

## **Influence of Social Media and Parental Upbringing on Drug Abuse among Students in Tertiary Institution in Delta State**

**Nwachukwu Ekene Jude (M.Ed.)**

Department of Guidance and Counselling, Delta State University Abraka, Delta State  
counsellorenekc56@gmail.com

**Kaizar Victoria Omenebele (Ph.D.)**

Psychology Department, Dennis Osadebay University, Anwai, Asaba  
Victoria.kaizer@dou.edu.ng

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### **ABSTRACT**

*This study investigated, social media and parental upbringing on drug abuse among Tertiary institution students in Delta State. Two (2) research questions and two (2) null hypothesis was raised to guide the study. The study adopted the correlational research design. The population of this study comprised the entire students in the three colleges of education in Delta State. federal college of Education Asaba, College of Education Warri and College of Education mosogar. sample size was six hundred (600), that is to say 200 students from each college of education, this was done through simple random sampling techniques giving a total sample of 600, Instruments use for this study was, social media, parental upbringing and drug abuse scale (SMPUDAS). The total number of all the variables are 76.29%, content validity while its construct validity ranged between 0.52 to 0.99. The reliability index for, social media scale has  $\alpha=0.89$   $P \leq 0.5$  level of significance, parental upbringing scale has  $\alpha =0.96$ , and drug abuse scale has  $\alpha =0.97$   $P \leq 0.5$  level of significance. correlation and coefficient was use to answer research questions while correlation, and Regression analysis were employed to test the hypotheses at .05 level of significance. The result showed that all the variables has a relationship with drug abuse among the tertiary school students in colleges of education in Delta State. Based on the findings, recommendations were made that, Parental upbringing and monitoring should be done both in school and at home, Parent should monitor the type of things their children watches or type of information their children asses at the social media, Students should always seek the help of a professional counsellor and a therapist for modification of behavior.*

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**Keywords:** Social Media, Parental Upbringing, Drug Abuse

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## Introduction

Majority of Nigerian youths ignorantly indulge in one form of drug abuse or the other as they carry out their various daily activities. Such drugs include tobacco, marijuana, cocaine, morphine, heroine, alcohol, ephedrine, madras, caffeine, glue, barbiturates, amphetamines, etc. Oshikoya and Alli (2006)

Today, more Nigerian youths are becoming drug dependents, as Nigeria gradually transits from the status of a drug-consuming nation to that of a drug-producing one. Students who are mainly from well-to-do homes are increasingly identifying with the 'big boys' that practice the use of substances like heroin and cocaine. Substances like marijuana, which is frequently produced in Nigeria, Methamphetamine and codeine that are capable of intoxicating easily find their way into schools, National Center on Addiction and Substance Abuse (NCASA) (2011)

A drug refers to a substance that could bring about a change in biological function through its chemical actions (Okoye, 2001). Drug abuse is defined as the use of a substance for a purpose not consistent with legal or medical guidelines (WHO,2006). Drug abuse has a negative impact on health or functioning and may take the form of drug dependence, or be part of a wider spectrum of problematic or harmful behavior.

Drug abuse is unwarranted, patterned consumption of any natural or synthetic substance or drug in an unapproved quantity for performance enhancement, psychological effect, non-therapeutic or non-medical use by an individual with methods neither approved nor supervised by medical professionals. NAFDAC (2008) explained the term drug abuse as excessive and persistent self-administration of a drug without regard to 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.

It is also considered as a substance that modifies perceptions, cognition, mood, behaviour and general body functions. It could, thus, be considered a chemical modifier of living tissues that could bring about psychological and behavioural changes (Nnachi, 2007). Drug abuse is a major public health problem all over the world. The use and abuse of drugs by college students have become one of the most disturbing health related phenomena in Nigeria and other parts of the world (NDLEA, 2004)

In a study Carried out by Oshikoya and Alli (2006) on perception of Drug misuse, social media and parental upbringing amongst Nigerian undergraduates, identified dependence and addiction as some of the major consequences of drug misuse, characterized by compulsive, craving for drugs even in the face of negative consequences. These changes are maladaptive and inappropriate to the social or environmental setting and may place people at risk of harm. Experimenting with drugs during adolescence (15 - 25 years) is common. At this age, they use drugs for many reasons including curiosity, to reduce stress, or to feel grown up. Using alcohol and tobacco at a young age increases the risk of using other drugs later. The subject of drug abuse among college of education students has attracted great attention in recent times This was done to various forms of deviant behaviours manifested by the students within and outside educational institutions they belong.

