

## GENDER DIFFERENCES IN THE PATTERNS OF SUBSTANCE ABUSE AMONG OUT OF SCHOOL YOUTH IN KANO METROPOLIS: IMPLICATION FOR FAMILY WELLBEING AND MORAL DEVELOPMENT

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### Abstract

*This study attempts to examine the gender differences in the patterns of substance abuse among out of school youths in Kano metropolis. The study was guided by four objectives and four research questions. The study adopted descriptive survey design and the population of the study comprises of out of school youths who voluntarily agreed to participate in the study. A sample of 463 out of school youths were drawn from eight local government areas in Kano metropolis, 257 male and 206 female respectively. Purposive sampling technique was used in the study and instrument for data collection was Patterns of Drug Abuse among Out of School Youths Questionnaire (PDAOSYQ). The data generated was analysed using descriptive statistic/frequency count and simple percentage. The findings from the study reveal that the common substance abused by male and female out of school youths in Kano metropolis includes alcohol, cigarette and Shisha, marijuana, syrups and tramadol, among others. While the male drug abusers smoke cigarettes and shisha, the female drug abusers abused syrups. The predisposing factors for drug abuse for male are mainly peer group influence while for females, it is lack of parental support and family care. Among these predisposing factors are influences to start abusing, influences to continue abusing, influences to stop abusing and influences an client to relapse back to abusing drugs. Mental health problems (213; 82.9%) among males and among female (174; 84.5%) were found to be among the effects of substances abused by the respondents. In addition, Physical health problems among 211 (97.7%) males and 173 (96.6%) females were equally considered as the effects of drug abuse. The paper recommends that Government should introduce adult education classes and skills acquisition centres across the Kano metropolis with a view to rechanneling the energy of out- of- school youths to personal and community development as viable preventive mechanisms to drug abuse.*

**Keywords:** Drug abuse, Out of School youth, family wellbeing.

### Introduction

According to the latest World Drug Report (2019) there are estimated 35 million people that suffer from drug abuse which result to disorders. Globally, drug abuse is responsible for

11.8 million deaths in 2017. This is one in five deaths globally (UNODC, 2018). Africa is the biggest target for the production, consumption and trafficking of illicit substances, making the continent more vulnerable to drugs, crime, as well as, health and development related challenges (Abgwubuke, 2010). Cannabis remains the most widely used illicit substance in the continent, with prevalent abuse of cannabis in Africa estimated to be 180 million or 3.9 per cent of the population aged between 15-64 (Ramsomar & Morojele, 2012).

The numbers of youths that have been incarcerated and indulged in various forms of crime in Nigeria have increased over the last few decades (Garba, 2015). It has been estimated that heroin, cocaine and other drugs kill around 0.2 million people each year, shattering families and bringing misery to thousands of other people (NDLEA, 2011). Illicit drugs undermine economic and social development and contribute to crime, instability, insecurity and the spread of HIV (Oluremi, 2012).

In recent years, there has been a higher involvement of the female population in the use of illegal substances (Pasche, Myers, & Adams, 2010). In different countries, a high level of use among women and a trend of age of first use at earlier ages have observed (Nutt, King, Saulsburry, & Blakemore, 2010). In different countries, research findings indicate a high level of use among young women that resembles the pattern for men; nevertheless, among women who are older, the levels of use are relatively low (Siro, 2014). The distinctions between men and women suffering from addiction stem from biological and sociological differences. Many researchers now explain gender differences between the two as a result of the impact of society (such as childcare responsibilities, addiction stigma, relationship dynamics, et cetera). There are also biological differences between men and women, revolving primarily around testosterone and estrogens production as well as average body size and composition that cause substances to diversely affect the body (Tariq, et al., 2016).

Drug abuse is a major problem that affects the human creativity, mental capability and productive human potentials. Drug abuse among the adolescents in Kano metropolis has become of particular concern (Abdullahi, 2006). In a report by the National Drug Law Enforcement Agency (2011), Kano has been identified as the state with the highest drug abuse rate in the country based on the number of seizures, arrests of addicts and convictions of arrested dealers; the use of hard drugs, especially among the youth in Kano metropolis, has become a real social menace and cuts across all social strata, with adolescents from both rich and poor backgrounds trooping into the menace.

