
**THE SOCIETAL VARIABLES AND PREVALENCE OF SUBSTANCES ABUSE
AMONG THE YOUTH IN CALABAR CROSS RIVER STATES NIGERIA**

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ABSTRACT: *The main purpose of this study was to determine societal variable influencing substances abuse among the youth of Calabar South Local Government Area of Cross River State, Nigeria. To achieve the aim of this study, two objectives and two research questions were formulated to guide the study. Literature related to the variables under study was reviewed. The descriptive research design was adopted for the study. The essence of this design was to allow the researchers make inference and generalization of the population by selecting and studying the sample chosen for the study. A total sample of one hundred and seventy-five (175) respondents was randomly selected for the study. The selection was done through the simple random sampling technique. This was to give every member of the population equal and independent opportunity to be selected for the study. The main instrument used for the collection of data was the questionnaire. The questionnaire was subjected to face validation by experts in Measurement and Evaluation/Research and Statistics in the Faculty of Education who vetted the Items developed. The reliability estimate of the instrument was established through the test-retest reliability method. Data were collected personally by the researchers with the help of some research assistants. To analyze the data for the study, simple percentage and chi-square (χ^2) analysis was adopted. The results in Table 4.1 shows that 30 (17.14%) of the total respondents were between 12-18 years, 85 (48.57%) were between 19-25 years, while 60 (34.29%) were 26 and above. For sex, 165 (94.29%) of the total respondents were male, 10 (5.71%) were female. Similarly, for educational level, the result in shows that 70 (40.00%) respondents had no formal education, 50 (28.57%) had their primary education, 45 (25.71%) had their secondary education and 10 (5.71%) had their tertiary education. Based on the findings of the study, it was recommended that the Ministry of Education (Federal and State) should as a matter of urgency add to their curriculum drug education for both the primary and post primary schools in the country and they should always organize lectures, rallies, seminars and film shows for the Nigeria youths on the adverse effects of substance abuse.*

KEYWORDS: societal variables, prevalence, substances abuse, and youths.

INTRODUCTION

Background to the Study

Generally, and in Nigeria societies and the world over substance abuse are common among youths and adults who feels they are frustrated, unemployed and cannot do well in life and as such indulge themselves into substance abuse (Simon, Chen, Abram, & Haynie, 2014). Substance abuse is the use of drug or other substance for a non-medical use with the aim of producing some type of mind altering effect to the user. This includes both the use of illegally produced substance and the abuse of legal drugs, in the use for which the substance was not intended. Sasco, & Kleihues, (2009). People abuse drugs and substance for many reasons and understanding the person's motive helps to explain why the person is abusing the substances. Studies have shown that most substance abusers are young adults in their early twenties who are in the society of Calabar. Drug abuse in the adult population is damaging enough; but when the youths take drugs, they may irreversibly harm their mental or physical growth. Therefore parents and the government must take all appropriate measures to protect their children and the society from substance abuse among societal variables (Mikuriy & Tod, 2014).

Societal variables: This refers to those things that influences the youth to smoking, or abuse substance it involve the sex (male and female) of the teenagers age in years, ethnicity, educational level, each as peer group, cultism, crime, friends, parental background, gangs parental socio-economic status, product related factors, and school factors.

It is estimated that 5% of 18 years old in the United States and also in Nigeria especially youth in Calabar cross river state smoke Indian hemp on a daily basis. WHO figures at least 15.3 million persons have drug use disorders, this substance abuse has a significant cost on our society. (Diagnostic Statistical Manual of Mental Disorder, 2007).

As stated by Akindelly (2009), the effect of substance abuse is seen in our hospitals and emergency Departments through direct damage to health. Also it is an indictment to parents whom children are involved in substance abuse and the society generally as most parents grub for money week in and week out and for materials success and have little or no time for their children.

