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DRUG TAKING BEHAVIOUR AMONG RESIDENTS OF
SABON - GARI LOCAL GOVERNMENT AREA,
KADUNA STATE.

By

Umaru Musa & M. A. Suleiman (Mrs) Ph.I)

Abstract

For several years, as far back as 2000 DC, drugs were taken by human being different reasons. The purpose of the study was to make available data on drug behaviour of people of Sabon-Gari Local Government Area. The instrument developed by the researchers and professionally validated by experts. Using purposive sampling method, 150 subjects were used in the process of data collection, 75 male 75 female. However, only 65 (46.43%) female subjects returned their questionnaire for analysis. Descriptive statistical method (frequency and percentage) was used analysis. It was found out that the respondents engaged in self medication; stimulant drugs were mostly abused 129 (92.14%) and male engaged in self media more 98 (70%) than females. The results of the study were consistent with earlier in conducted in Nigeria. The authors therefore recommended the discouragement of proliferation of pharmacies and chemists operated by un-qualified persons.

INTRODUCTION

93 The use of herbs and other chemical substances to alter and modify bioche functions of human body had been in existence since time immemorial. John and (1972), Mohammed (2004) reported that, down through the ages, human beings consumed drugs in different forms and for different reasons including the diagr prevention of suffering and pains, for relaxation and pleasure. It is worth knowing synthesized substances known as drugs are widely used either in prescribed form or prescribed, all over the world.

The said practice could be of therapeutic value if taken in the correct an prescribed. But taking under or overdose, even if prescribed, could be harmful or fa health, talkless of taking non-prescribed drugs. Bode (1981) and Venkateswarlu Dashe (2000) reported that most of these socially accepted drugs are illegally use Nigeria and that the use of tobacco is much accepted than it was in the twenty to years ago. Cornwell and Cornwell (1993) reported that there had been an attempt reduce the self administration of anti-pyretic drugs, however, there are still upwar 4000 million tablets sold each year in Britain

usually Self medication has led many people into misuse and abuse of drugs and in s cases to addictions. It is as a result of the fact that some people make the mistake diagnosing themselves, afterwards, buy what they considered appropriate drug for t condition, or might have been prescribed for some one else or had used it before themselves. Ayoola and Adesina (1979) conducted a survey on drug habits and people in tropical Africa compared with other developing and developed countries. found out that misused of medication was rampant and similar to that found in b developing and developed countries. Mohammed (2004) asserted that unfortunately, i lack of proper drug education, consumption of hard drugs has risen sharply in Nige

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within the last decade. He attributed it to the social and demographic structure of Nigeria. While Udoh (1982) stated that the need for proper use of and the danger of drugs are yet to be fully realized by the general populace.

The authors having felt the need to conduct a research in this area arose as a result of the fact that very few researches were available in Nigeria and none was conducted in Sabon-Gari, Zaria to report on drug taking behaviours of the people, which was to the best knowledge of the researchers. The research was conducted with the sole aim of making data in the area of this research in order to find out if the people in the study area engage in misuse of drugs.

Research Questions

The following research questions were asked in order to address the problem:

1. Do the people of Sabon Gari – Zaria engage in misuse of drugs?
2. Which of the group of drugs were mostly misuse and abuse among the people of the study area?
3. Do female engage more in misuse and abuse of drugs than their male counterparts?

Methodology

The research design was descriptive research design that utilized survey methodology.

- The study population consisted of the people residing in Sabon-Gari Local Government Area of Kaduna State, who were of secondary school age and above, irrespective of educational background and marital status.
- The samples of this study were one hundred and fifty (150) residents of Sabon Gari, Zaria. Seventy five (75) were male and seventy five (75) were female. They were purposively sampled from various institutions, markets, motor parks, and recreational sites, during a data collection period of two weeks.
- Research instruments for the study were a self developed and validated questionnaire was used for data collection. The instrument content eight (8) question items. Drugs were grouped according to their class. Worm expellers, anti-malaria, hallucinogenic, Analgesic, stimulant, depressant, laxative and narcotic drugs were classified.
- Procedure for Data collection: One of the researchers together with five trained research assistants administered the questionnaires and collected the data within two weeks. Out of the one hundred and fifty (150) questionnaire copies distributed, only one hundred and forty (140) were duly returned. The ten copies not returned were part of those for the female subjects. This made for only sixty-five (46.43%) female respondents.
- Data: Descriptive statistics (frequency and percentages) was utilized for the purpose of data analysis.

RESULTS

Table (1a): Group of Drugs that were Misuse and Abuse by the People of Sabon-Gari Local Government Area, Kaduna State.

