

# **A Study of Students' Knowledge and Perception of Incidences and Prevalence of Substance Abuse in Tertiary Institutions in Niger State: Implications for Counselling**

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## **Abstract**

The study investigated the students' knowledge and perception of incidences and prevalence of substance abuse in tertiary institutions in Niger State. Descriptive survey design was used for the study. A sample of 346 students were randomly selected from three institutions, namely Ibrahim Badamasi Babangida University Lapai, College of Education, Minna and Niger State Polytechnic, Zungeru. The sample size comprised of 150 female and 196 males. A researcher designed questionnaire tagged "Abusable Substance Knowledge and Perception" (ASKAPI) was used for data collection. The Data collected were analyzed using simple frequency counts, percentages and mean values. The finding revealed that students in tertiary institution of Niger State have appreciable knowledge and perception of substance abuse on incidence and prevalence. Also it revealed that Alcohol, Marijuana, Tramadol cigarette, nail polish were the most commonly abused substance. Based on the findings recommendations made include putting up drug abuse awareness programme should be organized by guidance and counselling unit of tertiary institutions in collaboration with students affairs office for students.

## **Introduction**

The use of substances by human beings to escape from pain and relief from illness dates back to antiquity. In the contemporary time however, the alarming rate of abuse and trafficking in substances remain the major intractable problem facing humanity. The recent astronomical increase in the proportion of substance abuse cuts across all inter and intra national

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boundaries socially, economically and politically (Imam, 2014). The universal nature of the menace of substance abuse led to numerous multi-lateral and bilateral treaties among countries of the globe with varying socio-economic and political backgrounds and to which Nigeria is a party (NDLEA, 2005).

Substances are categorized according to the functions they perform in human body. Some of them like cocaine methadone, kola nut, coffee, Tramadol, among others, broadly alter the entire body system by acting on the central nervous system thus, increasing body activity, greater alertness and these are called 'stimulants'. The direct opposites are called 'depressant' such as valium, activan, diazepam among others. These drugs cause decrease in body activity, reducing alertness, causing sleep or even produce unconsciousness. There are others that serve varying purposes for instance, pain killers such as paracetamol, Indocine meant to reduce body pain. There are certain substances meant to substitute certain body chemicals while others correct unhealthy diet (NDLEA, 2005).

Most substances are produced with good intention of curing people but the basic question one is bound to ask is, how do they become problem to their users? Substances become problem to their users only when taken too much, too often, or taken without proper medical prescription (Substance abuse). Ngohi, Aliyu and Ngohi (2008) opined that a drug is abused when its use is not medically necessary, not recommended by a health worker, forbidden by law, socially unacceptable or that it is socially acceptable but taken excessively. Drugs can be abused based on the dosage.

Nwokolo, Obiora and David (2005) noted that the present increase in the trend of drug abuse among students cannot be divorced from availability of the drugs, curiosity, peer group influence, parents and teachers influence, family neglect, advertisement by electronic and print media, to excel in studies and sports, for boldness to challenge friends, parents and teachers. Mburza and Ngohi (2007) identified alcohol, marijuana, cocaine, codeine phosphate, caffeine, petrol, tramadol, glue, valium, heroine, alabukum as the drugs abused by secondary school students in Borno State. Enakpoya (2009) studied substance abuse among secondary school Ethiopie East Local Government area of Delta State, Nigeria and found out that alcohol, Librium and marijuana were the most commonly abused substances in that order.

According to Haladu (2014), said the adverse consequences of substance abuse can be broadly categorized in physical, psychological and social. The physical are those drugs that when abused can lead to damage

of the body organs that are very vital such as brain, liver and kidney. Prolonged use of alcohol for example destroy liver, causes liver cirrhosis, high blood pressure, abortion and still birth. Psychologically, this has to do with those drugs that when abused can lead to depression, anxiety, loss of memory, hallucination, moodiness and aggressiveness as well as changes in behaviour and panic attack. Among the social consequences include lack of interest in attending school activities, stealing, prostitution, and low academic productivity, road traffic accidents, and homelessness, violence in school, cultism, gangsters and bullying of the junior ones in school.

