

PARENTAL ROLE IN THE MANAGEMENT OF DRUG ABUSE AMONG SECONDARY SCHOOL STUDENTS IN NIGERIA.

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ABSTRACT

The paper addressed problems faced by adolescents in the secondary schools especially JS2 students in Nigeria and also offer parents idea to helping their wards to face the juvenile delinquencies in the habit of drug abuse. The role of parents in helping their children to positively face the adolescence challenges, especially the challenges of drug abuse, cannot be underestimated. However the extent to which parenting styles predetermined secondary school student's involvement in drugs is not well understood. The study investigated parental principles as indices and predictors of drug abuse among public secondary school students in Nigeria. The study adopted survey research design. This is appropriate because the children sometimes learn by observation. The population for the study from the selected schools used were 399 participants with girls (221) and boys (178). Two purposes, two research questions and two hypotheses were formulated. The hypotheses were tested at 0.05 level of significance. Among the findings of the study, multiple linear regression showed that parental role significantly predicts drug abuse among secondary school students and that it also account for student's involvement in hard drugs. The findings also discovered that majority of the students relate with relations on drugs related issues rather than their parents. Authoritative styles try to correct children but invariably create fear in them. The study therefore, recommends that government through the Ministry of Education, should train school counselors to help the students, and parents to handle the menace their children are into.

Key words: Drug abuse Management Parental role Parenting styles Students

INTRODUCTION

International risk behaviors such as drug abuse among students of nowadays is on the increase. Some of the secondary school students are the frequent users of alcohol and increasingly consume it in an alcoholic rate. Majority of the secondary school students are in adolescent's stage, a stage of transition into adult hood. At this period, they are seemingly to be exposed to many risk behaviors (Kimanthi, 2014). Globally, adolescence period is the riskiest time in a person's life, because of the complexity and magnitude of biosocial changes that occur during this stage (Robinson 2006). This period is characterized by increased exploration and experimentation with much risky behavior such as drug abuse (Adams & Berzonsky, 2006). The risks have serious implications on adolescent's health and other social problems.

Risk behavior facing adolescents exposes them to immediate mental illness and sometimes results to death at tender ages. Secondary school students behavior of drinking alcohol has continued to be of significance and social public health concern. In Europe, the average age of alcohol taking is 12.5 years (Anderson, De Brui Bruijn, Angus, Gordun & Hasting 2009). In America, a study was conducted by the United States census Bureau (2011) and found out that 30-60% of adolescents reportedly have taken illicit substances such as alcohol, 17% had used marijuana and another five percent had used other illegal drugs. This has a lot to do with the media advertisement which exposes students to alcohol use. The make and use of illicit substances in the media have made most of the adolescents to partake deeply in drug abuse. Kimanhi and Thinguri (2014) contend that the risk of drug abuse among the students in Africa is a challenge to parents and the society. A reasonable thinking Nigerian will testify that quite a number of adolescents and adults are deeply

involved in taking illicit substances which is so worrisome. This is confirmed by a study conducted by Heaver and Hoque (2015) which showed that 35% of male and 29.7% of female secondary school students are takers of alcohol of different kinds. The authors further asserted that alcohol consumption increases with age, 32.2% by age 15-17 years and 53.2% by age of 18-20 years.

Media reports show worrying trends while research shows that the menace is on the increase. NAFDAC and NDLEA report (2018) identified alcohol, tobacco and bhang use among the major challenges of substance abuse facing Nigerian adolescents currently. According to Siringi and waihenya (2003), more than 22% of primary school pupils in Kenya take alcoholic products, and by the time they are in the secondary school, the figure increases to 57% and to 68% at university level, which is obvious that most of the adolescents are drug addicts. Simbee (2019) contends that cigarette smoking is a major problem among students and is described as the main gate way to other hard drugs.

