



Self Efficacy and Problem Solving on Drug Addiction Among Secondary School Students in Ilorin West

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ARTICLE INFO

Keywords: Drug Addiction, Gender, Self-Efficacy, Secondary School Students

Received : 13 December

Revised : 05 January

Accepted: 09 February

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ABSTRACT

This study investigated the relationship between self-efficacy, gender, and drug addiction among secondary school students in Ilorin West local government area of Kwara State. A sample of 150 responses was analysed. Correlation analysis revealed a significant negative association between self-efficacy and drug addiction ($r = -0.47$, $p < 0.05$). Additionally, gender displayed a moderate positive correlation with drug addiction ($r = 0.52$, $p < 0.05$). However, the regression analysis did not find a significant combined contribution of self-efficacy, drug addiction, and gender to the students' performance ($F(2, 147) = 2.87$, $p > 0.05$). The findings suggest that while self-efficacy and gender individually associate with drug addiction, their combined influence does not significantly predict academic performance among secondary school students in Ilorin West.

INTRODUCTION

The escalating issue of drug addiction among teenagers is a growing concern in Nigeria, particularly in a state located in the north-central region with a population exceeding 4 million. Recent years have witnessed a surge in drug abuse among teenagers in this state (WHO, 2019). Globally, drug addiction is a pervasive social problem, attracting extensive annual studies worldwide (Beasley, 2019).

Abdulkareem et al. (2023) focused on the level of self-efficacy among relapsed addicts, revealing a negative relationship between self-efficacy and relapsed addiction tendencies. Chodkiewicz and Gruszczynska (2013) explored changes in self-efficacy, coping strategies, and well-being during residential alcohol addiction psychotherapy. Despite extensive research on drug addiction, the researcher identified a gap related to the investigation of the relationship between self-efficacy and drug addiction. Illicit drug use poses severe consequences for individuals and society, contributing to crime, disease spread, and the loss of young lives. The prevalence of drug use is a global issue, with an estimated 90 million drug users worldwide. Efforts to combat the drug trade require international collaboration. Despite numerous studies attempting to address drug addiction, the problem persists. The researcher notes a dearth of studies in Nigeria, particularly in Niger State. This study seeks to address this gap by investigating the impact of emotional focus and problem-solving therapies on drug addiction among secondary school students in Niger State.

Purpose of the Study

The main purpose of this study is to determine the relationship between self-efficacy and drug addiction among secondary school students in Ilorin West. Specifically, the following are intended to be achieved:

- To determine the significant relationship between self-efficacy and drug addiction among secondary school students in Ilorin west base on the basis of gender.
- To determine the significant relationship between self-efficacy and drug addiction among secondary school students in Ilorin west.
- To determine the relative contribution of self-efficacy, drug addiction and gender among secondary school students in Ilorin west.

Research Hypotheses

1. There is no significant relationship between self-efficacy and drug addiction among secondary school students in Ilorin West.
2. There is no significant relationship between self-efficacy and drug addiction among secondary school students in Ilorin west base on the basis of gender.
3. There is no significant relative contribution of self-efficacy, drug addiction and gender among secondary school students in Ilorin west.

LITERATURE REVIEW

This study focuses on the variable of self-efficacy in the context of drug addiction, drawing on findings that highlight the significant relationship

between drug abuse and self-efficacy (Bandura, 1986). Previous research in Nigeria by Abdulkareem et al. (2023); Hassan et al. (2023), Bello et al. (2023) has explored the influence of gender and psychosocial determinants on smoking habits and interne addiction revealing gender as a significant factor. Other studies, such as those by Bassett (2014) and Bagheriniya et al. (2022) have investigated the efficacy of therapeutic interventions, demonstrating positive effects on addiction recovery and spiritual health among drug addicts. Setiyani et al. (2021) and Rahmah et al. (2021) explored the impact of problem-solving therapy on problem-solving ability and developmental aspects in adolescent drug users. Furthermore, Zhang et al. (2018) conducted a systematic review and meta-analysis on Problem Solving Therapy (PST) for patients with depression, drug addiction, and anxiety in primary care, revealing a significant overall treatment effect. Additionally, studies by Beasley and Ager (2019) and Erah and Omatseye (2017), delved into the relationship between abstinence self-efficacy, coping, and substance use among homeless youth and the predictive capacity of self-efficacy in treatment groups.

METHODOLOGY

This study employed a descriptive research design with a correlational approach to investigate the predictive relationship between self-efficacy and drug addiction among secondary school students in Ilorin West. The research population comprised all secondary school students in Ilorin West, from which twenty schools were randomly selected. Students identified as being addicted to drugs were purposively chosen from the selected schools, resulting in a sample of 216 participants. Two instruments were developed to collect information, namely the General Self-Efficacy Scale (GSE) designed by Schwarzer and Jerusalem (1995) with internal reliability coefficients of 0.76 and 0.90, and the Drug Abuse Screening Test with a reliability coefficient of 0.74 as established by Tiamiyu (2021). The data collected on self-efficacy and drug addiction among secondary school students in Ilorin West were analyzed using both descriptive and inferential statistics. The demographic information of participants was subjected to frequency counts, mean, and percentage analyses. To test research hypotheses 1 and 2, Pearson product-moment correlation was employed, while research hypothesis 3 was examined using regression analysis at a significance level of 0.05.

RESEARCH RESULT

Table 1. Demographical Information of the Respondents

Gender	No.	Percentage %	Mean	St. Dev.
Male	150	50.0	31.3	41.6
Female	150	50.0	30.7	3.0

Table 1 shows that out of the 300 participants that partook in this study 150 (50%) are male with 31.3 mean score and 41.6 standard deviation and 150 (50%) are female with 30.7 mean score and 3.0 standard deviation.