## **Classification of Frequently Abused Drugs Among Students**

Drugs have been classified in different ways by different authors. The numbers of drugs which are actually abused or which have high abuse potentials are very numerous. According to Abdullahi (2008) Drugs substances share characteristics with more than one group and therefore it is very difficult to place them properly in a clear out compartment Abdullahi (2008), to mention a few, have however classified drugs into five groups. These are:

- a) Opiate and Narcotics
- b) Sedatives/Hypnotics
- c) Stimulants (Amphetamines)
- d) Hallucinogens
- e) Cannabis

### **a. Opiates and Narcotic**

These are substance obtained from the opium poppy plant. They include heroin, Morphine, codeine, pethidine, etc. they are used clinically largely for their pain (analgesic) and cough relieving (anti tissue) properties. Of these drugs, the one which is currently causing a lot of concern is Heroin Abdullahi (2008).

### **b. Sedative and Hypotics**

These are a group of Central Nervous System (CNS) depressants and commonly referred to by the general public as “sleeping pills”.

Sedatives are used to calm anxious and restless subjects while hypnotics are used to produce drowsiness and sleep. There is no sharp distinction between the two effects since small doses of hypnotics are often used as sedatives. The sedative-hypnotics include alcohol barbiturates, such as glutethimide (Doriden), meprobamate and benzodiazepines, such as Diazepam (Valium). The barbiturates are usually classified according to their duration of action, namely, ultra-short acting (such as hexobarbitone, thiopentone o, short acting (such as, phenobarbitone) and long acting (such sphenobarbitone). The barbiturates can produce a degree of depression of the CNS, from mild sedation to general anaesthesia. The abuse of sedatives/ hypnotics has been increasingly felt in Nigeria studies, Abdullahi (2008),

### **c. Stimulants**

Stimulants are drugs which increase activity and what most people call alertness. Their limited medical uses include the reduction of fatigue or mild depression and paradoxically for treatment of hyperactive children. The stimulants often abused by students include Amphetamine, caffeine concentrates, kolanut, coffee, tea and lately cocaine. In general, these classes increase human alertness and decrease fatigue. Apart from their behavioural effects, some of them present other important pharmacological properties. The health consequence of stimulant are similar taken in small doses, they produce a sense of exhilaration (euphoria, increased alertness and reduction of fatigue and hunger. Larger doses intensify these feelings and may lead to bizarre erratic behaviour, hostility and violence. These behavioural disturbances are

accompanied by physical symptoms of over stimulation of the sympathetic nervous system such as accelerated heartbeat, raised blood pressure, temperature, and fast breathing. Taken in higher doses could lead to reactions such as agitation, restlessness, delirium, hallucination and even delusion and in serious muscle in- coordination. Death may result from respiratory arrest cerebral sheamorrhage and hyperthermia. Used repeatedly over a long period, tolerance and dependency symptoms will occur. Chronic cocaine use may also produce typical hallucinations and delusions, states of fluctuation between periods of depression and apathy. Abdullahi (2008),

#### **d. Hallucinogens**

These are chemical diverse group of substances that consistently produce changes in thought, perception and mood. While some of the substances excite nerve activity others inhibit it Odebunmi and Oyebod (2012). Under the influence of hallucinogen include LSD (Lysergic acid diethylamide, mescaline, psilocybin and psilocin found in mushroom. The primary source of these illicit substances are clandestine, laboratories. According to DEA (2001), the most commonly abused hallucinogens are LSD and PCP. LSD is an extremely powerful hallucinogen that was popular in the 1960s and is becoming popular once again. It is a white powder which can also, occur in the form of a clear liquid. It is produced from lysergic acid, a substance derived from the ergor fungus which grows on eye. It is an odorless, colorless chemical manufactured substance, street names for the substances include, acid, blotter acid, microdont and white lightening. It was initially used for medical purposes but later used for non-medical and recreational purposes. It can be taken orally, off paper, absorbed through the skin or absorbed in sugar cubes. Odebunmi and Oyebod (2012).

#### **Consequences Drug Abuse**

The various consequences of drug abuse are so devastating and very shameful to the extent that both the nation and international organizations all over the world are also worried about the spread of this scourge among the youths and some of these consequences includes: Mental disorder, drop out from school, cultism, social violence, internet frauds, gang formation, destructions of normal academic activities, armed robbery, 419, syndrome, social miscreants (area boys and girls) lawlessness among youths, lack of respect for elders, rape, instant death and wasting of precious and innocent lives and many more and loss of senses, Nafdac (2008).