### **Statement of the Problem**

Findings by Abang (2006) and NDLEA (2011) proved that the drugs trafficking in Nigeria and abuse of drugs are among the social problems bedeviling Nigeria as a nation. Drug abuse problem is so pervasive to such an extent that it becomes a serious developmental challenge and continues to undermine the efforts of government at all levels. It is worthy to note that the youths that constitute the manpower and future of Nigeria society are mostly the victims. The Federal Ministry of Youths and Sports (2010) observed that Nigerian youths aged 10 – 30 years are about 49% of the country's population. National Drugs Law Enforcement Agency (2011) observed that over 38% of Nigerian youths abused drugs. According to Abang (2006), in contemporary Nigeria, many categories of youths (males and females) are hooked on drugs problem. This include an unbelievable large number of primary school pupils and secondary school students, undergraduate students, servicemen, cattle rearers, unemployed, pharmacists and even medical doctors (Sambo, 2008). But like every other issues in the country, there is pretence that all is well until things get out of hand. In major cities including Niger state, drugs such as cigarette, marijuana among others are hawked like every other item. There are also reports on abused substances such as nail polish cleaner gasoline, lizard excreta, gutter and rubber solution others are cough syrup with codeine, content and pit toilets.

Despite the use of force by NDLEA and other security agencies to monitor the sales and abuse of substances the incidences are still high. This study is therefore prompted to confirm the perception of students of the incidence and prevalence of substance abuse with particular reference to Niger State student in tertiary institutions.

**Objectives of the Study**

1. To assess the level of knowledge of students of tertiary institutions in Niger state of substance abused by colleagues in their respective schools.
2. To assess the level of perception of students of tertiary institution in Niger state of incidence and prevalence of substance abused by other students in their respective institution.
3. To examine gender difference of knowledge of abused substance among students of tertiary institutions in Niger state.

**Research Questions**

1. To what extents are students of tertiary institutions in Niger state knowledgeable of substance abused by colleagues in their respective schools.
2. To What extents do students of tertiary institutions in Niger state perceive the incidence and prevalence of substance abuse other students in their respective institution?
3. To what extents do students of tertiary institutions in Niger state differ in their knowledge of abused substance on the basis of their gender?

**Methodology*****Design***

The target population of this study comprised of all students of selected tertiary institutions in Niger state. According statistical data obtained from Niger state ministry of education (2016), there are forty one thousand one hundred and twenty eight students (41,128), in the three selected tertiary institutions.

This study adopted a descriptive survey design. Bichi (2004) noted that a survey design refer to techniques in which data are collected from the participants through questionnaire to sample their opinions. It was adopted in this study because it is useful and appropriate to collect data from a sample taken from population that is large to be observed directly and to obtaining information that cover personal and social facts, beliefs and attitudes.

***Population and Sampling Techniques***

The sample size for this study is 346 students, which was selected randomly from 3 institutions. This sample size was determined using Krejcie and Morgan (1970) table for determining sample size from a given population. The multistage sampling technique was used to draw a sample of 346 students made up of 196 males and 150 females from the institutions under study.

***Instrumentation***

For the purpose of this study, a researcher designed questionnaire was used to obtain relevant information for the study. The questionnaire is titled "Abusable substance knowledge and perception inventory (ASKAPI)". The questionnaire consist of 15 items of abused substances namely tramadol (tramol, yawuri batakalami), cough syrup with codeine (koko, syrup), marijuana (weed, wivi), raphynol (rochie or blue boy), nitrozepam (mr. white or mg), cigarette (cigar) chloroform (suck and die), glue, solution (sholi), diazepam (diaza, D5), alcohol, codeine tablet, local wine (burukutu), pentazocine injection (pentar), bromezepam and nail polish. Three points response scale on knowledge are: Only heard of It, Do Not Know of It, and Do Know of It, also three point response scale on perception are: Not Know to be Commonly used by Students, Student Don't know of It, and Commonly used by Students.

***Reliability of the Instrument***

The reliability of the instrument was determined through the conduct of pilot testing. The instrument was used to carry out a pilot testing by the researcher on a small sample size, using twenty five (25) students of Federal polytechnics, Bida which is one of the tertiary institutions in Niger State but not part of the sampled institutions. Split half method of estimating reliability was used. The instrument was administered to twenty five (25) students and after the collection and scoring; the scores were split into two groups of even and odd numbers the internal co-efficient consistency was obtained using spearman rank correlation coefficient which was obtained at 0.82 which indicates high correlation.

***Procedure***

The researcher personally administered the instrument on the sampled institutions with the help of research assistants that were trained and guided on how to administer the questionnaire and how to retrieve then as well.