The use of hard drugs, especially among the youths, has become a real social menace and cuts across all social strata, with people from both rich and poor backgrounds involved in it. Although much has been said and written about drug use and abuse, little attention has been paid to out of school adolescents. There is a shortage of information that will help in sensitizing the community. As a result of the rapid changes they are experiencing, adolescents are at the risk of developing substance abuse more quickly (Jessica, Marshal, & Monique, 2013).

Therefore, this study strives to find out the gender differences in the pattern of substance abuse among out- of- school youths in Kano metropolis.

### **Objectives of the study**

To find out the drugs commonly abused by male and female out of school youths in Kano Metropolis

1. To find out the patterns of drug abuse used by male and female out of school youths in Kano Metropolis
2. To Identify the predisposing factors for substance abuse among male and female out -of -school youths in Kano Metropolis
3. To identify the effects of substance abuse to family well-being and Moral Development among male and female out- of -school youths in Kano metropolis

### **Research Questions**

This study intends to provide answers to the following research questions:

1. What are the drugs commonly abused by male and female out -of -school youths in Kano Metropolis?
2. What are the strategies and patterns of drug abuse used by male and female out -of -school youths in Kano Metropolis?
3. What are the predisposing factors for substance abuse among male and female out- of -school youths in Kano Metropolis?
4. What are the effects of substance abuse to family well-being and Moral Development among male and female out -of -school youths in Kano metropolis

## **CONCEPTUAL CLARIFICATIONS**

### **Concept of drugs and drug abuse**

A drug is a substance that can be taken into the human body and, once taken, alters some processes within the body (Qadri, Singh, Surendra, Rambha, & Humaira, 2013). Drugs can be used in the diagnosis, prevention, or treatment of a disease. Some drugs are used to kill bacteria and help the body recover from infections. Some drugs assist in terminating headaches. Some drugs cross the blood–brain barrier and affect neurotransmitter function (Ohaeri, Pat, & Ogolo, 2016).

The World Health Organization (WHO, 2010), defines drug as any substance other than those required for maintenance of normal health, which when taken into the living organism, may modify one or more of its functions. In medicine, drugs refer to any substance with the potential to prevent or cure diseases. Drugs can be legal or illegal. Drug abuse refers to non-medical use of drugs (UNODC, 2013). A substance is considered abused if it is deliberately used to induce physiological or psychological effects or both for purposes other than therapeutic

ones and when the use contributes to health risks or some combinations of this drugs (Idrissa, 2018).

**Patterns of Substance Abuse**

Substance abuse among out-of-school youth is a growing concern globally. This group is particularly vulnerable due to a lack of educational structure, social support, and economic opportunities. Understanding the strategies and patterns of substance use among these youths is crucial for effective intervention and policy formation (Ksir, Oakley, & Charles, 2002).

**Common Patterns of Substance Abuse**

The following patterns of drug abuse are commonly found among out of school youth as proposed by Ksir, Oakley & Charles (2002):

1. **Early Initiation:** Many out-of-school youths start using substances at a young age, often during adolescence. This early exposure increases the risk of long-term dependency.
2. **Poly Substance Abuse:** It's common for out-of-school youth to engage in poly substance use, meaning they may abuse multiple substances (e.g., alcohol, marijuana, and inhalants) simultaneously or consecutively.
3. **Binge Drinking and Drug Use:** With fewer responsibilities or oversight, out-of-school youths often engage in binge drinking or excessive drug use in short periods, increasing the risk of overdose or severe health consequences.
4. **Geographical Influence:** Substance abuse patterns often vary by region. In urban areas, drugs like cocaine and methamphetamine might be more accessible, while rural areas may see higher use of substances like inhalants or alcohol.
5. **Peer Influence:** Out-of-school youths are often influenced by peer pressure. Being part of a group where drug use is normalized leads to more frequent and consistent use of substances.
6. **Self-Medication:** Many out-of-school youths turn to drugs or alcohol as a way of coping with emotional distress, trauma, or mental health issues, such as depression or anxiety.

**Risk factors associated with drug abuse**

Some drugs have the potential to be deadlier than others based on how they are developed, what they contain, how potent they are and how they react to the human body and brain (Sau, Roy, Das, & Singh, 2018). Hence, the following are some of the risk factors associated with drug abuse as put forward by Sau, Roy, Das & Singh (2018):

**Risks of Stimulant Abuse:** When abused, stimulants can cause a variety of undesirable consequences. These effects can include: Anxiety, Paranoia, Psychosis, High body temperature, Depression, Heart failure, Stroke, Seizures.