According to National Agency for Food and Drug Administration and Control and National Drugs Law Enforcement Agency (NAFDAC & NDLEA, 2013), the culture of drug abuse is growing among the youth and adolescents in Nigeria. The same thing Sumbee (2018) indicated worries over the extent of adolescents' risky behaviors in Nigeria. Another report by NAFDAC and NDLEA (2020) indicated that majority of students in all levels of education engaged in the risks of drug abuse. The problems of drug abuse among adolescents affects both boys and girls with 9.0% of those, age 15-24 involved themselves in smoking out of whom, 20.9 % are males and 1.3% are females (Otiemo, Kariuki \$Mwenye (2019).

Drug abuse among students jeopardizes their health apart from lowering their academic performance thereby creating problems to their parents and the society at large, thus not only these but affects the economics of the nation and propel the state of insecurity in the country. Teachers and parents role in this case is paramount to curb all these menace of the secondary school students. This may be curtailed through educational programmes, policies, procedure and other experiences that contributed to the achievements of broader health goal of preventing drug use and abuse. Berg (2019) opined that education for drug abuse prevention should include both formal and informal health curricula, the creation of safe and healthy school environment, the provisions of appropriate health services and support as well as the environments of the family and the community in the planning and delivery of programmes. He added that parental communication as substance use within parental warmth has been found to be protective against adolescences alcohol use.

Authoritarian style by parents stresses on conformity, obedience and respects for authority. Authoritative style again may create fear and anger in the child who is likely to become resentful and disrespectful to authority figures (Lavin, 2020). This observation is buttressed by a study carried by Tinkew, Moore and Cowano (2006) who studied on the relationship between children and their parents, parenting role as a predictor of first delinquencies. The study revealed that having authoritarian father is positively related to increased risk of adolescents indulging in risk behaviors including substance use. In some of the above studies the relation states that most of the variance in alcohol use is accounted for by parental role since it is supposed to be dealt with in isolation. Illicit substance taking has claimed a lot of adolescents live and forced them to leave schools. Worldwide, one of the major health concern is cigarette smoking because the health complications and the resultant loss of life associated with it are enormous yet they can be prevented (Bindah & Othman, 2019).

However, since many smoking addicts start smoking at adolescent stage, it is imperative to understand the predictive factors. Understanding families related factors may help parents to act early in preventing health related problems associated with smoking. It is evident that cigarette taking is an opened way to taking other hard drugs as asserted by Simbee (2018) and the initiation age is quite low.

A parent who is a drug user finds it very difficult to control a child who indulges in the same as asserted by Ikramulah, Manlove, Carol & Moore, (2009) who explained that drugs taking among

students has been attributed to parenting behavior among which has been identified as key. Fletcher, Stemberg & Iams-Wheeler, (2020) explained that adolescents who have strong emotional bond with their parents have risks of engaging in problem behaviours such as drugs abuse. Claes, Laccourse, Ercolami, Pierro, Leone and Presaghi (2020) investigated the relationship between maternal and parental bonding, parenting behaviours, adolescence prevalence for drug abuse and anti-social behaviors in the late adolescence stage. The findings revealed that parental role influence quality of emotional bonds where supervisions are mediators. Rai (2008), in a study found out that rejection from father and mother was a predictor of drug abuse among adolescents, while teenagers who perceived strong emotional connection with parents were less likely to engage in drug abuse.

Parents should be able to devise a way of managing their children once identified with such behaviors. According to Muchemi (2013), parents have basic role of socializing their children since children get their first standard behavior from parents through observation and direct teaching. A home should be conducive for a child towards building a productive outcome which shall be beneficial to the family as well as the parents. Parents should be aware that peer pressure, lack of encouragement and parental quid influence drugs abuse among students. Teachers should also know that lack of school policies implementation is spurious to students' behaviors. Meanwhile, Berg (2020) posited that parents should strategize on how to prevent drug abuse by knowing their teen's activities, their where about and setting a good examples for them. Parents should provide guidance and clear rules for their children about using drugs and implications. They should spend time with their children and should not use tobacco themselves.