Observations over the years, have shown that, most children involved in substance abuse do so due to cultism, crime, and peer group pressure in other to fit in and to relieve boredom as a result of unemployment to those that have finished from school especially in cross river states, thus, they are influenced negatively by friends which will later make them to be addicts and are increase risk for other drug dependence, in conjunction with alcohol resulting to social nuisance and health problems which is what is happening in federal psychiatry hospital Calabar.

In spite of the Narcotic and Dangerous drugs law adopted in 1974, it does not make any meaning to the providers and the sellers of substance and even with severe penalties placed for drug related dealers, the incidence of substance abuse is increasing daily and it is on this basis that, the researchers has decided to carry out this study on societal variables and prevalence of substance

abuse among youth in Calabar, Cross River States-Nigeria. The study might also help the health care delivery system solve the problem of substances abuse through the findings of the study knowing more of the societal variables affecting the youth in our environment.

Purpose of the study

The purpose of the study was to determine the societal variables and prevalence of substances abuse among the youth in Calabar cross river states Nigeria.

Objectives:

- To determine the societal variables that influences the prevalence of substance abuse among youth in Calabar.
- To identify the availability of the prevalence of substance abuse among youth in Calabar.

Research Questions

- What societal variables influences the prevalence of substances abuse among youth in Calabar Cross River States-Nigeria.?
- What is the level of availability of the prevalence of substances abuse among youth in Calabar?

JUSTIFICATION

Jonathan (1995) defined significant as supports to the study. A society deficient in knowledge can never develop. Hence, this study might be of immense benefit to adolescents, youths as it may encourage them to make informed decisions and ask questions freely concerning substance abuse. Parent also might be of benefit, as this study may expose them to guiding their children against negative influences what might predispose them to substance abuse. This study may also be of immense benefit to the health team and the country at large. This is because when parents are adequately informed of the dangers that their children are likely to be expose to they will give more attention to them thus reducing the incidence of mental illness which is a complication of substance abuse and the society and hospital will be free from social nuisance and high incidence of hospitalizations among youths with substances abuse.

Scope of the Study

Substance abuse is a worldwide pandemic, but this study is limited to youth in Calabar Cross River States-Nigeria., who are substance abusers. The researchers will also be concerned with the variables under study.

LITERATURE REVIEW

Societal variables that influences the prevalence of substance abuse usage

a. Poverty:

Poverty has been identified as being predominant among substance abuse (Indian hemp) users, this is so because, it is mainly used in slump areas where the poor habitat lives. To further substantiate the claim, Schaffer library of drug policy states that ganja on the other hand, is a

potent, not very expensive among the population, those who enjoyed it usually came from the lower classes (Rudot, Abdo, & Muula, 2007).

ii) Related to the above is that substance abuse (Indian hemp), it serves as intoxicant to the poor which subsequently leads them to robbery. This is true as reported in the Vanguard News Paper of December 13, 2013 where three robbers were apprehended by members of Special Anti-Robbery Squad for Arm Robbery. These robbers confessed that Indian hemp gives them motivation to rob.

iii) Also Indian hemp like cannabis indicate (Igbo) are cheap to purchase, thus it is used by the poor.

iv) One of the very important attributes of substance abuse Indian hemp is its intoxicating attribute. This characteristic serves as a tool used by these poor miscreants to forget their sorrows, thus its prevalence among the poor gives them a sense of belonging. This opinion was further elaborated by Mookerjee (2014) who stated “Drugs such as charas and ganja, along with opium and alcohol, are of a noxious quality, and produce a species of intoxication so extremely violent”, he further warned, “that they cannot be used without imminent danger to the individual as well as to the public”. (Mookerjee, 2014).

Unemployment and lack of recreational activities, media

Although not identified as a factor in these patients, another important factor is the media. There is no restriction to advertisement of cigarettes and alcohol. People who smoke and drink are portrayed as sexy, manly and sophisticated. Also, even though substance abuse Indian hemp is not advertised. It is glamorized and sensationalized in movies. All these make an impression on the youth mind. Tobacco retailer density surrounding schools and cigarette access behavior among underage smoking students.