***Data Analysis***

The data collected on the study was analyzed using simple frequency counts, percentages and mean values.

***Presentation of Results and Discussion***

**Research Question One:** To what extents are student of tertiary institutions Niger State knowledgeable of substance abuse by colleagues in their respective schools?

**Table 4.4:** Descriptive Statistics on the Responses of Respondents on Students' Knowledge of Abused Substance in Tertiary Institutions in Niger State

S/N	Substance	Only heard of it	Do not know of it	Do know of it	Standard Mean Rank	Mean Rank	Remark
1	Tramadol	240 (72.5)	60 (18.1)	31 (9.4)	110.33	100.67	Students Only heard of it
2	Cough syrup with codeine	235 (71.0)	50 (15.1)	46 (13.9)	110.33	109.00	Students only heard of it
3	Marijuana	130 (39.3)	150 (45.3)	51 (15.4)	110.33	77.33	Student only heard of it
4	Rophynol	160 (48.3)	80 (24.2)	91 (27.5)	110.33	114.00*	Students do know of it
5	Nitrozapam	260 (78.5)	45 (13.6)	26 (7.9)	110.33	104.00	Students only heard of it
6	Cigarette	251 (75.8)	0 (0.0)	80 (24.2)	110.33	137.00*	Students do know of it
7	Chloroform	250 (75.5)	55 (16.6)	26 (7.9)	110.33	100.67	Students only heard of it
8	Glue (solution)	150 (45.3)	170 (51.4)	11 (3.3)	110.33	57.33	Students only heard of it
9	Diazapam	70 (21.1)	200 (60.4)	61 (18.4)	110.33	64.00	Students only heard of it
10	Alcohol	170 (51.4)	0 (0.0)	161 (48.6)	110.33	164.00*	Students do know of it
11	Codeine tablet	231 (69.8)	50 (15.1)	50 (15.1)	110.33	110.33*	Students do know of it
12	Local wine	250 (75.5)	50 (15.1)	31 (9.4)	110.33	104.00	Students only heard of it
13	Pentazacine injection	50 (15.1)	260 (78.5)	21 (6.3)	110.33	30.67	Students only heard of it
14	Bromezapam	40 (12.1)	280 (84.6)	11 (3.3)	110.33	20.67	Students only heard it
15	Nail Polish	260 (78.5)	0 (0.0)	71 (21.5)	110.33	134.00*	Students do know of it

**Table 4.4:** Shows the extents of knowledge of students in tertiary institution in Niger State on Substance Abused by colleagues in their respective schools. The analysis of responses in respect of students knowledge of abused substance by colleagues indicates the alcohol has mean rank of 164, cigarette with mean rank of 114 and codeine tablet with mean rank of 110.33. On the basis of item response indicates that they have knowledge of it. This implies that in most cases students are knowledgeable of alcohol, cigarette, nail polish, rophynol and codeine tablet.

Also, the analysis indicted that bromezapam with mean rank of 20.67, pentazocine injunction with mean rank of 30.67, glue with mean rank of 57.33, diazepam with mean rank of 64.00 marijuana with mean rank of 77.33, chloroform and tramadol with means rank of 100.67, each local wine and nitrozapam with mean rank of 104 each, and cough syrup with codeine has mean rank of 109. This implies that in most cases students only hear of these as abused substance but do not necessary know of it.

**Research Question Two:** To what extents do students of tertiary institutions in Niger State perceive the incidence and prevalence of substance abuse by other students in their respective institutions?

**Table 4.5:** Descriptive Statistics on the Responses of Respondents on Students' Perception of Incidence and Prevalence Abused Substance in Tertiary Institutions in Niger State