**Risks of Opioid Abuse:** Opioid abuse can devastate the life of a user. Unfortunately, when someone decides to stop using opioids, they suffer tremendously then, as well. For example,

hydrocodone withdrawal can be especially nasty; riddling sufferers with flu-like symptoms for weeks on end. Other effects include: Constipation, Liver damage, Brain impairment, Euphoria, Drowsiness, Sedation, Pupil dilation, Cardiac arrest (if dose is too high).

**Risks of Depressant Abuse:** Depressants can be useful when used properly, but depressant abuse can cause a host of issues in both the long and short term: Higher risk of high blood sugar, diabetes and weight gain, increased body temperature, Delirium, Sluggish thinking, Low blood pressure, Impaired memory, Hallucinations, Death from withdrawal.

**Risks of Hallucinogen Abuse:** Hallucinogen abuse can have devastating effects that can last a lifetime: Hallucinogen Persisting Perception Disorder, also known as flashbacks, Fear, Distorted cognition, Paranoia, Psychosis, Anxiety, Increased blood pressure, Nausea

**Risks of Dissociative Abuse:** Dissociatives are very dangerous, especially when used over extended periods of time. However, their immediate impact can be quite distressing as well: Depression, Anxiety, Suicidal thoughts, Speech difficulties, social withdrawal, Hallucinations, Detachment from reality, Numbness, Memory loss.

**Risks of Inhalant Abuse:** Inhalant abuse can have devastating effects, both immediate and in the long run: Loss of smell, Brain damage, Nosebleeds, Weakness, Euphoria, Increased heart rate, Loss of consciousness, Hallucinations, Slurred speech.

**Risks of Cannabis Abuse;** Cannabis abuse can destroy lives and can have both short- and long-term impacts on users: Lowered immunity to illness, Depression, Chronic anxiety, reduced sperm count in men, Sedation, slowed reaction times, enhanced senses, such as seeing brighter colours, Impaired sense of time.

**Effects of substance/drug abuse**

Shrindevi, Gokuldas, and Prashant (2016) portray the following effects of substance abuse to humanity:

1. **Family Dysfunction:** Youths from broken or dysfunctional families are more likely to abuse substances, especially when they lack parental supervision or experience family trauma.
2. **Economic Deprivation:** Poverty and unemployment are strong drivers of substance abuse. Youths who are out of school due to financial difficulties may engage in substance use as a coping mechanism.
3. **Trauma and Mental Health Issues:** Many out-of-school youths have experienced trauma or adverse childhood experiences, which can lead to substance use as a form of escapism.
4. **Social Isolation:** Without a school environment or social network, out-of-school youths often experience isolation, making them more susceptible to turning to drugs or alcohol to cope with loneliness.

**METHODOLOGY**

This section covers the following sub headings: Research design, population of the study, sample and sampling techniques, data collection instrument, validation of the instrument, reliability of the instrument, data collection procedure, data analysis. They are discussed as follows:

**Research Design**

This study adopted descriptive survey design. Descriptive-survey research uses surveys to gather data about varying subjects. This data aims to know the extent to which different conditions can be obtained among the respondents. Also, descriptive survey also aims at accuracy and systematic approach to data collection with a view to describing population, situation or phenomenon.

**Population and Sample size**

The population of the study comprises of randomly selected male and female out of school youth who are abusing drugs in Kano metropolis. To the best of my knowledge there is no reliable data showing the actual population of out of school youths engaged in drug abuse in Kano state, Nigeria. Table1; below shows the sample size of the study.

**Table 1:** sample size of the study

<b>Local government</b>	<b>Sample size</b>	<b>Male</b>	<b>Female</b>
Dala	55	26	29
Fagge	70	46	24
Gwale	42	19	23
Kumbotso	67	44	23
Municipal	51	37	14
Nassarawa	73	41	32
Tarauni	55	23	32
Ungogo	50	21	29
<b>Total</b>	<b>463</b>	<b>257</b>	<b>206</b>

**Sampling techniques**

The study utilizes purposive sampling technique in order to enable the researcher to select the targeted respondents. Researchers use purposive sampling when they want to access a particular subset of people, as all participants of a study are selected because they fit a particular profile. In this case only those who are out of school and are involved in drug/substance abuse are purposively selected to participate in the study.