Unemployment also plays a role in substance abuse Indian hemp usage among youth. As it is said “an idle mind is the devil's workshop”. When people are poor and have nothing to do there is a tendency for them to be engaged in such activities.

Recreational activities when not present also affect the patients as they will engage in substance abuse Indian hemp usage among the patients. (Leatjherdele, & Strath, 2007).

Family influence:

Where the family members abuse the Indian hemp, there are possibilities that they will smuggle it to the patients on visiting hours or days.

Social factors:

Cigarettes are commonly used in a social gathering and as such there is a possibility that they will have access to the cigarettes (Brown, Karen, Randall, & Glysch, 2008).

e. Availability and accessibility:

When the substance abuse Indian hemp is readily available and they have access to them, then there is nothing that will prevent them from using it. Cigarettes are readily available in shops, bars and hotels. It is sold to underage children and even insane.

f. **Cultural factors:**

Socio cultural beliefs can shape the approach to and behaviour regarding substance use and abuse. Culture plays a central role in forming the expectations of individuals about potential problems they may face with substance abuse Indian hemp usage. (Difranza, Savageau,& Fletcher,2009).

g. **Boosting confidence:**

The substance abuse Indian hemp simply enables the patients to do things they ordinarily wouldn't do. It gives them euphoria; they feel on top of the world. And they will like to be in this state at all times. It enhances their good feelings and uses it as the means of coping with the stress of life.

h. **Dependence producing nature of substance abuse Indian hemp:**

A drug continually used for a period produces dependence, thus making it difficult for the user to quit the tranquil sedatives and analgesic producing substance like Indian hemp.(Michael & Polen, 2012)

i. **Health workers factor:**

Some health workers who themselves abuse Indian hemp can also smuggle it in for the patients. The lackadaisical attitude of health workers to the care of the patient, they may not be observant. (Currie, Roberts, & Morgan, 2014).

Availability of substance abuse Indian hemp among youth

Indian hemp otherwise called Igbo, Tafe or weed is the most common and readily available drug on the streets of Nigeria. Not only is it easy accessible in terms of availability, it is relatively cheap as a pinch of weed sells for only N50. This is arguably the most popular and most used drug among Nigeria youths. Substance abuse Indian hemp, now as common as sachet water can be easily purchased on the streets, bars and night clubs. It is also common to see several peddlers whistling for customers during musical concerts.

Gone are the days when substance abuse Indian hemp addicts hid under the cover of darkness to get high on the weed. It is no longer strange to find substance abuse Indian hemp users smoking in the open. According to ECOMIUM weekly, investigation by VISTA across Lagos Nigeria shows that in the decrepit Jakande Low Cost Housing Estate on the Lekki-Epe Expressway, substance abuse Indian hemp smoking is as common as sachet's of "pure water". At any time of the day, some idle youths in the area can be seen passing lighted joints of the banned weed among themselves without any care in the world. (Mookerjee, 2014).

Drug addiction has been known to cause mental illnesses in later stages. These range from anxiety, depression, phobia, psychosis, paranoia and grandiose delusions. Substance abuse Indian hemp is one of the psychoactive substances which act on the brain and damage it. A lot of mental illnesses are caused by psychoactive substances over time. This is dependent though on the quantity of drugs being consumed, the frequency of usage, the concentration of the drug, the purpose for which it was taken and the resilience of the drug user's brain, because no two human beings are the same (Difranza, Savageau,& Fletcher, 2009).

THEORETICAL FRAMEWORK

Neuman's theory

Betty Neuman (1972) defined a total person model incorporating the holistic concept and an open-systems approach. To Neuman, the person is a dynamic composite of physiological, socio-cultural, and developmental variables that function as an open system. As an open system, the person interacts with, adjusts to, and is adjusted by the environment, which is viewed as a stressor. Stressors disrupt the system. Neuman's model included intra-personal, interpersonal, and extra-personal stressors. Intra-personal stressors are forces occurring within the person; interpersonal stressors such as role expectations occur between persons, and extra-personal stressors such as financial circumstances occur outside the person.