This entails that parents are the strongest influence that their children have around them. Wagner (2008) investigated influence of parent-child communication and parent-monitoring on marijuana use in adolescents and revealed that there is a parent role on drug abuse. Action speaks louder than voice of course, if a parent is not self-worth and knowing neither do's nor don'ts how can a child be upright? Parents should, however, check themselves, friends and neighbors their children spend time with are safe and have values similar to theirs. Parents role involved teaching their children to say No to some offerings that they know are wrong.

Purpose of the study

The main purpose of this study is to determine;

1. Parental roles that predict Secondary school student's involvement in drug abuse.
2. Parental styles that will help parents preventing students and adolescents from engaging themselves in taking hard drugs.

Questions Research

1. What are parental roles predict students in the secondary school involvement in drug abuse?
2. What are parental styles help parents to preventing students from engaging in drug abuse?

Hypothesis

Ho1. There is no significant difference in the rating by Js2 and Js3 on parental role that predicts student's involvement in drug abuse.

Ho2. There is no significant difference in the rating by Js2 and Js3 students on parenting style that best suit the parents use to prevent students from engaging in drug abuse.

METHODOLOGY

The population from JS2 and JS3 in secondary schools. The study adopted survey descriptive research design. Stratified random was used for the study to the selected 15 schools. Simple random sampling was used to get 399 students proportionately from the two sets 2 and 3. Eight participants were sampled randomly for the focus group from the sampled students. The focus group was used in order to get students feeling on the subject of the study. Purposive sampling

was used to select 15 guidance and counseling teacher school dropouts from the selected schools and 70 school dropout. Four point likert scale Questionnaire was used to collect data. The questionnaires were administered to intact students and school dropouts. Guidance and counseling teachers were interviewed and data were generated from it.

Findings of the Study

Table 1: Results on Parental Role Questionnaires.

Styles	Low Frequency	%	High Frequency	%	Total Frequency	%
Authoritative	116	29.1	283	70.9	399	100
Authoritarian	162	40.6	237	59.4	399	100
Permissive indulgence	192	48.6	205	51.4	399	100
Permissive neglectful	199	48.9	200	50.1	399	100
Average	168	42.1	231	57.9	399	100

N=399

Table 1 shows that majority (70.9%) of the responses score very high on authoritative style, followed by Authoritarian parental style. This means that authoritative parenting role is the most common among the parents of the population. This is followed by authoritarian (59.4%). The least common parenting style is permissive neglectful with 50.1 of the responses. It was further revealed that on average all the factors scored relatively high (57.9%). This was an indication that the four parenting styles are common within the target population.

Descriptive Statistic focused group discussion.

The study collected views from 15 focus groups, are from each selected school. Responses from the focused group discussion were analyzed under three broad themes: ease of students discussing risky behaviors with parents, people with who students prefer discussing risky behavior with and students' expectations of their parents in handling risky behaviors.

Table 2: Ease of students Discussing Drug Related issues with Parents.

	Frequency	%
Not Easy	5	33
Easy	10	67
Total	15	100

Table 2 indicates that many students (67%) found discussing drug abuse related issues with their parents very easy. These discussions were limited by perception of parents that their children were eliciting information from them to experiment on the vices. Students felt that their parents are too occupied to have time for discussions. This was buttressed by a study by Nimdwe (2012) who discovered that parental occupation, economic activities in which parents were engaged are blamed for keeping the parents too busy to take time to talk with their children. This however, constitutes the barrier to communication as parents have little time to be with their children.

Table 3: Students' Preference in Discuss Risky Behaviors (in Frequency and Percentages)

Parents		Relatives		Peers		Counselors		Totals	
Freq.	%	Freq.	%	Freq.	%	Freq.	%	Freq.	%
10	68	1	8	1	7	3	17	15	100

Table 3 shows that, discussing risky behaviors with parents is not popular among secondary school students. Most of the students (68%) prefer to talk about drug issues with their parents or

counselors with 17%. The finding of the study indicates that the respondents have varied preferences to discuss drugs related problems though majority, parents are their priority. The study reveals that some parents do not have enough time to discuss with their children, secondary school students find themselves spending more time with peers and other strangers from who they get information concerning their challenges..