**Data Collection Instrument**

The instrument for data collection was a self-developed questionnaire titled: Patterns of Drug Abuse among Out Of School Youth Questionnaire (PDAOSYQ). The questionnaire was divided into 3 sections; section A provide answers to research question 1, section B provides answers to research question 2 and section C provides answers to research questions 3 and 4 respectively.

**Validity and reliability of the instrument**

The instrument used for this study underwent content validity where the researchers distributed the instrument along with the objectives of the study to experts in the areas of educational psychology, guidance and counselling, sociology, clinical psychology and test and measurement and collected their observations and effected the corrections as pinpointed. The researcher used Cronbach's Alpha method to determine the reliability of the instrument and the outcome was 0.86 reliability which rendered the instrument fit and reliable for the study.

**Data Analysis Procedure**

The data for this study was summarized and analyzed using descriptive statistic (frequency count and simple percentage).

**DATA ANALYSIS AND PRESENTATIONS****Results**

All the selected respondents n=463 were approached and consented to participate in the study, giving a response rate of 100%.

**Answering research question one:**

What are the drugs commonly abused by male and female out of school youth in Kano Metropolis?

**Table 2:** Commonest substances abused among male and female out of school youths

<b>Variables</b>	<b>Male n=257 (%)</b>	<b>Female n=206 (%)</b>	<b>Total (%)</b>
<b>Cigarette</b>			
Yes	254 (98.8)	205(99.5)	459 (99.1)
No	3 (1.2)	1 (0.5)	4 (0.8)
<b>Alcohol</b>			
Yes	34 (13.2)	31 (15.0)	65 (14.0)
No	223 (86.8)	175 (85.0)	398 (85.9)
<b>Cannabis</b>			
Yes	24 (9.3)	18 (8.7)	42 (9.0)
No	233 (90.7)	188 (91.3)	421 (90.9)
<b>Shisha</b>			
Yes	186 (72.4)	171 (83.0)	357 (77.1)
No	71 (27.6)	35 (17.0)	106 (22.8)
<b>Tramadol</b>			
Yes	206 (80.2)	162 (78.6)	368 (79.4)
No	51 (19.8)	44 (21.4)	95 (20.5)
<b>Rohypnol</b>			
Yes	128 (49.8)	100 (48.5)	228 (49.2)
No	129 (50.2)	106 (51.5)	235 (50.7)
<b>Syrup/Codeine</b>			
Yes	198 (77.0)	156 (75.7)	354 (76.4)
No	59 (23.0)	50 (24.3)	109 (23.5)
<b>Cocaine</b>			
Yes	21 (8.2)	14 (6.8)	35 (7.5)
No	236 (91.8)	192 (93.2)	428 (92.4)

The commonest substances abused among male and female out of school youths were tabled above. The commonest substances among them are Cigarette 254 (98.8%) among male respondents and 205 (99.5%) among female respondents, Shisha 186 (72.4%) among male and 171 (83%) among female, followed by Tramadol 206 (80.2%) among male and 162 (78.6%), Rohypnol is also one of the commonest substances abused by youth as indicated below; 128 (49.8%) among male respondents and 100 (48.5%) among female respondents. Similarly, the result for Syrup/Codeine shows that 198 (77.0%) of male respondents are abusing it with 156 (75.7%) female respondents also abusing it. On the other hand, Cocaine, Alcohol and Cannabis were found to be among the not so commonly abused drugs by male and female out of school youth in Kano metropolis.

**Answering research question two:**

What are the patterns of drug abuse used by male and female out of school youth in Kano Metropolis?