DRUG GROUPS	RESPONDENT				NATURE OF USE	
	Male	Female	Freq. Total %	Percentage	Freq. of use	Duration of use
Worm expellers drugs (combatin, kefrax, etc.)	58	50	108	77.14	1-4 times	In a month
	17	15	32	22.86	Never use	-
Anti-malaria drugs (fansider, chloroquine, malaxine, etc.)	59	41	120	85.71	1-2 times	Illness
	16	4	20	14.29	Never use	-
Antipyretic Analgesic Drugs (Aspirin and Paracetamol)	75	65	140	100	1-5 times	Every week
Narcotic/Stimulant Drugs (Heroin, opium and cocaine)	19	2	21	15	1-2 times	In a month
	56	63	119	85	Never use	-
Hallucinogenic drugs (Marijuana and LSD)	14	5	19	13.57	1-2 times	In a month
	61	60	121	86.34	Never use	-
Purgative and laxative Drugs (Mistmagnesium, Tea, Andrewlivers Salt and Herbs)	36	54	90	64.29	1-3 times	In a month
	41	9	50	35.71	Never use	-
Depressant drugs (Phenegan, valium, librium and alcohol)	53	42	95	67.86	1-5 times	Every week
	16	29	45	32.14	Never use	-
Light stimulant drugs (Cola-nut, Coffee and Cigarettes)	87	42	129	92.14	1-6 times	Every week
	2	9	11	7.86	Never use	-

Table (1b): Total Respondents that use Drugs, Reason for use and Source of its Supply.

DRUG GROUPS	RESPONDENT				REASONS FOR USE	SOURCE OF SUPPLY				
	Male	Female	Freq. Total	Percentage		Male	Female	Freq. Total	Percentage	Source
Worm expeller drugs	58	50	108	100	Illness	58	50	108	100	Self-Medication
Anti-malarial drugs	15	15	30	25	Illness	15	15	30	25	Prescribed Medication Self-Medication
	44	46	90	75		44	46	90	75	
Antipyretic Analgesic Drug	36	40	76	54.20	Illness	25	21	46	32.86	Prescribed Medication Self-Medication
	34	16	50	35.71	Relaxation	50	44	94	67.24	
	5	9	14	10.09	Unspecified	-	-	-	-	
Narcotic/Stimulants Drugs	9	2	11	52.38	Relaxation	8	-	8	38.10	Friends Unspecified
	10	-	10	47.62	Unspecified	11	2	13	51.90	
Hallucinogenic Drugs	1	-	1	5.0	Illness	6	4	10	52.63	Friends Unspecified
	8	2	10	52.63	Relaxation	8	1	9	47.37	
	5	3	8	42.34	Unspecified	-	-	-	-	
Purgative and Laxative Drugs	13	19	32	35.56	Illness	9	11	20	22.22	Prescribed Medication Self-Medication
	19	30	49	54.44	Relaxation	27	43	70	77.78	
	4	5	9	10	Unspecified	-	-	-	-	
Depressant Drugs	6	17	23	24.21	Illness	13	12	25	26.32	Prescribed Medication Self-Medication
	20	10	30	31.58	Relaxation	40	30	70	73.68	
	27	15	42	44.21	Unspecified	-	-	-	-	
Light Stimulant Drugs	87	42	129	100	Relaxation	87	42	129	100	Self-Medication

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Key:

F - Female
M - Male

Results

Table 1 shows 108 (77.14%) of the total respondents, 58 males and 50 females, who used worm expeller without prescription by medical doctor to the tune of 1 – 4 times in a month, having felt ill. While 32 (22.86%) respondents never use the drugs. The taking of anti-malarial drugs has 120 (85.71%) respondents, 59 males and 41 females, who used the drugs 1 – 2 times in a year, having felt ill. While 20 (14.29%) respondents never use the drug. Among the 120 respondents who used anti-malarial drugs, 30 (25%) respondents reported to have used it as prescribed by medical doctor, having a ratio of 15 males and 15 females. While 90 (75%), 44 males and 46 females respondents reported to have used it as self-medication, as reflected in table 1(b).

The findings further revealed that the use of anti-pyretic analgesic drugs has a total of 140 (100%) respondents who used it 1 – 5 times every week based on either illness which recorded 76 (54.20%), 36 males and 40 females respondents, or relaxation which recorded 50 (35.71%), 34 male and 16 female respondents, or un-specified source which recorded 14 (10.09%), 5 male and 9 female respondents. Among the total respondents who misused antipyretic analgesic drugs, only 46 (32.86%), 25 male and 21 female respondents reported to have used it as prescribed by medical doctor. While 94 (67.24%), 50 male and 44 female respondents reported self-medication. The use of Narcotic and stimulant drugs reveals that only 21 (15%) 19 male and 2 female of the total respondents used it 1 – 2 times in a month. The reason forwarded as reflected in table 1(b) by 11 (52.38%), 9 male and 2 female was relaxation; while 10 (47.62%), 10 male gave un-specified reason. The source of supply as indicated by 8 (38.10%), 8 male was friends; 11 (51.90%), 9 male and 2 female was un-specified source. The majority of the respondents, 119 (85%) reported to have never use it.

