** Alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State.

**Level of significance** ( $\alpha=0.05$ )

**Decision Rule:**

In taking decision for “r”, the following rules shall be observed;

1. If the value of “r” tabulated is greater than “r” calculated, accept the alternative hypothesis (H<sub>1</sub>) and .reject the null hypothesis (H<sub>0</sub>).
2. If the “r” calculated is greater than the “r” tabulated, accept the null hypothesis (H<sub>0</sub>) while the alternative hypothesis is rejected

**Table 8:**

<b>Correlations</b>			
	Alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State	There is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State	
Alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State	Pearson Correlation	1	.819**
	Sig. (2-tailed)		.000
	N	100	100
There is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State	Pearson Correlation	.819**	1
	Sig. (2-tailed)	.000	
	N	100	100
**. Correlation is significant at the 0.01 level (2-tailed).			

**Conclusion Based On Decision Rule:**

From table 8 above, since the value of “r” tabulated is greater than “r” calculated, accept the alternative hypothesis (H<sub>1</sub>) and reject the null hypothesis (H<sub>0</sub>) and conclude that alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State

**NOTE:** There is a statistically significantly (0.00) strong relationship (0.819) between the responses of the respondents that said that alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State and those that said that there is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State

**Discussion of the findings:**

Based on the responses from the respondents the study found out that most of the respondents were affirmative with the question being asked that alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State. there is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State. peer pressure and group is among the reasons for excessive drug and alcohol intake among rural dwellers in sagbama. there is prevalence of alcoholic and drug abuse among rural dwellers in sagbama, Delta state and that sagbama local government

plays a significant role in curbing excessive drug and alcohol abuse among rural dwellers in Sagbama

### **Conclusion And Recommendation:**

In conclusion alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State. The result of the data analysis shows that there is a statistically significantly (0.00) strong relationship (0.819) between the responses of the respondents that said that alcoholic and drug abuse has a significant effect on rural dwellers in sagbama, Delta State and those that said that there is a significant relationship alcoholic and drug abuse and rural dwellers in sagbama, Delta State

### **Recommendation:**

It is the wish of the researcher to point out some possible ways of handling drug abuse. On the basis of this study, the researcher recommends a government policy aimed at educating the entire populace on the need to cater for their children in order to make them good leaders of tomorrow. Government should also provide avenues through which the youths can be engaged in activities which will inculcate in them relevant qualities that will enable them to contribute their quota to national development.

Furthermore, the parents have a lot to do themselves, it is clear that parents do not adequately realize the importance of their position in the society as agents of socialization. Vigorous mobilization programmes should be mounted for all parents or guardians so as to make them aware of their important role in the socialization process. This will definitely go a long way in upbringing of youths in our society.

Finally, government and individuals as a matter of priority should formulate policies aimed at establishing and maintaining the standard of religious and moral institutions in all aspects of our society as such institution will ensure that the basic morals needed to keep our youths out of crime are imbibed by them hence, creating a sense of responsibility for themselves and to the society in general.

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