**Table 3:** Pattern of substances abused among male and female out of school youths

<b>Variables</b>	<b>Male n=257 (%)</b>	<b>Female n=206 (%)</b>	<b>Total (%)</b>
<b>Usage of drugs/substances without doctor's prescription</b>			
Yes	208 (96.3)	160 (91.4)	368 (79.4)
No	8 (3.7)	15 (8.6)	23 (4.9)
<b>Drugs/substances used in the last one month</b>			
Cigarette	164 (63.8)	140 (68.0)	204 (44.0)
Alcohol	8 (3.1)	3 (1.5)	11 (2.3)
Cannabis	37 (14.4)	34 (16.5)	71 (15.3)
CC/Syrup	116 (45.1)	93 (45.1)	209 (45.1)
Tramadol	88 (34.2)	53 (25.7)	141 (30.4)
Shisha	54 (21.0)	109 (52.9)	163 (35.2)
<b>Drugs/substances used in the last twelve months</b>			
Cigarette	205 (79.8)	173 (84.0)	378 (81.6)
Alcohol	36 (14.0)	31 (15.0)	67 (14.4)
Cannabis	46 (17.9)	35 (17.0)	81 (17.4)
CC/Syrup	156 (60.7)	123 (59.7)	279 (60.2)
Tramadol	131 (51.0)	83 (40.3)	214 (46.2)
Shisha	90 (35.0)	121 (58.7)	211 (45.5)
<b>Drugs/substances availability in your area</b>			
Yes	206 (80.2)	166 (80.6)	372 (80.3)
No	51 (19.8)	40 (19.4)	91 (19.6)
<b>Drugs/substances commonly available</b>			
Cigarette	254 (98.8)	204 (99.0)	458 (90.9)
Alcohol	21 (8.2)	17 (8.3)	38 (8.2)
Cannabis	15 (5.8)	11 (5.3)	26 (5.6)
CC/Syrup	224 (87.2)	169 (82.0)	393 (84.8)
Tramadol	205 (79.8)	159 (77.2)	364 (78.6)
Shisha	186 (72.4)	171 (83.0)	357 (77.1)

There are different patterns of substance abuse displayed by male and female out of school youth in Kano metropolis. Majority of the respondents 96.3% (Male) and 91.4% (Female) were found to be in use of drugs/substances without doctor's prescription. A majority of the respondents 63.8% (male) and (68.0%) female have been using cigarettes in the last one month, 45.1% of both male and female youth were found to have been using CC/Syrups in the last one month respectively. 34.2% and 25.7% of both male and female youth were found to be using Tramadol in the last one month. The results show that a majority of female youth 109 (52.9%) were found to have been using Shisha in the last one month.

In the last twelve months, 79.8% (male) and 84% (female) were found to be smoking cigarette, only 14% and 15% of both males and females were drinking Alcohol in the last twelve months. Majority of the youth in Kano metropolis both male (51%) and female (40.3%) were using CC/Syrup in the last twelve months. Tramadol 131 (51%) was the highest intake among male youth in the last twelve months. Similarly, Shisha was found to be the commonest substance abused by female out of school youths in Kano metropolis.

A majority of the male respondents 206 (80.2%) said drugs/substances were available in their area, while 166 (80.6%) among female said drugs/substances were also available in the metropolis area. Cigarette (98.8%) by male and 99% by female were found to be the commonest among the drugs/substances which were available in the metropolis area, followed by CC/Syrup (87.2% & 82%) by both male and female' respondents. Only cannabis was not commonly available in the area as narrated by male (5.8%) and by female (5.3%) . In the same vein, 186 (72.4%) by male and 171 (83%) by female' respondents narrated that Shisha was also found to be among the commonly available drugs/substances in Kano Metropolis.

**Answering research question three:**

What are the predisposing factors for substance abuse among male and female out of school youth in Kano Metropolis?

**Table 4:** Predisposing factors for substances abused among male and female out of school

<b>Variables</b>	<b>Male n=257 (%)</b>	<b>Female n=206 (%)</b>	<b>Total (%)</b>
<b>Influences to start abusing</b>			
Friends/peer group	187 (72.8)	144 (69.9)	331 (71.4)
Family member using drugs	27 (10.5)	15 (7.3)	42 (9.0)
To relax or to relieve tension	238 (92.6)	187 (90.8)	425 (91.7)
Academic failure	51 (19.8)	47 (22.8)	98 (21.1)
Poverty/low socio-economic status	215 (83.7)	162 (78.6)	377 (81.4)
Family crises/poor parental care	95 (37.0)	70 (34.0)	165 (35.6)
<b>Influences to continue abusing</b>			
Friends/peer group	195 (75.9)	147 (71.4)	342 (73.8)
Family member using drugs	25 (9.7)	12 (5.8)	37 (7.9)
To relax or to relieve tension	227 (88.3)	178 (86.4)	405 (87.4)
Academic failure	45 (17.5)	42 (20.4)	87 (18.7)
Poverty/low socio-economic status	202 (78.6)	154 (74.8)	356 (76.8)
Family crises/poor parental care	67 (26.1)	49 (23.8)	116 (25.0)
<b>Influences to stop abusing</b>			
Friends/peer group	114 (44.4)	90 (43.7)	204 (44.0)
Family member using drugs	205 (79.8)	171 (83.0)	376 (81.2)
To relax or to relieve tension	232 (90.3)	177 (85.9)	409 (88.3)
Academic failure	198 (77.0)	144 (69.9)	342 (73.8)
Poverty/low socio-economic status	225 (87.5)	177 (85.9)	402 (86.8)
Family crises/poor parental care	187 (72.8)	143 (69.4)	330 (71.2)
<b>Influences on client to relapse back to abusing drugs</b>			
Friends/peer group	221 (86.0)	173 (84.0)	394 (85.0)
Family member using drugs	44 (17.1)	34 (16.5)	78 (16.8)
To relax or to relieve tension	240 (93.4)	192 (93.2)	432 (93.3)
Academic failure	117 (45.5)	105 (51.0)	222 (47.9)
Poverty/low socio-economic status	159 (61.9)	116 (56.3)	275 (59.3)
Family crises/poor parental care	95 (37.0)	70 (34.0)	165 (35.6)

