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Prevalence of Substance Abuse among Undergraduate Students in Oyo State

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Abstract

The effect of substance abuse has extended beyond the abuser and the vulnerable, but it should include all aiders and abettors. Students who engage in substance abuse exhibit reduced academic performance, increased absenteeism, and a higher propensity to discontinue their education compared to their non-using counterparts. This study investigated prevalence of substance abuse among undergraduate students in Oyo State. This is a descriptive survey research that is anchored on social learning theory. The sample size consisted of 350 participants, 70 respondents were selected from 5 institutions by accidental sampling techniques with the use of standardised questionnaire. The finding showed that incidence of substance abuse is high among undergraduate students in Oyo State (3.2%). The result indicated that there is gender disparity in substance abuse; male students (54.7%) engaged in substance abuse more than their female (45.3%) colleagues. Finally, substance abuse increases drastically in final year among undergraduate students (47.5%). Therefore, it is recommended that there is a need to psycho-educate students on campus about the danger, disadvantages and implication of substance abuse on their behavior, relationship, psychological wellbeing, and mental health. Only medical doctor should prescribe drugs to students. Over-the-counter prescription must be de-legalised. Disciplinary committee must be set up to punished the offenders.

Keywords: *Academic Performance, Oyo State, Substance Abuse, Social Learning Theory, Undergraduate*

Introduction

For centuries, human beings have used leaves, herbs, roots, barks, and numerous flowers to ease pain and manage various illnesses, and diseases. The utilisation of all these substances is part of human nature most especially Africa and Asia for a long time. When properly applied, these substances are highly beneficial to human. Since the beginning of year 2000, substance abuse has being a major problem to all household affecting all demographics, such as individual, parent, government and the entire society at large (Adedeji, 2024).

Substance abuse is defined as non-medical, harmful, or destructive use of substance with the goal of elevating the mood. Also, substance abuse symbolises a state of recurrent, and repeated intoxication that poses a threat and hazard to individual, community, and society, as a result of consistent drug/substance usage, whether man-made or natural. Furthermore, substance abuse denote consumption of any chemical substance without the instruction of a competent and certified medical expert. The effect of substance abuse goes beyond the abuser; it extends to those around them such as siblings, government, and loved ones including all others associated to them. Substance abuse occurs as a result of illegal pills or the misapplication or over-the-counter prescription

for the purpose the substance is not meant for or in quantity and manner not as indicated by the competent authority (Adu & Oluwatusin, 2023). For example, a driver under the influence of substance abuse may experience an accident resulting in loss of lives of passengers, himself and causing traffic delay on the main road. Substance abuse has penetrated all social sectors, from the upper class consuming cocaine, heroin and other expensive one at the downtown nightclub, to the children smoking marijuana on the street of developing countries, the farmers making use of opium and the youth using ecstasy in a rich home (Nunes, 2012). High rate of substance abuse and related issues are currently things of concern.

Literature review

Many Nigerians are engaged in numerous types of substances and medicines abuse just like in many other countries of the world. Like in other developed and developing countries of the world, youth in Nigeria uses chemicals and narcotics as situation permits. Most of the pharmaceuticals products and other sensitive substances are abused within the country because the youths have access to them through authorised individuals who are not recognised by law as mandated by the national assembly (house of assembly and senate). According to Kalunta-Crumpton (2016), adolescent in Nigeria abused the following substances: codeine, amphetamine, barbiturates, proplus, mandrax, and marijuana. Similarly, Atoyebi and Lucyann (2023), alcohol, cocaine, and marijuana, tramadol and codeine are abused by students in Nigeria. Apart from the above substances, other frequently abuse substances are opium, morphine, caffeine, and khat, hashish, hallucinogens, inhalants, steroids, among others. Recently, Asangausung (2024) affirms that different groups consisting of both male and female in contemporary Nigeria are involved in substance abuse and misuse problems. Unfortunately, adolescence who are the major workforce and future of the country are the main victim (Abdullahi et al. 2024). The effect of substance abuse is not only on the youth but the community and the society at large. Jatau et al (2021), reported that over 38% of Nigerian youth are subject of substance abuse. Substance abuse leads to domestic violence, increased crime rate, suicide attempt, fosters religious intolerance, sexual assault, misunderstanding between two parties, political violence, and unsafe society. It also affects the psychological wellbeing and mental health of the abuser (Settley, 2020)

