

THE EFFECT OF DRUG ABUSE IN NIGERIAN SOCIETY: ADOLESCENT PERSPECTIVE

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Abstract

Drug abuse in Nigeria has been a serious problem. The consequences of drug abuse are not only on the individual user but also on his or her offspring, family and the society in general. Drugs are commonly used by everybody whether young or old. It is true that drugs are used for beneficent therapeutic purposes, effective substance for good health, but they are also being abused by people especially youths who prefer an autonomous and independent life that is free from adult control, there by engaging in various delinquent acts (drug abuse, kidnapping, assassin, rape, robbery, cultism and vandalism) that are dangerous to the home, community, school and the nation. The impact of drug abuse among the youths has been a stigma of moral decadence, violence, thugery, assault, madness and murder. The menace of drug abuse has eaten deep into the fabrics of our society. However, with effective counselling programmes, the problems can be tackled. Campaign against drug abuse by government and other relevant authorities Drug control counselling centres should be established in every community and qualified health counsellors should be employed in helping drug addicts by giving them special advice on how to go about the withdrawal system. Drug awareness units should be set up in all Local Governments of the federation to help solve their socio-psychological problem. This paper discusses the concept of drug abuse, types, theories of causes, effects, and strategies for counselling.

Keywords: Adolescents, drug abuse, problem, prevention

Introduction

Drug abuse is a rapidly growing global problem. (Lakhanpal, Agnihotri, 2007; United Nations Office of Drugs and Crime {UNODC}, 2007; Abudu, 2008). The problem of the drug abuse poses a significant threat to the social, health, economic fabrics of the families, society and the entire nations. (Giade, 2012; Oshodi, Aina & Onajole, 2010). Almost every country in the world is affected from one or more drug being abused by its citizens (UNODC, 2007). The increase of drug abuse globally has brought problems such as increase in violence and crimes, increase in Hepatitis B and C virus, increase in HIV/AIDS diseases, collapse of the veins and collapse in the social structure. (UNODC, 2007; Oshodi, Aina, & Onajole, 2010). Horrible youthful activities are widespread in Nigeria to the extent that they

have been giving a lot of concern to the society, government and other stake holders. Even in some primary schools, peers engage in organized crimes and disrupt normal academic programs. In secondary schools and most Nigerian universities, the activities of secret cults are known to have been source of threat to lives and property. Outside the campuses, a lot of ritual killings are taking place. (Abudu, 2008; Oshodi, Aina, & Onajole, 2010). The impact of drug abuse among Nigerian adolescents has been a feature of a morally bankrupt, corrupt and wasted generation and loss of our societal values and ideals. The situation now appears to be such that no one can claim ignorance of what is happening (Abudu, 2008). We cannot sit and illegitimately pretend ignorance on the menace of drug abuse among our

adolescents. According to Giade (2011), any nation being used by drug barons as a transit route has the potentials of becoming a drugs abuse country. Drug abuse threatens the security of every nation, tearing apart our societies, spawning crime, spreading diseases such as aids, and killing our youths and our future.

The illicit drugs are made up of chemical substances which when introduced into the body, affect the functioning and behaviour of the individual user concerned. Illicit drugs, better referred to as narcotic drugs and psychotropic substances, are those drugs that when used or abused are capable of altering the user's mood, behaviour and disrupting thought processes, most times, adversely. Drugs are known to be abused when they are taken without expert medical prescription from authorized medical practitioners, or when the use of such drugs are socially unacceptable. Some of these drugs are cocaine, heroin, cannabis, amphetamines, valium, lexotan and very many others. Let me restate here that, adolescent and youths are at high risk of being destroyed by these dangerous drugs. To those who are involved, most are known to have started by first taking alcohol and cigarettes, which are gateway drugs, before they graduate to other highly addictive drugs.