S/N	Substance	Not known to be commonly used	Students don't know of it	Commonly used by Students	Standard Mean Rank	Mean Rank	Remark
1	Tramadol	120 (36.3)	31 (9.4)	180 (54.4)	110.33	160.00*	Commonly used by students
2	Cough syrup with codeine	200 (60.4)	50 (15.1)	81 (24.5)	110.33	120.67*	commonly used by students
3	Marijuana	100 (30.2)	50 (15.1)	181 (54.7)	110.33	154.00*	Commonly used by students
4	Rophynol	178 (53.8)	102 (30.8)	51 (15.4)	110.33	93.33	Not known to be commonly used
5	Nitrozepam	61 (18.4)	185 (55.9)	85 (25.7)	110.33	77.00	Not known to be commonly used
6	Cigarette	253 (76.4)	10 (3.0)	68 (20.5)	110.33	129.67	Not known to be commonly used
7	Chloroform	215(65.0)	68 (20.5)	48 (14.5)	110.33	103.67	Not known to be commonly used
8	Glue (solution)	170 (51.4)	151 (45.6)	10 (3.0)	110.33	63.33	Not known to be commonly used
9	Diazepam	157 (47.4)	83 (25.1)	91 (27.5)	110.33	113.33*	commonly used by students
10	Alcohol	293 (88.5)	11(3.3)	27 (8.2)	110.33	115.67*	commonly used by students
11	Codeine tablet	217 (65.6)	61 (18.4)	53 (16.0)	110.33	107.67	Not known to be commonly used
12	Local wine	211 (63.7)	55 (16.6)	65 (19.6)	110.33	113.33*	commonly used by students
13	Pentazacine injection	80 (24.2)	221 (66.8)	30 (9.1)	110.33	46.67	Not known to be commonly used
14	Bromezepam	61(24.2)	232 (66.8)	38 (9.1)	110.33	45.67	Not known to be commonly used
15	Nail Polish	251 (75.8)	13 (3.9)	67 (20.2)	110.33	128.33*	commonly used by students

**Table 4.5:** Shows the analysis of responses in respect of extents of students' perception on the incidence and prevalence of substance abuse by other students of tertiary institutions in Niger State. The analysis of responses in respect of students perception of abuse substance by colleagues indicated that tramadol has mean rank of 160.00, marijuana with mean rank of 154.00, cigarette with mean rank of 129.67, nail polish with mean rank of 128.33, cough syrup with codeine has mean rank of 120.67, alcohol with man rank of 115.67, local wine has mean rank of 113.67, and diazepam with mean rank of 113.00. On the basis of item response indicates that



students have perception that the above substances are commonly used by students.

Also, the analysis indicated that Bromezapam has mean rank of 45.67, pentazocine injection with mean rank of 46.67, glue with men rank of 63.33, nitrozapam with mean rank of 77.00, rophynol with mean rank of 93.33, chloroform with mean rank of 103.67, and codeine tablet has mean rank of 107.67. On the basis of item response indicates that students perceive that the above substances are not known to be commonly used by students. This implies that in most cases students only perceived these abused substances as not commonly used by students in tertiary institutions.

**Research Question Three:** To what extents do students of tertiary institutions in Niger state differ in their knowledge of abuse substance on the basis of their gender?

**Table 4.6a:** Descriptive Statistics on the Male Students extend of Knowledge of Abused Substance in Tertiary Institutions in Niger State.

S/N	Substance	Only heard of it	Do not know of it	Do know of it	Standard Mean	Mean Rank	Remark
1	Tramadol	132 (72.5)	33 (18.1)	17 (9.3)	60.67	55.33	Students only heard of it
2	Cough syrup with codeine	130 (71.4)	27 (14.8)	25 (13.7)	60.67	60.00	Students only heard of it
3	Marijuana	71 (39.0)	83 (45.6)	28 (15.4)	60.67	42.33	Students only heard of it
4	Rophynol	88 (48.4)	44 (24.2)	50 (27.5)	60.67	62.67*	Students do know of it
5	Nitrozapam	143 (78.6)	25 (13.7)	14 (7.7)	60.67	57.00	Students only heard of it
6	Cigarette	138 (75.8)	0 (0.0)	44 (24.2)	60.67	57.00	Students only heard of it
7	Chloroform	138 (75.8)	30 (16.5)	14 (7.7)	60.67	55.33	Students only heard of it
8	Glue (solution)	82 (45.1)	94 (51.6)	6 (3.3)	60.67	31.33	Students only heard of it
9	Diazepam	38 (20.9)	110 (60.4)	34 (18.7)	60.67	35.33	Students only heard of it
10	Alcohol	93 (51.1)	0 (0.0)	89 (48.9)	60.67	90.33*	Students do know of it
11	Codeine tablet	128 (70.3)	27 (14.8)	27 (14.8)	60.67	60.67*	Students do know of it
12	Local wine	138 (75.8)	27 (14.8)	17 (9.3)	60.67	57.33	Students only heard of it
13	Pentazacine injection	27 (14.8)	143 (78.6)	12 (6.6)	60.67	17.00	Students only heard of it
14	Bromezapam	22 (12.1)	154 (84.6)	6 (3.3)	60.67	11.33	Students only heard of it
15	Nail Polish	143 (78.6)	0 (0.0)	39 (21.4)	60.67	73.67*	Student do know of it