The social media has created a very different world for today's college of education students. But how has social media influenced the way these students use substances? One would think that with social media giving people access to information, images, and connections that would have been impossible just 10 years ago. A 2011 study by the National Center on Addiction and Substance Abuse at Columbia University found that 70% of the students surveyed said they used social media as a sources to get more information on drug abuse, and that new generation ( modern group )was three times as likely to have used alcohol. One of the most interesting finds was in regards to the difference between what older generations thought social media's impact on young people was, and what the young people themselves thought.

The Social media is a factor that contributes to students drug abuse because it is 'the relationships that exist between network of people. According to Carr and Hayes (2015) Social media are Internet-based channels that allow users to opportunistically interact and selectively

self-present, either in real-time or asynchronously, with both broad and narrow audiences who derive value from user-generated content and the perception of interaction with others.

Schill (2011) states that social media sites encourage negative behaviors such as procrastination, catching up with friends, and a likelihood of drinking and drug use daily, many students spend countless hours immuring in the social media, such as Facebook, MySpace, WhatsAPP, Sim City. Twinkies, etc.

Boyd and Ellison (2017). they argue that social networking implies meeting new people and making new connections, which contrasts with actual user practices. Examples of social network sites include Facebook, MySpace, YouTube, etc.

Many parents are worried that their children who are college students are spending so much time on Facebook and other social media sites and not enough time studying. Parental upbringing has contributed more or less to drug abuse among students of colleges of education. Parents that are involved in drug abuse might influence their children to abuse drugs. Parents may not be able to keep their kids at a distance from this. ‘There’s no way to opt out,’ says Melissa Rayworth, a freelance writer, who tackles parenting and digital issues for the Associated Press, Babble.com and other media outlets. ‘Parents need to learn about the sites and devices their kids want to use, and then set strong boundaries. If you don’t know what something is or what it’s about, dive in and start using it ‘If [parents] engage and have their own experiences on Facebook, Linkedin, etc. they will better understand the attraction, the possibilities, and the issues that their teenagers face,’ says Sue Blaney (2002), author, speaker, on teen parenting. One important step, especially when it comes to younger children, is to set up their social media accounts with them.

Parents should guide their teens through the privacy settings on Facebook and all other social networks on which they participate,” says Blaney. “Make no assumptions here. Instead, invest the time so you can make informed and considered choices about privacy. Being a part of the sign-up process from day one will establish you as the gatekeeper of social media, and not a barrier for your kids to inevitably circumvent. You can become part of their online life while learning the ropes yourself. Have your teenager show you around the web. Be a ‘curious tourist’ in your teen’s digital world,” Blaney continued. “Ask your son to show you his favorite games, or ask your daughter to share her favorite sites, videos or activities. This can be a pleasant way to engage with your teenager and to learn from her.”

### **Statement of the Problem :**

Drug abuse among students of colleges of education students has been on age – long problem. This negative behavior has been a very big problem in the intuitions. Parents , school authorities, counselors and psychologists, have been concerned about students behavior. they tend to point accusing fingers on social media, and parental upbringing of students of tertiary institutions as been responsible for students drug abuse. These factors are believed to be luring students into negative behaviors like drug abuse, excessive drinking of alcohol and smoking.

The question there is, could it be that social media and parental upbringing lead to drug abuse among students of tertiary colleges of education ? It is in line with this concern that this

study will be carried out to determine if there is a relationship between social media, parental upbringing and drug abuse among students of colleges of education in Delta State.

### **Purpose of the study**

The purpose of this study is to investigate the relationship among social media, parental upbringing and drug abuse among tertiary institution students in colleges of education in Delta State. The study seeks to :

1. Investigate the relationship between social media and drug abuse among tertiary institution students in colleges of education in Delta State.
2. Investigate the relationship between parental upbringing and drug abuse among tertiary institution students in colleges of education in Delta State.

### **Research Questions**

The following research questions guided this study.

1. What is the relationship between social media and drug abuse among tertiary school students in colleges of education in Delta State?
2. What is the relationship between parental upbringing and drug abuse among tertiary school students in colleges of education in Delta State?