Table 4: Role Model summary for Drug Abuse

Role model	R	R Square	Adjusted R Square	Standard Error of the Estimate.
1	825(a)	681	64.4	0.619

Note: Predictors (constant), Authoritative, Authoritarian, Permissive indulgence, and permissive neglectful.

The objective of the study was to investigate whether parenting styles of instruction significantly predict drug abuse among secondary school students. To achieve this, the study sought to test the hypothesis. Ho, that parental roles do not have statistically significant prediction of drug abuse among secondary school students. Multiple regressions for drug abuse were conducted. Table 4 shows that 64.4% variations in the drug abuse are explained by parental styles (Authoritative, Authoritarian, Permissive indulgent and Permissive neglectful). The remaining 35.4% is determined by other factors not related to parental roles. It also indicates that parental roles significantly have the greatest role to predetermine the involvement of the adolescence and delinquencies of their children in drug abuses. Parental role provides microsystem which determines the parent-child relationships

Table 5: ANOVA (a) Parental Style (b) Drug Abuse.

Role model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	125.580	4	17.145	18.669	.000 (a)
Residual	113.395	395	38.333		
Total	238.975	399			

Note (a) predictors (constant or independent variables): Authoritative, Authoritarian, Permissive indulgence and Permissive neglectful. (b) Dependent Variable: Drug abuse.

The analysis of variance (ANOVA) was used to establish the essence of the usage of model. The ANOVA Table 5 indicates that the F (4.395) statistic was 18.669 with P-value of 0.000 indicating that the model was significant to explain the effort of parental role on drug abuse. This means that the model used was appropriate and the relationship between the variables did not occur by chance. This also mean that the model can explain to what extent parental role can be blamed for the adolescent involvement in anti-social behavior of drug abuse.

Table 6: Multiple Regression Coefficients (a) For Drug Abuse

Model	Unstandardized Coefficients		Standardized Coefficient	T	Sig.
Constant or Independent	B	Std. Error	Beta	B	Std. Error
	1.958	.718		2.726	.010
Authoritative x 1	.118	.152	1.014	4.844	.000
Authoritarian x 2	.141	.582	.125	.242	.000
Permissive Indulgence x 3	.259	.673	.055	.385	.003

Permissive Neglectful x 4	.736	.468	.126	.252	.003
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Note: (a) Dependent Variable: Drug Abuse.

Table 6 shows that the independent variables significantly ($P < 0.05$) predicts the change in drug abuse by the students, hence necessitated the rejection of the hypothesis. Therefore, the regression model is $Y = 1.958 + 0.118 + 0.141 + 0.259 + 0.736$ which also mean $X_1 + X_2 + X_3 + X_4$ as above. This model indicates that the permissive neglectful parental role has the greatest contribution to the model (0.736, $P < 0.05$). This means that a unit positive change in permissive neglectful parental role causes a change in drug abuse use by a factor of 0.736 at 5% significant level. This is followed by permissive indulgence of 0.259, $P < 0.05$ authoritarian parental role 0.141, $P < 0.05$ and authoritative parental at 0.118, $P < 0.05$. This study is similar to that of Berg (2011) who found that parental communication on substance abuse, within parental warmth (authoritative) is protective against adolescent alcohol use. This means that drug abuse prevention starts with the parents. As a parent you have a major impact on a child's decision not to use alcohol and other harmful drugs. The prevention starts with the parent talking with the child. The findings shows that Parent-Child communication under the authoritative parenting provides the information that the child would need to reduce the curiosity that may drive the young people into experimentation with the drugs.