**Table 4.6a:** Shows the extents of male students' knowledge of abused substance in tertiary institutions in Niger State. The analysis of responses in respect of male students' knowledge of abused substance in tertiary institutions indicated that rophynol has mean rank of 62.67, codeine tablet with the mean rank of 60.67, nail polish with the mean rank of 73.67, and alcohol has the man rank of 90.33. On the basis of items responses indicates that male students have knowledge of it. This implies that in most case student are knowledgeable of raphynol, codeine tablet, nail polish and alcohol as abuse substances.

Also the analysis indicated that Bromezapam with mean rank of 11.33, pentazocine injection has a mean rank of 17.00, give (solution) with mean rank of 42.33, tramadol and chloroform with mean rank of 55.33 each, local wine and cigarette with mean rank of 57.33 and 57 respectively, and cough syrup with codeine with mean rank of 60. This implies that most case male student only heard of these as abused substance but do not necessary know of it.

**Table 4.6b Descriptive Statistics on the Female Students extend of Knowledge of Abused Substance in Tertiary Institutions in Niger State.**

S/N	Substance	Only heard of it	Do not know of it	Do know of it	Standard Means	Mean Rank	Remark
1	Tramadol	108 (72.5)	27 (18.1)	14 (9.4)	49.67	45.33	Students only heard of it
2	Cough syrup with codeine	106 (71.1)	23 (15.4)	20 (13.4)	49.67	48.67	Student only heard of it
3	Marijuana	59 (39.6)	68 (45.6)	22 (14.8)	49.67	34.33	Students only heard of it
4	Rophynol	72 (48.3)	36 (24.2)	41 (27.5)	49.67	51.33*	Students do know of it
5	Nitrozepam	117 (78.5)	20 (13.4)	12 (8.1)	49.67	47.00	Students only heard of it
6	Cigarette	113 (75.8)	0 (0.0)	36 (24.2)	49.67	61.67*	Students do know of it
7	Chloroform	113 (75.8)	25 (16.8)	11 (7.4)	49.67	45.00	Students only heard of it
8	Glue (solution)	68 (45.6)	77 (51.7)	4 (2.7)	49.67	25.00	Students only heard of it
9	Diazepam	32 (21.5)	90 (60.4)	27 (18.1)	49.67	28.67	Students only heard of it
10	Alcohol	77 (51.7)	0 (0.0)	72 (48.3)	49.67	73.68*	Students Do know of it
11	Codeine tablet	104 (69.8)	23 (15.4)	22 (14.8)	49.67	49.33*	Students do know of it
12	Local wine	113 (75.8)	23 (15.4)	13 (8.7)	49.67	46.33	Students only heard of it
13	Pentazacine injection	23 (15.4)	117 (78.5)	9 (6.0)	49.67	13.67	Students only heard of it
14	Bromezapam	18 (12.1)	126 (84.6)	5 (3.4)	49.67	9.33	Students only heard of it
15	Nail Polish	117 (78.5)	0 (0.0)	32 (21.5)	49.67	60.33*	Students do know of it

**Table 4.6b:** Shows the extents of female students knowledge of abused substance in tertiary institutions in Niger State the analysis of responses in respect of female students knowledge of abused substance in tertiary institutions indicates that codeine tablet has a mean rank of 49.33, raphynol with mean rank of 51.33, nail polish with mean rank of 60.33, cigarette with mean rank of 61.67 and alcohol with mean rank of 73.67. On the basis of items responses indicates that female students have knowledge of codeine tablet, raphynol, nail polish, cigarette and alcohol as abused substance.

Also the analysis shows that bromezapam with mean rank of 9.33 pentazocine infection with mean rank of 13.67, Glue (solution) with mean rank of 25.33 diazapam with mean rank of 26.67, marijuana with mean rank of 34.33. tramadol with mean rank of 45.33, local wine with mean rank of 46.33, nitozapam with mean rank of 47.00 and codeine tablet with mean rank of 49.33 this implied the most female students were not knowledgeable enough about these abused substance.