Recent research work revealed that the problem of drug abuse knows no boundaries or social class. It takes its toll on the development of any society and is a continuous threat to the life, health, dignity and prosperity of all human societies. It is sad to note that any individual that gets addicted to any of these drugs can hardly voluntarily give it up. Attempt to either stop or abstain automatically results in withdrawal symptoms like restlessness, transient hallucinations, depressed mood and in some cases, madness. This compels developed nations to put such addicts on alternative drugs to reduce the withdrawal symptoms.

In addition to the enumerated consequences, the psychological dependence gives rise to continuous compulsion to obtain the drug of choice by whatever means either legal or not. This behaviour often gets addicts

into conflicts with the law in the acts of armed robbery, assaults on persons and murder. Apart from these narcotic drugs and psychotropic substances such as dunlop solution, fuel, aerosol, omo, tippex, etc. are prevalent amongst us, which people, especially youths, abuse. Persistent use of these substances has the same adverse effect on the individual as narcotic drugs and psychotropic substances.

To ensure a fulfilling life, people should stay away from all drugs and related substances except prescribed by experts (WHO, 2005). The predisposing factors to drug abuse are several and varied. Among the youths, peer-group pressure ranks highest when we talk of drug abuse. Students who want to belong, or to be seen to belong to the cream on the campus, begin to copy other bad habits ranging from smoking and drinking; gradually, they graduate to higher drugs. There are some, who out of curiosity, sample the drugs and got hooked. Such students on hearing about a particular drug decide to see what it is like, they try to test and there from, develop addiction to such drugs. Such students seem to forget the adage that says, "Curiosity kills the cat". However; some unsuspecting youths are lured into drug taking by unscrupulous drug dealers, who do this in an attempt to create market for their illicit wares. Students must learn to say no to anyone soliciting their trial of unknown substances to avoid being trapped. Always try to justify the proper upbringing you enjoyed from your parents (Abdulahi, 2009). The United Nations which is in the forefront of the drug war, has set a day as Nations Anti-drug Day.

It is a well-known fact that, youths erroneously associate music-making with drug usage. Several popular musicians have actively died from drug use but music-making cannot and should not be associated with drug usage. According to the World Book Encyclopaedia "Music is sound arranged into pleasing or interesting patterns. People use music to express feelings and ideas.

Obasanjo (1999) in line with various United Nations resolutions on global drug

control, the Federal Government of Nigeria set up the National Drug Law Enforcement Agency to co-ordinate all activities relating to control of supply and reduction in the demand for narcotic drugs and psycho-tropic substances. It is significant to note that Nigeria was the third country to ratify the 1988 United Nations Convention Against Narcotic Drugs and Psycho-tropic Substances. In fact, they are party to all United Nations Conventions on drug control and have put in place relevant administrative structures to facilitate their implementation. In the same vein, Nigeria have promulgated legislations that ensure the forfeiture of movable and immovable assets of persons convicted of illicit trafficking in narcotic drugs and psycho-tropic substances. By this singular act, they have ensured that drug traffickers receive penalty commensurate with their crime.

It is obvious and sadly too, that drug-dependent persons are social misfits meaning that drug abuse helps to destroy the youths, the country's future leaders. Many young people with bright future have been wasted through contact with drugs. The family of these drug dependent persons also feel the effect of drug abuse. Often times, the hopes and aspirations of parents for their loved ones are dashed leading to psychological deaths. According to reports collated by the UNDCP, drug abuse is one of the leading causes of automobile accident in most nations of the world. The rate of motor accidents is often a testimony of the rate of drug use or abuse in any particular areas of the society. Unfortunately, this drug problem cuts across age, sex and socio-economic backgrounds. It is even sad to note that the menace has now become a phenomenon among our youths, especially those in the tertiary institutions of learning. This is confirmed by the incessant students' unrest and unwanted confrontation between students and university authorities as well as atrocities being committed in recent times by members of secret cults on our campuses, which are more often than not, fall-outs of drug abuse. Such cultures are obviously foreign and incompatible with our traditional ethics. We should learn to borrow

acceptable culture not destructive trends (Okpere, 2012).