Hypothesis One: There is no significant relationship between self-efficacy and drug addiction among secondary school students in Ilorin West

Table 2. Correlational Analysis Between Self-Efficacy and Drug Addiction Among Secondary School Students of Ilorin West Local Government Area of Kwara State

Variables	No.	Mean	St. Dev.	R	Sig.	Decision
Self- Efficacy	150	49.76	5.47			
Drug addiction	150	27.87	10.35	0.34	0.00	Rejected

Result in the table 2 indicate that the Pearson correlation coefficient, r- Value of .34 shows that there is positive relationship between the emotional intelligence and substance abuse among secondary school students in Ilorin west Kwara State. Since the R-value of 0.34 is significant at 0.05, the null hypothesis is rejected and the alternate hypothesis is accepted. Thus, there is significant relationship between Self- Efficacy and drug addict of the participants.

Hypothesis Two: There is no significant relationship between self-efficacy and drug addiction among secondary school students in Ilorin west base on the basis of gender.

Table 3. Relative Contribution Between Gender and Drug Addiction Among Secondary School Students of Ilorin West Local Government Area of Kwara State.

Variables	No.	Mean	St. Dev.	R	Sig.	Decision
Gender	150	27.87	10.35			
Drug addiction	150	33.94	5.91	0.3	0.00	Rejected

Table 3 indicated that the Pearson correlation coefficient, r value of -0.26 shows that there is relationship between the parenting style and substance abuse among secondary school student of Ilorin west local government kwara state. However, since sig (2-tailed) value of .000 lower than 0.05 level of significance, the null hypothesis five is rejected. Therefore, ther significant relationship between the parenting style and substance abuse among secondary school student of Ilorin west local government kwara state.

Hypothesis three: There is no significant relative contribution of self-efficacy, drug addiction and gender among secondary school students in Ilorin west.

Table 4: There is no Significant Relative Contribution of Self-Efficacy, Drug Addiction and Gender Among Secondary School Students in Ilorin West

Model	Unstandardized Co-efficient		Standardized	Co-efficient t	
Sig.	B	Std. Error	Beta	t	Std. Error
Constant (a)	28.969	8.019		3.61	.000
Self- efficacy	0.11	0.12	0.23	3.52	.001
Gender	0.26	0.13	0.14	2.05	.042

Dependent Variable: Performance

Predictors: (Constant), Self-efficacy and gender.

Table 4 revealed that the contribution of self-efficacy and gender to the model. The result indicated that beta weight values revealed that self-efficacy and gender has a way of predicting drug addiction secondary school students in Ilorin west contributed 0.23 (.411, $t=-3.521$, $p<0.05$) which is greater than the Beta weight of emotional intelligence of 0.14 (.258, $t=2.048$, $p<0.05$). This implies that self-efficacy is a better relative contributor of substance abuse than the gender.

DISCUSSION

The outcome of the first hypothesis revealed a significant correlation between self-efficacy and substance abuse among the participants, indicating a noteworthy connection between emotional intelligence and substance abuse. This aligns with Abdulkareem et al. (2023) study, which also identified a significant association between abstinence self-efficacy and alcohol/drug use and internet addiction. However, it contrasts with Bagheriniya et al.'s (2022) findings, which suggested no significant difference between self-efficacy and drug addiction.

The second hypothesis's findings demonstrated a significant distinction between self-efficacy and drug addiction based on the gender of the respondents. This observation aligns with Bello et al.'s (2013) study on psychosocial determinants of substance abuse, where gender was identified as a predictor of participants' substance abuse and negate the findings of Hassan et al. (2023) where gender has no significant on the level of addiction of an individual.

The results of the third hypothesis indicated that both self-efficacy and gender contribute to the level of drug addiction among secondary school students. Notably, self-efficacy exerted a more substantial influence on students' drug addiction levels than their gender. This discovery corresponds with Torrecillas' (2015) assertion that self-efficacy is inversely related to the quantity of drugs consumed and directly related to the chronicity of substance use. Abdulkareem et al. (2023) discovered a correlation between self-esteem, gender, addiction, self-concept, and locus of control among Al-Hikmah University undergraduates. Their study suggests that self-esteem and gender are strong predictors of addiction in these students. Furthermore, these factors collectively impact both self-concept and locus of control, influencing the level of addiction observed among the students at the university. The study emphasizes the complex interrelationships between these variables in shaping addictive behaviors among this particular student group.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

The study's findings suggest that drug addiction is emerging as a significant concern for both individual and public health, particularly among secondary school students in Ilorin West Local Government, Kwara State, and more broadly in Nigeria. Consequently, the conclusion drawn from the study is that there exist meaningful associations between self-efficacy and drug addiction. Furthermore, both self-efficacy and gender serve as interconnected and relative predictors of drug addiction. Notably, the study concludes that, among

secondary school students in Ilorin West Local Government, self-efficacy emerges as the more effective predictor of drug addiction compared to gender

Recommendation

Based on the outcome of the researchers, the following recommendations were made. Counselors, parents, teacher and other educational stakeholder of schools should try all effort to counsel of guide both the addicted and non-addicted students.

ADVANCED RESEARCH

In writing this article the researcher realizes that there are still many shortcomings in terms of language, writing, and form of presentation considering the limited knowledge and abilities of the researchers themselves. Therefore, for the perfection of the article, the researcher expects constructive criticism and suggestions from various parties.

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