The dominant substances used in several African lands are alcohol, tobacco, and cannabis or marijuana (Carrier and Klantschnig, 2022). The issue of substance abuse is pandemic within the country (Nigeria). However, prevalence of substance abuse at Nigerian higher institution is a concern to relevant authority in the country as it impact the student's academic, health and future goals and opportunities. Meier et al (2022) identified a correlation between persistent cannabis consumption and cognitive deficits in New Zealand. Substance abuse is not limited to higher institution. Secondary school students, unemployed, and servicemen, are involved in substance abuse (Chukwu et al, 2017).

Substance abuse is affected by many variables such as environmental factors, socio-economic, and psychological factors and its effect on academic performance is massive. In addition to the above mentioned factors, higher institution students in Nigeria and other nations of the world are faced with intense peer pressure regarding unhealthy life styles like excessive smoking, and use of other psychoactive substances. Rehman et al (2022) postulates that adolescents interact with different types of individuals who they regard as friends and with the influence of these contemporaries, a teen may tryout any substance, leading to persistent usage and eventually substance abuse. Study has shown that ambition for educational accomplishment, pressure, and socio-economic denote substance usage among students (Oshikoya & Alli, 2006). Media outlets, such as television, radio, internet, and newspaper run different kinds of promotion and advertisement on alcohol, cigarettes, and other non-prescription substances, this plays a significant contribution to substance abuse among youths. Depression is an emotional state described by deep outlooks of hopelessness and uselessness. Youths who falls into this group may believe that the only thing that could take them out of this situation is to get involved in substance abuse in other to relieve them of their present condition. The inability of the student to stick to prescribed dosage and frequent use of drug without a competent physicians approval contributes to substance abuse by undergraduate students in Nigeria higher institutions (Oluwole et al, 2024). Other factors

contributing to high degree of substance abuse among the students are poverty levels, unemployment rate, and cultural mentality (Galvão et al, 2018).

At both local and international levels, different measures have been implemented to control substance abuse. For example, The United Nations Conventions on Narcotic Drugs and Psychotropic Chemicals approved by all members of United Nation, is responsible for regulating illicit drugs and chemicals at the world arena. In order to combat the prevalence of substance abuse in Nigeria, the government has introduced a lot of measures such as the establishment of National Drug law Enforcement Agency (NDLEA), and legislature has pronounced severe penalties for the offenders. Therefore, the essence of this research is to study prevalence of substance abuse among undergraduate students in Oyo State.

Research objectives

This study investigated the prevalence of substance abuse among undergraduate students in Oyo State. The specific objectives are as follows:

1. To reveal the statistical distribution of substance abuse among undergraduates in Oyo State.
2. To show the numerical circulation of substance abuse based on gender in Oyo State.
3. To display arithmetical spreading of substance abuse based on level in Oyo State.

Research question

1. What is the statistical distribution of substance abuse among undergraduate in Oyo State.
2. What is the numerical circulation of substance abuse among undergraduate students in Oyo State.
3. What is the arithmetical spreading of substance abuse among undergraduate students in Oyo State.

Theoretical Framework

The Social Learning Theory

Social learning theory was introduced by Bandura and Walters (1977). The theory suggests that youth learn anti-social behaviours by observing influential people around them such as parent, relatives, educators, religious figure, close friend and entertainers. That is behaviour is learnt by looking at people who matter in their life. This shows that adolescents who are exposed to substance abuse prominent figure experience a three stage process. Firstly, they note and familiarize to exact substance-related conducts. Secondly, teenagers gain social authentication for joining in quick substance use. This eventually results in beneficial communal and emotional results for their future substance habit. This theory asserts that people gain new behaviour, acquire new skills by watching the action of those around them. Students mentally decode this behaviour and later put it into practice (Bandura & Walters, 1977). This theory is crucial to this study as it shows that students learnt about substance abuse by watching central figures around them. The persistence or ending of substance related behaviour may center on its positive or negative strengthening. Social learning theory by Bandura and Walters (1977) explains educational success through the idea that students attain information by noticing others, imitating behaviours, and nurturing self-efficacy. Learning includes not just interactive parts but likewise mental and social conditioning. Students obtain educational behaviours through surveillance, including coaches demonstrating problem-solving skills, effective study habits by their contemporaries, and academic success of older students around them. A pupil who sees a colleague get praised for submitting accurately prepared notes will also be motivated to follow this example, resulting in improved study ways and performance. This method highlights the importance of influential figure, nurturing surroundings, and raising pupil self-efficacy to enhance academic success.