Drug abuse has wrecked many homes from the way it has caused loss of lives and made many brilliant students to drop out of schools. It erodes discipline and motivation required for effective learning. Drug abuse in schools generally block meaningful use of time, energy and creative thinking before ultimately destroying person's ability to become self-actualized, thereby making him or her irrelevant to national development efforts (Adesina, 1975). The nation's economy is not spared by the consequences of the activities of drug abusers. The nations scarce resources have to be diverted towards curing drug related illness and finding ways of effectively eradicating the social manias of drug abuse from our society. Thus, funds that are needed to prevent and cure the outbreak of other diseases and for the provision of social amenities and generate development are now being spent on fighting drug and its associated problems. Today, enormous amount of money, running into millions of naira has been spent out trying to stop the sale and use of hard drugs in our society. Such money could have been used in providing infrastructural and instructional facilities in our schools thereby improving the conditions of learning and education in general. They could also have been used in improving the state of our hospitals and in creating employment opportunities. In addition to the efforts of government and voluntary agencies in checking drug abuse in our society, parents, guardians and others in position of authority including teachers should endeavor to lay a very good example for their children and wards and should continuously educate same on the dangers of drug abuse in order to disabuse their minds of the fascination to drugs (Uku, 1991).

The Origin of Drugs and Government Effort to Control Drug Abuse

Nigeria's efforts to control the use and abuse of drugs began early in 1935, during the colonial era. In that year, the dangerous Drugs ordinance was promulgated. The ordinance banned the unlawful sale,

purchase, use, inducement for use, sale of drugs such as cocaine, cannabis (wiwi) and others. It was necessary then, because the colonial office in Lagos had realized the bad manner in which drugs were put in use. Therefore, control was introduced to make the society safe as well as allow the lawful use for cure of ailments in people. In 1965, after almost three decades of the ordinance's existence, the Nigeria again signed the United Nations convention on narcotics. As it is with any resources, people can exploit drugs for good or bad purposes. Nigeria came to the focus of the world, in the early 80s, when Nigeria became a transit nation for narcotics moving from South Asia to Europe and North America, Nigeria took bold measure to address the menace with the enactment of Decree 20 of 1984. The decree provided tougher punishment, including death penalty. But before the death clauses was expunged, three Nigeria traffickers were arrested tried, found guilty and, executed. The expunged death sentence was eventually replaced with the jail term.

To further add more biting teeth to the fight against drugs trafficking and abuse, in 1989 Decree 48 was promulgated and this gave birth to the National Drug Laws Enforcement Agency (NDLEA). Before the establishment of the agency, the police administered all laws for the purpose of control and regulation of drugs. With such an agency, in place, the government as well as many Nigerians put higher hope in the eradication of drug abuse, trafficking and effective control, especially, narcotics (Okpere, 2012).

Theoretical framework

The Modified Social Stress Model (MSSM) for understanding drug use guides this paper. The model was developed by Rhodes and Jason (1988) and modified by the World Health Organization/Programme on Drug Abuse (WHO/PSA) to include the effects of drugs, the personal response of the individual to drugs and additional environmental, social and cultural variables. Research has shown that in order to prevent drug abuse, two things must be taken into

consideration:

- (i) Factors that increase the risk of developing the problem must be identified.
- (ii) Ways to reduce the impact of these factors must be developed.