#### **Summary of Major Findings**

- (1) Students of tertiary institutions in Niger State are knowledgeable of some abused substance such as alcohol, cigarette, nail polish, raphynol and codeine tablet as abused substances by their colleagues.
- (2) Students of tertiary institution in Niger State perceived substances such as tramadol, marijuana, cigarette, nail polish, cough syrup, alcohol, local wine and diazepam as commonly abused substance by their colleagues.
- (3) Difference does not exist between male and female students of tertiary institutions in Niger State on their knowledge of abused substance by their colleagues.

#### **Discussion of Findings**

From the study, it was observed that almost all the students of tertiary institutions in Niger State are knowledgeable of some abused substances such as alcohol, cigarette, nail polish, raphynol and codeine tablet as abused substances by their colleagues. This shows that in most cases, students of tertiary institutions know that their colleagues abused above substances. This finding is in line with the findings of imam (2004) and Ngohi (2007) who reported that majority of the students in Kaduna polytechnic have knowledge on drug abused which constituted 94.2% of the respondents. Adekeye 2012) reported that college students in Nigeria experiment with drugs without knowing which drug to take, when to take it and how to take it, and presently, risky alcohol use among university students has become a

serious public health issue in Nigeria.

The findings of this study also revealed that students of tertiary institutions in Niger state perceived substances such as tramadol, marijuana, cigarette, nail polish, cough syrup, alcohol, local wine and diazepam as commonly abused substance by their colleagues. This shows that students of tertiary institutions perceived that their colleagues abused above substances. This also means that the respondents perceived that the aforementioned substances are commonly abused by their colleagues.

The analysis of research question three which states that what is the difference between the extent of knowledge of abused substance in tertiary institutions in Niger state based on gender. It was observed that there is no difference existing between male and female students on their knowledge of abused substance by their colleagues in tertiary institutions in Niger state.

However, this finding is in line with the findings of Smart (2007) who investigated gender difference in the knowledge of abused alcohol and other substance among polytechnic students in Ekiti State and found that both males and females students have equal knowledge on abused alcohol and other substance. However, findings of this study agreed with some of the earlier findings on the perception of substance abuse as Ngohi (2007) and Imam (2004) who revealed that alcohol, marijuana, cocaine codeine, tramadol, glue (solution), diazepam, cough syrup with codeine, cigarette and codeine tablet were among the substance drugs commonly abused as perceived by secondary school students. The analysis of Lawoyi, Ajumobi and Abdul-Malik (2005) reported that among secondary school students in Warri and Effurun, 66% of the students both the boys and girls have had idea about alcohol and cigarette as substances always abused by students. Also, the finding of this study is in line with Yusuf (2007) who carried out a study on factors influencing substance abuse among undergraduate students in Osun state and found that significant difference does not exist between male and female undergraduate on factors influencing substance abuse. He further revealed that the reason for the no differences observed may be due to the fact that many male and female students involves in substance abuse.

These findings agreed with the findings of Stephen and Ekpenyoung (2012) which report that significant difference does not exist between boys and girls in their perception of drug abuse. They further specified that both boys and girls showed similar drug perception mean scores, indicating that both boys and girls has proclivity for drug abuse. Also, Akanbi, Godwin, Anyio, Muhammad and Ajiboye (2014) indicate no significant gender

difference among adolescent substance abusers on the basis of academic performance.

### **Conclusions**

Based on the Findings of this study, the following conclusions are made:

Students of tertiary institutions in Niger state are knowledgeable of alcohol, cigarette, nail polish, raphynol and codeine tablet as abused substances by their colleagues.

Students of tertiary institutions in Niger state perceived tramadol, marijuana, cigarette, nail polish, cough syrup, alcohol, local wine and diazepam as commonly abused substance by their colleagues in their respective schools.

There is no gender difference of students of tertiary institutions in Niger state on their perception of abused substances by colleagues in their respective institutions.

### **Recommendations**

Based on the findings of this study, the following recommendations were made;-

1. Drug abuse awareness programme should be organized by guidance and counselling unit of each institution in collaboration with students' affair office for students.
2. Tertiary institutions in Niger State through the students' affair division should initiate programme for students and this programme should focus on the implication of substance abuse most especially on their health and academic performance.
3. National Drug Law Enforcement Agency (NDLEA) should collaborate with counselling unit through students' affair division of each school and organized substance abuse sensitization programme for students.

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