### **Research Hypothesis**

1. There is no significant relationship between social media and drug abuse among tertiary school students in colleges of education in Delta State
2. There is no significant relationship between parental upbringing and drug abuse among tertiary school students in colleges of education in Delta State

### **Methodology**

This study employed a correlational research design. The design is considered appropriate because it elicit information on social media and parental upbringing on drugs abuse among students of tertiary instruction in Delta State.

The population of this study comprised all the student in the three colleges of education in Delta State, which includes Federal College of Education Asaba , College of Education Warri and College of Education Mospagar. 200 students from federal college of education Asaba , 200 students from college of education Warri and 200 students from college of education mosuga, given a total number of six hundred (600 ) students as the sample

The instrument of data collection in this study was a questionnaire tagged, social media, parental upbringing and drug abuse scale( SMPUBDAS}' The instrument has four sections, Section A: continued demographic information, Section B is Social media scale (SMS) with 15items , section C: Parental upbringing scale (PUBS) with 18 items. While Section D: was made up of Drug abuse Scale [DAS] with 20 items, making it 53 items altogether.

Responses to the questionnaire items was structured in a four (4) point scale where respondents will be required to tick (✓) as appropriate the statement for which he/she Strongly Agree (SA)=4, Agree(A) =3, Disagree (D)=2 and Strongly Disagree (SD)= for positive items.

The instrument was validated by some experts in Guidance and Counselling and measurement evaluation Department. Corrections and suggestion indicated were integrated into the final version of the instrument by the researchers. The face validity of the instrument was considered by expert judgment for content and construct validity of the instrument, factor analysis was used. The principal component analysis was used to estimate the content validity, using the extraction method, the total cumulative variance was obtained by expressing the content validity of the instrument.

The value showed the percentage or amount of contribution made. Which explains total cumulative variance of 76.29%, this value is the content validity of the total number of items measuring the social media, parental upbringing and drug abuse .On the other hand, the construct validity was estimated using the rotated factor loading matrixes ranging between 0.52 to 0.99.

The reliability of the instrument (SMPUBDAS) was established by using Cronbach alpha to estimating the internal consistency of the instrument. social media scale has alpha =0.89, parental upbringing scale has alpha = 0.96 and drug abuse scale has alpha =0.97. Therefore, the instrument had good psychometric properties of reliability. These scales was pilot tested on a sample of 57 respondents.

The data for this study was gathered from the three (3) selected Colleges of Education in Delta State, having six hundred (600 ) questionnaires. To facilitate this, the researchers and one (1)research assistant was used to administer the questionnaires., Thereafter, the retrieved questionnaire was sent to a statistician for data analysis.

The study involves both research questions and hypotheses. Consequently, correlation and coefficient was used to answer research questions while correlation and Regression analysis were employed to test the hypotheses at .05 level of significance.

## Results

**Research Question one :** What is the relationship between social media and drug abuse among tertiary school students in colleges of education in Delta State?

**Table 1: Correlation and coefficient of Determination analysis on social media and drug abuse among tertiary school students in colleges of education.**

Variable	N	R	r <sup>2</sup>	r <sup>2</sup> %	Decision
Social media	600	0.150	0.023	2.3	Low Positive relationship
Drug abuse					

Table 1 showed that the r –value of 0.150 was the correlation between social media and drug abuse among tertiary school students in colleges of education in Delta State. The coefficient of determination was 0.023 and the amount of contribution of social media was 2.3%. This result revealed a positive relationship between social media and drug abuse among tertiary school

students in colleges of education in Delta State. This implied that social media contributed to drug abuse among tertiary school students in colleges of education in Delta State.

**Research Question Two** :What is the relationship between parental upbringing and drug abuse among tertiary school students in colleges of education in Delta State?

**Table 2: Correlation and coefficient of Determination analysis on parental upbringing and drug abuse among tertiary school students in colleges of education.**

Variable	N	R	r <sup>2</sup>	r <sup>2</sup> %	Decision
Parental upbringing	600	0.149	0.022	2.2	Low Positive relationship
Drug abuse					

Table 2 showed that the r –value of 0.149 was the correlation between parental upbringing and drug abuse among tertiary school students in colleges of education in Delta State. The coefficient of determination was 0.022 and the amount of contribution of parental upbringing was 14.9%. This result revealed a low positive relationship between parental upbringing and drug abuse among tertiary school students in colleges of education in Delta State. This implied that parental upbringing contributed to drug abuse among tertiary school students in colleges of education in delta state.

**Hypothesis one:** There is no significant relationship between social media and drug abuse among tertiary school students in colleges of education in Delta State.