This theory maintains that risk factors are those factors that encourage drug use. Factors that make people less likely to abuse drugs are called protective factors. The key to health and healthy families is increasing the protective factors while decreasing the risk factors. According to this model, if many risk factors are present in a person's life, that person is more likely to begin, intensify and continue the use of drugs. The model identifies risk factors as including: stress (which could be due to the home environment, and adolescent developmental changes); the normalization of drug use which could be seen in terms of legality and law enforcement; the availability and cost of drugs; and advertising, sponsorship and promotion through media, as well as the cultural value attached to various drugs. The more protective factors that are present, the less likely a person is to become involved with drugs. Protective factors are identified as: attachments to people such as family members and peers, and institutions such as religion and school; physical and performance capabilities that help people succeed in life; the availability of resources, within the person or the environment, that help people meet their emotional and physical needs; positive role models; and anti-drug campaigns along with guidance and counselling services. According to this model, it is easier to understand the drug problem if risk and protective factors are considered at the same time. Probability of drug abuse is determined by these factors and this theory is useful as a way of planning interventions to prevent or treat problems related to drugs. It is important to note that the factors listed above are not exhaustive. The presence of risk and protective factors is context dependent and the proportions of their contribution depend on their intensity in given situations.

Conceptual Clarification

A drug refers to a substance that could bring about a change in the biological function through its chemical actions (Okoye, 2001). It is also considered as a substance that modifies perceptions, cognition, mood, behaviour and general body functions (Balogun, 2006). They could thus, be considered as chemical modifiers of the living tissues that could bring about physiological and behavioural changes (Nnachi, 2007).

Drug abuse is a major public health problem all over the world (UNODC) (2005). The use and abuse of drugs by adolescents have become one of the most disturbing health related phenomena in Nigeria and other parts of the world (NDLEA; 1997). Several school going adolescents experience mental health programme, either temporarily or for a long period of time. Some become insane, maladjusted to school situations and eventually drop out of school. According to Fawa (2003), "Drug is defined as any substance, which is used for treatment or prevention of a disease in man and animals. Drug alters the body functions either positively or otherwise depending on the body composition of the user, the type of drug used, the amount used and whether used singly or with other drugs at the same time".

NAFDAC (2000) as cited by Haladu (2003) explained the term drug abuse as excessive and persistent self-administration of a drug without regard to the medically or culturally accepted patterns. It could also be viewed as the use of a drug to the extent that it interferes with the health and social function of an individual. World Book Encyclopedia (2004) defined drug abuse as the non-medical use of a drug that interferes with a healthy and productive life. Manbe (2008) defined drug abuse as the excessive, maladaptive or addictive use of drugs for non-medical purpose.

Abdulahi (2009) viewed drug abuse as the use of drugs to the extent that interferes with the health and social function of an individual. In essence, drug abuse may be defined as the arbitrary overdependence or miss-use of one particular drug with or

without a prior medical diagnosis from qualified health practitioners. It can also be viewed as the unlawful overdose in the use of drug(s).

Indiscipline: is a situation in which people do not control their behaviour or obey rules, lack of discipline or control

Frustration: Is the prevention of the progress, success or fulfilment of something

Peer Group: A group of people of approximately the same age, status and interests

Addiction: Is a brain disorder characterized by compulsive engagement in rewarding stimuli despite adverse consequences.

Illicit drugs: are chemical substance whether of natural or synthetic origin, which can be used to alter perception, mood or other psychological states.

Reasons Why Adolescents Take Illicit Drug

Idowu (1987) found that students smoke and use drugs at the instance of friends/peers, parents and television/radio advertisements. Oladele, (1989); Okorodudu and Okorodudu (2004); and Enakpoya (2009) in their studies showed that adolescents were very susceptible to the influence of their peers. Osikoya and Ali (2006) asserted that socially, a drug abuser is always pre-occupied with how to obtain drug of choice and crave for the substance. Kobiowu (2006) study revealed that the academic pursuits of those undergraduates who engages in drug misuse is not unduly jeopardized, and that the abusers do not socialize extraordinarily, contrary to seemingly popular expectation. Studies by Osikoya, (1978), Oduaran (1979) and Johnson (1979) exhibit a plethora of purposes for which students use drug. The list includes curiosity, boldness, friends-do-it, enjoyment of social gathering, academic pressure, sound-sleep, sexual-prowess, and performance in sports. Drug abuse is a very serious problem among school adolescents and which has slowly made the average Nigerian student to be maimed, sentenced to a life of delinquency, insanity, street walking and premature death (Olatunde, 1979).