There are many predisposing factors for substances abused among male and female out of school in Kano metropolis. Some of these predisposing factors are; influences to start abusing,

influences to continue abusing, influences to stop abusing and influences on clients to relapse back to abusing drugs. Among the predisposing factors, the influences to start abusing drugs are Friends and peer groups 187 (72.8%) among male and 144 (69.9%) among female respondents, also some of the respondents opined that drugs made them to relax and relieve tension (238 (92.6%) among male and 187 (90.8%) among female), while Poverty and low socio-economic status accounted for 215 (83.7%) among male and 162 (78.6%) among female respondents.

Another predisposing factor is the influences to continue abusing such drugs, among such influences are Friends and peer group 195 (75.9%) among male and 147 (71.4%) among female youth. In addition, another predisposing factor is for the drugs to make them to relax or to relieve tension 227 (88.3%) among male and 178 (86.4%) among female. Poverty and low socio-economic status 202 (78.6%) among male and 154 (74.8%) among female was another predisposing factor influencing the youths to continue abusing such drugs and other substances.

Academic failure is another predisposing factor 198 (77.0%) among male and 144 (69.9%) among female, Family crises and poor parental care 187 (72.8%) among male and 143 (69.4%) among female remain among the predisposing factors influencing the youth to stop abusing drugs and other substances.

Another predisposing factor to substances abused among male and female youths in the study area are the Influences that may lead to relapse back to abusing drugs. Friends and peer groups 221 (86.0%) among male and 173 (84.0%) among female were found to be among the influences for a client to relapse back to abusing drugs among the respondents. 240 (93.4%) among males and 192 (93.2%) among females said they were influenced to abuse drugs because they felt relaxed or relieved of tension. Poverty and low socio-economic status 159 (61.9%) among male and 116 (56.3%) among female, academic failure 117 (45.5%) among male and 105 (51.0%) among female all influence a client to relapse back to abusing drugs.

**Answering research question four:**

What are the effects of substance abuse to family well-being and Moral Development among male and female out of school youth in Kano metropolis?

**Table 5:** Effects of substances abused among male and female out of school youths

<b>Variables</b>	<b>Male n=257 (%)</b>	<b>Female n=206 (%)</b>	<b>Total (%)</b>
<b>Mental health problems</b>			
Yes	213 (82.9)	174 (84.5)	387 (83.5)
No	3 (1.4)	5 (2.4)	8 (1.7)
<b>Physical health problems</b>			
Yes	211 (97.7)	173 (96.6)	384 (82.9)
No	5 (2.3)	6 (3.4)	11 (2.3)
<b>Social problems</b>			
Yes	213 (98.6)	176 (98.3)	389 (84.0)
No	3 (1.4)	3 (1.7)	6 (1.2)
<b>Financial problems</b>			
Yes	211 (97.7)	175 (97.8)	386 (83.)
No	5 (2.3)	4 (2.2)	9 (1.9)
<b>Law enforcement/Legal problem</b>			
Yes	212 (98.1)	178 (99.4)	390 (84.2)
No	4 (1.9)	10 (5.6)	14 (3.0)
<b>Psychological problems</b>			
Yes	212 (98.1)	169 (94.4)	381 (82.2)
No	4 (1.9)	10 (5.6)	14 (3.0)

There are many effects of substance abuse among male and female out of school youth as indicated in the findings of this study. Mental health problems 213 (82.9%) among male and 174 (84.5%) among female were found to be among the effects of substance abuse among the respondents. Additionally, Physical health problems 211 (97.7%) among male and 173 (96.6%) among female was considered as another effect. Similarly, another effect of substance abuse was Social problem 213 (98.6%) among male and 176 (98.3%) among female.