Methodology

The study employs a survey design with a questionnaire to gather information from respondents. The participants comprised undergraduate students from both public and private institutions in Oyo State. Participants were sourced from Lead City University, Atiba University, The Polytechnic of Ibadan, Ladoko Akintola University and Oke Ogun Polytechnic. National Diploma 1 students were classified as 100 level students, National Diploma 2 as 200 level students, Higher National Diploma 1 as 300 level students, while Higher National Diploma 2 as 400 level students for the participants at the Polytechnics. Undergraduate students were chosen by an accidental sampling method. The accidental sampling technique was selected because of its cost-effectiveness and rapid accessibility to individuals. The study's sample size was 350. Seventy participants were picked from each higher institution. Three hundred and fifty participants were selected because of the sensitive nature of the research topic.

Instrument

Substance abuse was assessed using DGPNSD (2008). The scale comprises nineteen items, out of which eleven items were adapted for the study. It was rated on 4-point Likert format, ranging from strongly disagree to strongly agree. Some elements on the scale included enquiries, such as if you have ever used alcohol, taken tranquilizers or sleeping pills without a prescription to alleviate anxiety, enhance relaxation, or improve sleep, and whether you have ever ingested hashish, marijuana, cannabis, joints, narcotics, or hash oil.

Table 1.1 shows statistical distribution of substance abuse among undergraduates in Oyo State.

Substance abuse	SD		D		A		SA		Mean	Remark: level of use
	N	%	N	%	N	%	N	%		
Alcohol use	20	5.7	30.0	8.6	100	28.6	200	57.1	3.4	High
Tranquilizer use	20	5.7	60	17.1	100	28.6	170	48.6	3.2	High
Marijuana use	10	2.9	40	11.4	250	71.4	50	14.3	3.0	High
Cocaine use	15	4.8	50	14.2	85	24.9	200	57.1	3.8	High
Ecstasy	50	14.2	80	22.9	100	28.6	120	34.3	2.8	High
Amphetamines	10	2.9	30	8.6	60	17.1	250	71.4	3.6	High
Hallucinogens	50	14.3	80	22.9	100	28.6	120	34.2	2.8	High
Heroin	10	2.9	40	11.4	70	20	230	65.7	3.5	High
Volatile inhalants	5	1.4	10	2.9	60	17.1	275	78.6	3.7	High
Cigarette use	50	14.3	70	20	130	37.1	100	28.6	2.8	High
Other drugs	30	8.6	60	17.1	100	28.6	160	45.7	3.1	High

Table 1.1 shows statistical distribution of substance abuse among undergraduate students in Oyo State. Alcohol 20 (5.7%) respondents picked strongly disagree, 30 (8.6%) disagree, 100 (28.6%) agree, while 200 (57.1%) participants picked strongly agree. Result of tranquilizer indicates that 20 (5.7%) participants chose strongly disagree; 60 (17.1%) disagree, 100 (28.6%) agree while 170 (48.6%) strongly agree. Marijuana use shows that 10 (2.9%) ticked strongly disagree, 40 (11.4%) disagree, 250 (71.4%) agree, while 50 (14.3%) strongly agree. Cocaine 15 (4.8%) of the respondents selected strongly disagree, 50 (14.2%) disagree, 85 (24.9%) agree, while 200 (27.1%) strongly agree. Ecstasy use shows that participants chose strongly disagree 30 (8.6%), disagree 80 (22.9), agree 100 (28.6%), while 120 (34.3) chose strongly agree. For Amphetamines, 10 ticked (2.9%) strongly disagree; 30 (8.6%) selected disagree, 60 (17.1%) agree, while 250 (71.4) went for strongly agree. For hallucinogens, outcome indicates that participants chose 50 (14.3%) strongly disagree, 80 (22.9%) disagree, 100 (28.6%) agree while 120 (34.2%) strongly agree. Heroin, 10 (2.9%) strongly disagree, 40 (11.4%) disagree, 70 (20%) agree, while 230 (65.7%), strongly agree. Volatile inhalants, 5 (1.4%) strongly disagree, 10 (2.9%) disagree, 60 (17.1%) agree, while 275 (78.6%) strongly agree. Cigarette, 50 (14.3%) strongly disagree, 70 (20%)