Numerous factors contribute to increasing drug abuses. Among these are disillusionment, depression and lack of purpose in life, additional reasons are economic problems, unemployment, and poor parental guidance.

1. Some who have difficulty with human relationships uses drugs to help them cope in social situations. They believe that drug boost their confidence, making them feel witty and likeable. Other simply find it easier to used drugs.

2. Frustration can also lead to drug abuse frustration is a state of despair, hopeless and sorrow, hunger, poverty, family problems suffering, unemployment and a host of others can make push some people into this ugly state and they feel the only way out is to take drug so as to calm down and forget their sorrow.

3. Greediness is another factor responsible for drug abuse. Nigerian generally love wealth but are not prepared to work to get it. So whenever they see anybody, who has made it they count him/her to be very lucky indeed, traffickers are see erecting mansions and riding the best car people tend to respect them without asking where they get the money. These people are given chieftaincy titles and giving other responsible positions in the church, and the society while the poor hard working and lowest people in the society are despised and disgraced.

4. Corruption is a major problem in the administration of justice in Nigeria. Many Nigeria know what to do but when they receive money or other gratifications, they mortgage their conscience and do the contrary. Our judges, lawyers and policemen aid and abet drug traffickers in so many ways. Once they receive from the so-called big man in the society they tend to pervert justice and set the offenders free. As a result of this, all the laws of the nation are not being enforced especially those relating to drug abuse. The makers of the law now become the breakers of the law.

5. Another reason why people take drugs is that it stimulates them and give them unusual boldness to commit crime. Once they take these drugs, they are no longer themselves,

even when they see their father or mother, they can kill them. Recently a wrestler in USA, after taken drugs, killed his children, his wife and himself.

6. Bad friendship also encourages drug abuse. A popular adage "says show me your friend and I will tell you who you are". The kind of people we associate with in life affect us either direct or indirectly most of our students came from Godly home where people fear Gods but as soon as they enter the gate of higher institutions. They start mixing up with bad friends, and sooner or later they start to behave like them, they become drug addict, cultist, rapist etc.

7. Music: music is another reason why people take to drugs abuse, the kind of music being produce these days propagates drug abuse. Most of the musicians are drug traffickers themselves. Many of the videocassette and drama pieces being displayed these days promote and propagate drug abuse. Many youths also indulge in reading novels that tend to support or promote drug abuse. Somehow, what one sees, read, feels, hears, and touches tends to influence and affects one's life. So parents should be careful enough to direct and guide their children and wards right in life.

8. Another possible cause of drug abuse is the irregular payment of workers' salaries and late payment of allowance of retiree. This can lead to frustration, poverty and of course drug abuse. A popular adage say "an idle mind is the devil's workshop" many people all over the country are not employed, none of their relations want to help them. Many of them are then frustrated and the only way they feel they can survive is taking to drug

9. Absence of medical facilities in many village and town also encourage drug abuse. There are many villages in Nigeria where there are no good hospital and maternity centers etc. so the people result to self-medication as a way of surviving.

Types of Drugs

The world health organization (WHO) (2001) has classified substance of drug abuse that are likely to cause problems into several groups.

The Depressant: this is capable of slowing or depressing the activities of the brain. It makes the brain to work at a slower tempo, e.g. valium, morphine and heroine, alcohol and tranquilizers. These drugs are to cool down the nerves. Depressants causes among other things: restlessness irritability, anoxia (blood and mucus discharge from the nose), abdominal cramps aches and pains high blood pressure, running eyes and noise ataxia (uncoordinated movement), slow speech, fits, confusion and delirium which is brain fever or cerebral fever.

Stimulants: This is the opposite of depressants they increase the activity of the body and make one full of energy ready to face fire, e.g. cocaine. Stimulants causes among other things psychotic excitement (laughing all the time for no good reason), aggression depression, psychosis (serious mental disorder).