The table 1 further indicates the use of Hallucinogenic drugs by the respondents. 19 (13.57%), 14 male and 5 female of the total respondents used it 1 – 2 times in a month. The reason forwarded by 01 (5.3%), 01 male respondents was illness; 10 (52.63%), 8 male and 2 female respondents was relaxation and 8 (42.34%), 5 male and 3 female respondents was un-specified reason. The source of it supply as forwarded by 10 (52.63%), 6 male and 4 female was friends; 9 (47.37%), 8 male and 01 female gave un-specified source. The use of purgative and laxative drugs was reported by 90 (64.29%), 36 male and 54 female respondents who misused the drugs up to 1 – 3 times in a month. The reason forwarded as reflected in table 1(b) by 32 (35.56%), 13 male and 19 female respondents was illness; 49 (54.44%), 30 male and 19 female respondents was relaxation; while 9 (10%), 4 male and 5 female respondents gave un-specified reason. The source of supply as reported by 20 (22.22%), 9 male and 11 female respondents was through prescription of medical doctors; while 70 (77.78%), 27 male and 43 female respondents reported self medication. A total of 50 (35.71%), 41 male and 9 female of the total respondents reported to have never use the drugs.

The findings equally reveal that the use of depressant drugs by the respondents was reported by 95 (67.86%), 53 male and 42 female respondents, who misused the drug up to 1 – 5 times every week. The reason reported as reflected in table 1(b) by 23 (24.21%), 6 male and 17 female respondents was illness; 30 (31.58%), 20 male and 10 female respondents was relaxation; while 42 (44.21%), 27 male and 15 female respondents was un-specified reason. The source of supply as reported by 25 (26.32%), 13 male and 12 female was through prescription of medical doctor. While 70 (73.68%), 40 male and 30 female respondents reported self-medication. The use of light stimulant

1 – 6 times every week. The reasons reported by the subjects were that of relaxation. The source of supply was through non-prescription of medical doctors. While (7.86%), 2 male and 9 female respondents reported that the drugs were never used by them.

Discussion

The results of this research study showed that people in the study area engaged in self medication as it was revealed that 108 (77.14%) of the total respondents used over-the-counter drugs without prescription by medical doctor. 90 (75%) out of 120 (85.71%) of the total respondents misused anti-malarial drugs. 94 (67.24%) out of 140 (100%) of the total respondents abused antipyretic analgesic drugs. Female respondents were found to abuse purgative and laxative drugs more than the male counterpart as revealed by 54 (60%) out of 90 (64.29%) of the total respondents who abused the drugs. 70 (73.68%) out of 90 (64.29%) of the total respondents abused depressant drugs. While mild stimulant drugs were the most rampantly abused drugs as revealed by 129 (92.14%) of the total respondents.

The above findings were consistent with Ayoola and Adesina (1979) who reported similarity among drug habits of the people in tropical Africa, developing nations and developed nations in which misuse of medication was reported to be rampant. Blum et al (1996) reported heavy alcohol used among adolescents, and 94% of girls and 24% of boys were current smokers. This reflected the 70 (73.68%) respondents of the population who abuse depressant drugs and the 129 (92.14%), 87 males and 42 female respondents who abused light stimulant drugs. Romanova and Grechania (1999) reported that only 9% of the ninth graders in Moscow had never tried alcohol during their lifetime. Mark et al (2004) reported much lower cigarette smoking in Samara. The contrast to this study is as a result of grouping the drugs whereas other study did not group the drugs.

The NDLEA (1992) asserted that the consumption of hard drugs has risen drastically in Nigeria. Heroin and cocaine were abused along with other psycho-active drugs. This assertion was inconsistent with this research finding. Because the consumption of heroin, opium and cocaine was found to be low, hence only 21 (15% 19 male and 2 female, respondents abused such drugs. However, it could be as a result of the activities of the NDLEA from 1992 to date. This study further revealed that males misuse drugs more than the female counterpart, as it was shown that 98 (70%) of the total respondents who abused drugs were male. This is consistent with Mohammed (1994) reported in Mohammed (2004) that male students used drugs more than female students in Kebbi state. Chidi (1988) equally reported similar finding which placed male at 25% and female at 3% in a study conducted in Sokoto town. Igbanugo and Onibokun (1992) reported in Mohammed (2004) that a similar finding was found. While in contrast Maclaul, Glasgow, Oneil, Freedom and Rump (1982) in Mohammed (2004) reported that the distribution of drug taking is similar for male and female.

The study revealed that light stimulant drugs like cola-nut, coffee and cigarette were the most abused group of drugs as it was represented by 129 (92.14%) of the total respondents, followed by 108 (77.14%) of the total respondents, that abused over-the-counter drugs. Then 94 (67.24%) among the respondents who abused antipyretic analgesic drugs, fourthly by 90 (75%) among the respondents who abused anti-malarial drugs.

Conclusion and Recommendations

Based on the research findings of this study, bearing in mind its limitations, the researchers were able to conclude that:

- The people of the study area were engaged in self medication

- Light stimulant drugs were the most abused group of drugs; followed by Worm expeller drugs; Then antipyretic analgesic drugs.
- Male engaged in the misused and abused of drugs more than the female in the study area.
- Female engaged in the misused and abused of purgative and laxative drugs more than the male in the study area.

The authors therefore made the following recommendations based on the findings of this research.

- Proliferation of pharmacies and chemists operated by un-qualified persons should be discouraged. Because it assist a lot in provision of easy access to worm expeller drugs and antipyretic analgesic drugs.
- Government at all level through the Ministry of Health should organized seminars and workshops to sensitize people on the danger of self medication.

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