**Table 3 : Regression Analysis of the correlation between social media and drug abuse among tertiary school students in colleges of education in Delta State.**

**Model Summary**

R	R Square	Adjusted R Square	Std. Error of the Estimate
0.150	0.023	0.021	3.27204

**ANOVA**

	Sum of Squares	df	Mean Square	F	Sig.
Regression	147.546	1	147.546	13.781	0.000
Residual	6402.319	598	10.706		
Total	6549.865	599			

The result in table 3 revealed the regression output of the relationship between social media and drug abuse among tertiary school students in colleges of education in Delta State. The computed F- value of 13.781, and a P–value of .000 level of significance. Therefore the null hypothesis which states that there is no significant relationship between social media and drug abuse among tertiary school students in colleges of education in Delta State was rejected. The finding is that there is a significant relationship between social media and drug abuse among tertiary school students in colleges of education in Delta State.



**Hypothesis two:** There is no significant relationship between parental upbringing and drug abuse among tertiary school students in colleges of education in Delta State.

**Table 4 : Regression Analysis of the correlation between parental upbringing and drug abuse among tertiary school students in colleges of education in Delta State.**

**Model Summary**

R	R Square	Adjusted R Square	Std. Error of the Estimate
0.149	0.022	0.021	3.27254

**ANOVA**

	Sum of Squares	df	Mean Square	F	Sig.
Regression	145.579	1	145.579	13.593	0.000
Residual	6404.286	598	10.710		
Total	6549.865	599			

The result in table 4 revealed the regression output of the relationship between parental upbringing and drug abuse among tertiary school students in colleges of education in Delta State. The computed F- value of 13.593, and a P–value of .000 level of significance. Therefore the null hypothesis which states that there is no significant relationship between parental upbringing and drug abuse among tertiary school students in colleges of education in Delta State is rejected. The finding is that parental upbringing can predict drug abuse among tertiary school students in colleges of education in Delta State.

**Discussion of findings**

The result of Hypothesis one states that there is a significant relationship between social media and drug abuse among tertiary school students in colleges of education in Delta State, This present finding is in support of the finding of Onyesor (2014). Onyesor (2014) conducted a research on television violence and propensity for Violent behaviour among youths in tertiary institutions in Port Harcourt, Nigeria. Result revealed that violent programmes have negative influence on the youths, adding that youths who watch violent programmes tend to see crime and drug abuse as acceptable way of life. This study also revealed a strong relationship between television violence and propensity for violent behaviour among youths in tertiary institutions.

The finding is also in line with the finding of Johnson, Cohen and Bright (2002). Johnson, Cohen and Bright (2002) who conducted a research on effects of social media on adolescents and youths violent and aggressive behavior, the result revealed that social media has an effect on drug abuse among the youths. The implication is that those who watch television a lot are also become exposed to violent behaviour which they channel into drug abuse.

The present finding is also in line with the finding of Stale (2013). Stale, (2013), conducted study on adolescents’ access to mass media and drug abuse. The finding revealed that mass media influences adolescents’ on drug abuse. That is to say, that there is a relationship between mass media and drug abuse among adolescent.

The result in hypothesis two states that there is a significant relationship between parental upbringing and drug abuse among tertiary school students in colleges of education in Delta State. The present finding is in support of the finding of Jones (2012), Pettifor and Macphail (2012). Jones (2012) conducted a study on family structure and Adolescents drug abuse; the study discovered that parental upbringing has a significant effects with drug abuse among adolescent. Stating that Youths tend to imitate the behaviours of their parents and guardians. quantitative and qualitative evidence suggest that those with adequate role models are less likely to indulge in substance abuse and those with inadequate role models who drink or take drugs likely to accept such behavior.

Pettifor and Macphail (2012) investigated family supervision and drug abuse among adolescents in Ogun state and discovered that family supervision on a child have a significant effects on child drug abuse.

### **Conclusion**

On the basis of the findings in this research study, the following conclusion was reached.

Significant relationship exist between social media and drug abuse among tertiary school students in colleges of education in Delta State.

Parental upbringing can predict drug abuse among tertiary school students in colleges of education in Delta State.

### **Recommendations**

Based on the findings, the following recommendations are hereby made.

1. Parental upbringing and monitoring should be done both at the school and at home.
2. Parent should monitor the type of things their children watches or type of information their children asses at the social media.
3. Students should always seek the help of a professional counsellor and a therapist for modification of behavior .

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