Hallucinogens: These are drugs that make one feel as if things are not real. The causes are:

a. Depersonalization (lose of personality persistent feeling of unreality, prolonged anxiety, schizophrenia (mental breakdown), suffering from multiple personality, radical changes in lifestyle carefree feeling and indifference to things

b. Alcoholic: the alcoholic is normally dehydrated, overactive due to prolong sessions of drinking-Chronic alcoholic could lead to a number of physical traits gastritis with nausea and vomiting, at times, he suffers a skin disease, liver disease neuritis, and pancreatitis, it may suffer from various metal disorder.

c. Alcohol: Heavy drinking has been known for centuries to be a health hazard and cause of death. Efforts to quantify the disease burden associated with different risk factors clearly demonstrate that hazardous and harmful alcohol drinking is one of the leading risk factors and is responsible for 4% of the global disease burden.

d. Cocaine: Is a central nervous system stimulant, and the effects of cocaine amphetamine like drugs on the mind or body-depend on the dose who is taking them, how

they are taken orally, by inhalation or by injection. When used intravenously, amphetamines and cocaine produce similar effect. Cocaine and amphetamines produce an increase heart rate and elevated blood pressure affects the eye, nose and throat.

e. Marijuana or Hallucinogenic, it is addictive, deleterious to mental or physical health it is the causes of psychotic or criminal behaviour, it leads to madness, irate cough, sleeplessness and frequently releases aggression.

f. Heroin is highly addictive narcotic, derived from opium; heroines is the strongest of the opiates and the most hazardous. Heroin is also known as "seag" or "smack" heroin make users full physically warm and peaceful large doses can slow down body functions and to cause death, heroin reduces memory and users are prone to infections from dirty needles.

Effects of Drugs Abuse on Society

The following are possible effects of drug abuse

1. It leads to untimely death of many Nigerians especially the youth, many Nigerian have become mentally derailed, sick, some have gone mad as a result of drug abuse.
2. It has led to the increase in crime wave in the country.
3. Unkempt appearance
4. Mental instability
5. Suicidal tendency
6. Social nuisance
7. Stealing
8. Criminal tendency
9. Death it's embarrassed, humiliates and lower the name of this country called Nigeria, it has equally dented the image of the country in abroad.
10. It is generally believed that every Nigeria is a drug pusher or trafficker.
11. Drug abuse or drug dependent person are social misfits meaning that drug abuse help to destroy the youth, the country's future leaders. Many young people with bright future have been wasted through contact

with drugs. Often times the hopes and aspirations of parent for these love ones are dashed leading to psychological deaths.

12. Drug abuse has wrecked many homes from the way it has caused loss of lives and made many brilliant students to drop out of schools. It erodes discipline and motivation required for effective learning. Drug abuse in schools generally block meaningful use of time energy and creative thinking before ultimately destroying person ability to become self-actualized, hereby making him or her irrelevant to national development efforts. Avoid drugs and you will live a successful life.

13. It has increase the level of road accident on our high ways, according to UNDP drug abuse is one of the leading causes of automobile accident in most nations of the world. The rate of motor accident is often a testimony of the rate of drug use or abuse in any particular areas of the society. Unfortunately, these drug problems cut across age, sex and solid economic background. It is even said to note that the menace has now becomes a phenomenon among our youths, especially those in the higher institutions of learning. This is confirmed by the incessant student unrest and unwanted confrontation between student and management as well as atrocities being committed in recent times by members of secret cults on our campuses which are more often than not fallout of drug abuse. Such cultures are obviously foreign and incompatible.

Conclusion

When drugs are not used appropriately, that is, when they are not used the way they are supposed to be used or as prescribed by doctors to the extent that their usage becomes harmful to the individual and the society. Such drugs can be said to have been abused. When drugs are still secretly being used in the society, such drugs could be said to have been abused. From this analysis, drug abuse can be defined as the "excessive or indiscriminate use of a drug by a person, such as being considered illegal by the society and

resulting in harm to the person or the community.