disagree, 130 (37.1%) agree, while 100 (28.6%) strongly agree. Other drugs, 30 (8.6%) strongly disagree, 60 (17.1%) disagree, 100 (28.6%) agree, while 160 (45%) strongly agree.

Table 1.2 shows numerical circulation of substance abuse based on gender in Oyo State

Substance	Male (n=)	Female (n=)	Total (n=)
Alcohol use	180 (51.4%)	170 (48.6%)	350 (100%)
Tranquilizer use	200 (57.1%)	150 (42.9%)	350 (100%)
Marijuana use	180 (51.4%)	170 (48.6%)	350 (100%)
Cocaine use	200 (57.1%)	150 (42.9%)	350 (100)
Ecstasy	190 (54.3%)	160 (45.7%)	350 (100%)
Amphetamines	200 (57.1%)	150 (42.9%)	350 (100%)
Hallucinogens	175 (50%)	175 (50%)	350 (100%)
Heroin	190 (54.3%)	160 (45.7%)	350 (100%)
Volatile inhalants	200 (57.1%)	150 (42.9%)	350 (100%)
Cigarette use	200 (57.1%)	150 (42.9%)	350 (100%)
Other drugs	190 (54.3%)	160 (45.7%)	350 (100%)

Table 1.2 shows numerical circulation of substance abuse based on gender in Oyo State. The prevalence of substance use among the male counter is higher with alcohol 180 (51.4%), tranquilizer 200 (57.1%), marijuana 180 (51.4%), cocaine 200 (57.1%), ecstasy 190 (54.3%), amphetamines 200 (57.1%), hallucinogens 175 (50%), heroin 190 (54.3%), volatile inhalants 200 (57.1%), cigarette 200 (57.1%), Other drugs 190 (54.3%) while female alcohol 170 (48.6%), tranquilizer 150 (42.9%), marijuana 170 (48.6%), cocaine 150 (42.9%), ecstasy 160 (45.7%), amphetamines 150 (42.9%), hallucinogens 175 (50%), heroin 160 (45.7%), volatile inhalants 150 (42.9%), cigarette 150 (42.9%) and Other drugs 160 (45.7%)

Table 1.3 shows arithmetical spreading of substance abuse among undergraduate students in Oyo State based on level

Substance	100 level (n)	200 level (n)	300 level (n)	400 level (n)	Total (n)
Alcohol use	30 (8.6%)	70 (20%)	100 (28.6%)	150 (42.9%)	350 (100%)
Tranquilizer use	05 (1.4%)	30 (8.6%)	115 (32.9%)	200 (57.1%)	350 (100%)
Marijuana use	05 (1.4%)	45 (12.6%)	140 (40%)	160 (45.7%)	350 (100%)
Cocaine use	10 (2.9%)	60 (17.1%)	80 (22.9%)	200 (57.1%)	350 (100%)
Ecstasy	09 (2.6%)	50 (14.3%)	91 (26%)	200 (57.1%)	350 (100%)
Amphetamines	50 (14.3%)	90 (25.7%)	100 (28.6%)	110 (31.4%)	350 (100%)
Hallucinogens	02 (0.6%)	40 (11.4%)	170 (48.6%)	138 (39.4%)	350 (100%)
Heroin	01 (0.3%)	70 (20%)	79 (22.6%)	200 (57.1%)	350 (100%)
Volatile inhalants	10 (2.9%)	90 (25.7%)	120 (34.2%)	130 (37.1%)	350 (100%)
Cigarette use	10 (2.8%)	80 (22.9%)	80 (22.9%)	180 (51.4%)	350 (100%)
Other drugs	07 (2%)	60 (17.1%)	120 (34.2%)	163 (46.6%)	350 (100%)

Table 1.3 shows arithmetical spreading of substance abuse among undergraduate students in Oyo State based on level. Alcohol use shows that 100 level students 30 (8.6%), 200 level respondents 70 (20%), 300 level participants 100 (28.6%), while 400 level 150 (42.9%).