The findings indicate that permissive parenting is associated with high students alcohol use. The findings also show that indulgent parenting contributes more to drug abuse (0.259) by the students while authoritarian (0.141), and this is contrary to the study carried out by Calafat, Garcia Juan, Becona and Fernandez-Hermida (2014) who found out that indulgent parenting have better adolescence behavioral outcomes similar to authoritative parenting role relation to alcohol use than authoritarian parental. The findings also reported that a positive and strong prediction of drug use by both permissive neglectful 0.736, $P < 0.05$ which is contrary to the findings of Yousefi (2016), who found that there is no significant prediction of drug abuse such as smoking by permissive parental.

Permissive parental style tolerates unchecked behavior which can easily be misused by the adolescents to engage in drug abuse. This means access to substances are bated by the permissive indulgent parents to the extent of providing finances to afford the substances. Children from permissive indulgent families, view their parents as resources to be used without conditions. This is in agreement with the assertion made by Miller (2010) who affirms that for indulgent parents, having a relationship with their children is more important than providing direction.

On the other hand, the study found out that authoritarian roles instruction predicts less drug abuse compared to permissive neglectful and permissive indulgence role instruction. Milevsky, Schlechter, Netter & Keehn (2007) asserted that adolescents from authoritarian families have been found to exhibit poor social skills, low levels and high levels of anti-social behavior. Lavin (2012) agree that authoritarian parental apply strict rules and children are punished when they fail to adhere to their instructions. This creates fear that may keep the children away from the drugs as opposed to children from neglectful parents. This again in the other way will pre-empt them from telling their parents part of their lives they exhibit in their absence. Neglectful parents show unconcerned with children's wellbeing. The children are heedless and impulsive and as a result the children lack self-control and display social incompetence including decision leading to risky behaviors (Baumrind, Larzelere and Owens, 2010). This will result to children resolving to take drugs as a relief to their frustration because the parents have failed to provide many of their needs. However, lack of parental guidance poised the children into wrong perception of self-efficacy and taking hard drugs. Kao and Carter (2013) posited that adolescents from permissive neglectful parents scored highly on alcohol abuse, since parents do not form strong emotional bond with their children. Rai (2008) asserted that rejection from father and mother is a predictor of drug abuse among adolescents. In the other hand, permissive parenting does not significantly predict adolescent risky behavior such as smoking.

CONCLUSION

The purpose of this study was to examine if parental role significantly predict secondary school students risky behaviors in Nigeria. From the findings of the study, it can be concluded that the parental role in shaping students behavioral outcomes lies with the interaction between the parents and their children. Parental role set an emotional and psychologically micro-climate within the family micro-system in which the child developed. Each parental instruction provides different parent-child relationship which give contractual child mental outcome. This outcomes are manifested in various social skills including ability of the child to handle risky situations.

RECOMMENDATIONS

The study established that authoritative parenting scolds adolescents, rebukes and corrects delinquency behaviors followed by authoritarian styles which expect children to be of good behaviors has the lowest variance. It also established that neglectful style followed by permissive indulgence gives room for the largest variance among Secondary School students in drug abuse. It is recommended that the Federal government through the states Ministries of Education should synergize and train teacher counselors and equip them with the knowledge and skills of identifying students who have drug abuse problems to be able to, as a matter of concern train parents of the respective students to know how to handle their children. It is also recommended that the teachers should help the parents that their children are yet to participate in the drug abuse to enable them prevent the children from exhibiting risky behaviors. It is recommended that parents should use authoritative style as a tool to teach their children how to say No to some offerings which they know is harmful to their life. It is also recommended that schools through Parents-Teachers Association (PTA), should organized programs that aimed at preventing students from indulging into drug abuse and equip them with knowledge and skills against promoting culture of drugs abuse. It has been discovered from other literatures that streaks of insecurity in the country is as the result of huge intake of drugs by the adolescents. Therefore, organizing preventive and curbing programmes by stakeholders and educationist is highly recommended to curtail excessiveness of drug abuse by the adolescents.

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