In Nigeria" the case of drug abuse in Nigeria can be linked to two broad factors viz: indiscipline and frustration. Most of our homes and schools are and could therefore not infuse the necessary discipline that would enable our children to appropriately fit into the Society, The. People are neither honest to themselves not into the society. Some negative syndrome - the get rich quick syndrome has gradually become an intrinsic part of our national life.

People want to make money by all means and at all cost. This craze for money has forced many into getting involved in the unlawful trafficking in dangerous drugs and to become a consumer of such drugs. The thirst for euphoria, the desire to be intoxicated and "high" a product of lack of societal discipline has equally made many to abuse drugs.

The abuse of drugs constitutes a serious danger to the abusers, their family and the society in general. The abuse of hard drugs like cocaine, heroin and India hemp renders the abusers useless to the society. Because such drugs intoxicate and give abusers a false sense of security there is always the tendency for them to resort to various acts of indiscipline and criminal activities. It is pertinent to mention that the efforts at checking criminal activities in the society would have contributed more to societal growth if such crimes were to either have been absent or drastically reduced and this permitting the channeling of such efforts to other positive directions.

Drug abuse brings about severe health hazard to users. The abuse of any drug whether soft or hard could lead to the risk of destroying some vital organs of the body like the kidney, liver, pancreas, heart, brain, stomach, sex organs, nerves and even the skin. An individual that is not physically and particularly in a situation where such ailment is a direct outcome of addiction and abuse of drug is a waste to himself and the society.

Recommendations

- The government should make and developed a comprehensive preventive drugs education curriculum and infused its component into the existing relevant subjects of primary, school, secondary school, college of education polytechnic and university, so that the youth will be properly educated in the danger of taking drugs illegally
- National drug law enforcement agency (NDLEA) should as a matter of urgency make sure that the only locally grown narcotic substance of abuse (marijuana) is no longer easily available operation "burn the weeds" should be highly sustained and anybody arrested in connection with the cannabis should be arrested, tried and convicted, if found guilty.
- Establishment of Counseling Centres for Drug Control: Counselling centers should be established in every community by the government or private individuals. Qualified health counsellor should be employed in helping drug addicts or those dependent on drugs by giving them special advice on how to go about the withdrawal system.
- There should be a public enlightenment campaign on the danger of drug abuse.
- Medical facilities hospitals and maternity should be established in villages and town where none exist. There should be qualified doctors and nurses and it should be properly funded.
- The government should encourage our tertiary institutions to carry out a lot of research into traditional medical practice and find ways to modernize it.
- Efforts should be made by the government to beef up employment rate in the country.
- Effective study habits for students: An

effective study is that which centres on a well-planned scheme of study involving sufficient recreational activities, enough resting time and sleep. Thus, such well-planned time table of study habits that make adequate provision for rest will enhance good study habit without necessary resorting to the use of drugs to keep students artificially awake.

- Establishment of Drug Awareness Units: Drug awareness units to be set up in all states and moderated by the federal state and local governments. It should not be a panel established to try people who use drugs as criminals, but to help solve their socio-psychological problem. Parents and adults should refrain from using drugs in discriminately in the presence of youngsters and they should discourage their wards/children from associating with "unknown" gangs or suspicious neighborhood peer groups.
- Concerted efforts should equally be made by the government to improve the economy Religious leaders should preach more on the danger of drug abuse in the country.
- Our leaders should show good examples.
- Wrong acquisition of wealth should be discouraged in all its ramifications.
- There should be an enlightenment campaign against bearing of many children. A maximum of four children is recommended per-family so that they can be properly taken care of.
- All pensioner and retirees should be given their entitlement without going through rigour and stress.
- All music movies, book and musicians that promote drug abuse should be banned.

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