Usage of tranquilizer indicates that year one students 05 (1.4%), year two 30 (8.6%), year three 115 (32.9%), lastly year four 200 (57.1%).

Marijuana consumption designates 05 (1.4%) for 100 level, 45 (12.6%) for 200 level, 140 (40%) for 300 level, while 160 (45.7%) for 400 level students. Cocaine use reveals that 10 (2.9%) for 100 level students, 60 (17.1%) for 200 level students, 80 (22.9%) for 300 level students, and 200 (57.1%) for 400 level students.

Ecstasy usage indicates that 100 level students 09 (2.6%), 200 level 50 (14.3%), 300 level 91 (26%) while 400 level 200 (57.1%).

Amphetamines usage shows that 100 level students 50 (14.3%), 200 level students 90 (25.7%), 300 level students 100 (28.6%) while 400 level students 110 (31.4%).

Hallucinogens usage reveals that year one students 02 (0.6%), year two students 40 (11.4%), year three students 170 (48.6%) while year four students 138 (39.4%).

Heroin use shows that 100 level respondents 01 (0.3%), 200 level participants 70 (20%), 300 level students 79 (22.6%) while 400 level students 200 (57.1%).

Volatile inhalants show that 100 level students 10 (2.9%), 200 level students 90 (25.7%), 300 level students 120 (34.2%) while 400 level students 130 (37.1%).

Cigarette use shows that 100 level students 10 (2.8%), 200 level students 80 (22.9%), 300 level students 80 (22.9%) while 400 level students 180 (51.4%).

Ultimately, other drugs reveal that 100 level students 07 (2%), 200 level students 60 (17.1%), 300 level students 120 (34.2%) and 400 level 163 (46.6%).

Effect of substance abuse on undergraduate students

Numerous research studies have shown a negative relationship concerning substance abuse and academic performance (Johnson et al., 2022; Brown et al., 2022). Empirical findings indicated that substance abuse has harmful effect on academic performance, reasoning and mental ability. Substance abuse reduces cognitive ability such as attention, information processing speed, memory, and executive functioning (Crean et al 2011). Cerebral deficits as a result of substance abuse might hinder student ability to concentrate, recall, and integrate information efficiently, causing poor academic performance (Volkow et al., 2021). According to Ibrahim and Kumar (2009), students who engaged in substance abuse have shown poor performances in class, increased absenteeism. Moreover, they have the tendency to stop going to school compared to their colleagues who do not get engaged in substance abuse. Similarly, substance abuse can cause physical and mental problems, which subsequently obstruct academic success. Extended substance abuse can damage the brain, decreases cognitive skills which is essential for learning. Substance abuse could result in attitudinal complications, leading to corrective measures, suspensions, or dismissals.

Furthermore, educational underachievement and disengagement regularly result in high dropout rates. Substance abuse has a positive relationship or association with mental health problems such as depression, anxiety, and other serious mental health issues, which can worsen educational ability and weaken overall worth of lifespan. Mwikya et al (2023) examined the association between substance use and academic performance. The findings indicated that there is a relationship between substance abuse and academic performance absenteeism, school dropout rate, and attitudinal problems. Finally, in a study by Roba et al (2021), the authors investigated substance abuse on academic performance among high school students in (Addis Ababa University's electronic library) Ethiopia. The result of the research revealed that substance abuse decreases academic performance among high school students.

Conclusion

The study investigated the prevalence of substance abuse among undergraduate students in Oyo State. The paper centers on three research questions. Findings showed that there is high rate of substance abuse among undergraduate students in Oyo State. It also revealed that male counterpart engaged in substance abuse more than the female students. Finally, most of the students were exposed to substance abuse while on campus. Result showed that the use of substance increases in Year 2 and Year 3. The peak of substance abuse is Year Four. The following recommendations were made based on the finding: government should ensure that only medical doctors prescribe drugs to student, and the use of on the counter prescription must be abolished. School management ought to let the students know the disadvantages of substance abuse, and disciplinary committee must be set up to punished the offenders. This study was done in Oyo State. Further studies are encouraged to be carried out in a bigger setting.

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