**Summary of the findings**

1. The study reveals that the drugs commonly abused by male and female out of school youth in Kano Metropolis includes alcohol, cigarette and Shisha, marijuana, syrups and tramadol among others. While males abuse more of cigarette and shisha, females abuse more of syrups.
2. Patterns of substances abused among male and female out of school youths are: self-medication, binge drinking, peer influence and poly substance abuse.
3. The predisposing factor for drug abuse for male is mainly peer group influence while for

females; it is lack of parental support and family care.

4. The effects of substance abuse are: mental health problems, physical health problems, social relationship problems, financial problems and legal and criminal justice consequences.

### **Discussion of findings**

The study reveals that the substance abuse by male and female out of school youth in Kano metropolis includes alcohol, cigarette and Shisha, marijuana, syrups and tramol among others. While males abuse more of cigarettes and shisha female abuse more of syrups. This finding agrees with that of Ramsoomar and Morojele (2012) who asserted that tobacco use by boys (16.5%) was significantly higher than by girls (1.9%). Approximately 23.5% of adolescents reported alcohol consumption. Consumption in boys (31.5%) was significantly higher than in girls (16.2%).

The male out of school youth abuse drugs mainly to do something unusual while female abuse drugs due to friend influence. The finding of this study is in line with the findings of Qadri, Singh, Surendra, Rambha and Humaira (2013) which suggests that that smoking activates men's reward pathways more than women. This finding is consistent with the idea that men smoke for the reinforcing effects of nicotine, whereas women smoke to regulate mood or in response to cigarette-related cues. Men tend to smoke tobacco for many different reasons like stress relief, pleasure, or in social situations.

The predisposing factor for drug abuse for males is mainly peer group influence, while for females it is lack of parental support and family care. Having friends who use drugs and being more susceptible to Peer pressure are the strongest predictors of adolescent substance use. Friends play a significant role in how people make decisions. When children hangout with people who abuse drugs, there is a tendency for them to start taking drugs. Adolescents who use drugs are likely to interact primarily with peers who use drugs, so relationships with friends, including relationships with the opposite sex, may be unhealthy, and the adolescent may develop a limited repertoire of social skills. However, for the females parental support plays a significant role as predisposing factor for drug abuse. Parents play a major role in preventing substance abuse among youth and in helping them if they've initiated use. Talking with a child about the dangers of substance use and showing disapproval of such behaviours are key to shaping children's attitudes and behaviours. Staying involved in a child's day-to-day activities is also critical. Parent who neglects their children without providing the needed emotional and financial support have children who may probably get involved in drugs/substance abuse. This finding is in line with the findings of Idrissa (2018).

Both male and female out of school youth in Kano metropolis opined that drug abuse affected their relationships. A person struggling with addiction has more craving for drugs than their loved ones. Sometimes after taking drugs, they tend to misbehave and do things that can have negative effect on their relationship. For instance, a married man who drinks alcohol may

end up beating up his wife each time he is drunk before they even realize it. This finding corroborates the findings of Jessica, Marshal, and Monique (2013) which revealed that psychosocial relationships and mental health are the most affected drug abuse effects on out of school children.

### **Conclusion**

Addressing substance abuse among out of school youth requires a multifaceted approach. Prevention and the intervention strategies should focus on improving educational accessibility, mental health support and economic empowerment, while also raising awareness about the dangers of substance.

### **Recommendations**

In line with the findings, the paper recommends the following:

1. The Government, parents and critical stakeholders in our societies should embark on massive awareness campaign against drug abuse particularly Cigarette, Marijuana, Alcohol and Shisha, among others.
2. Adult education schools and skills acquisition programs that target out of school youth should be established in Kano metropolis in order to counter the predisposing factors that can trigger them into drug abuse.
3. Parents should monitor their children closely and discourage them from mingling with peers who engage in substance abuse so as not to be influenced. Parental support, care, supervision is essential in the early prevention of drug abuse in our society.

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