Application of the model to this research work

Neuman believes that nursing is concerned with the whole person. The goal of nursing is to assist individuals, families, and groups in attaining and maintaining a maximal level of total wellness. The nurse assesses, manages, and evaluates client symptoms. Nursing focuses on the variables affecting the client's response to the stressor. Nursing actions are in the primary, secondary, and tertiary level of prevention. Primary prevention focuses on strengthening a line of defense through the identification of actual or potential risk factors associated with stressors. Secondary prevention strengthens internal defenses and resources by establishing priorities and treatment plans for identified symptoms, and tertiary prevention focuses on re-adaption. The principal goal in tertiary prevention is to strengthen resistance to stressors through client education and to assist in preventing a recurrence of the stress response.

METHODS

Research design

The research design used for this study is the descriptive survey. It asserts that descriptive survey involved the collection of data to accurately and objectively described existing phenomena. Studies that make use of this approach are employed to obtain a picture of the present condition of particular phenomena. It also described the descriptive survey as that which is directed towards its exists at the time of investigation.

Research setting

The area covered by this study is Cross River State of Nigeria. Cross River State is located in the South Eastern flank of the Federal Republic of Nigeria in what is known as the south-south zone, between latitude 5⁰32 and 4⁰27 north of the equator, and longitude 7⁰50 and 9⁰28 east of the Greenwich meridian.

Cross River State as it exists today consists of eighteen (18) local government areas namely; Abi, Akamkpa, Akpabuyo, Bakassi, Bekwarra, Biase, Boki, Calabar Municipality, Calabar South, Etung, Ikom, Obanliku, Obudu, Obubra, Odukpani, Ogoja, Yakurr and Yala.

According to the state ministry of lands and surveys, the state occupies a land mass of 23,074,425 square kilometers. The population has been estimated at about 2.6 million people by the states

planning commission and national population commission respectively. The state is bounded in the north by Benue State, in the south by the Atlantic Ocean, in the west by Akwa Ibom State and Abia State to the North West by Ebonyi State and to the east by the Republic of Cameroon. For proper supervision of health centres, the health centres and hospitals in the state are divided into three Educational Zone.

1. Southern Educational Zone
 2. Central Educational Zone
 3. Northern Educational Zone
- (2006, census).

Target population

The target population for the study consists of youth in Calabar Cross River States-Nigeria. The accessible populations for the study were youth in Calabar Cross River States-Nigeria. The total number of the accessible population is three hundred and twelve (312) boys from the four wards in Calabar Cross River States-Nigeria.
(Town Hall Register).

Sample and sampling technique

The study sample was made up of one hundred and seventy-five (175) youth in Calabar Cross River States-Nigeria. The samples size was determined using Yaro-Yamane's statistical formula and it was obtained as follows: the formular for sample size $n = \frac{N}{1 + N(e)^2}$

Where n = sample size

N = total population, 1 is a unit known as constant and "e" is the level of significance (0.05)

With the above formular

$N = 312$, $e = 0.05$

Thus sample size $n = \frac{N}{1 + N(e)^2}$

$$= \frac{312}{1 + 312(0.05)^2}$$

$$= \frac{312}{1 + 312(0.0025)}$$

$$= \frac{312}{1 + 0.78}$$

$$= \frac{312}{1.78}$$

$$= 175$$

Therefore, the sample size is =175. The researchers used the convenient (accidental) non probability sampling technique in selecting the subjects who meets the criteria of being a youth in Calabar Cross River States-Nigeria. On the spot retrieval of the instrument was done.

Reliability of the instrument

Test retest method is used on testing the reliability of the instrument. The instrument is first of all administered to ten (10) youth in Calabar cross river states on two occasions who were not part of the study. Using the Pearson Product Moment Correlation Coefficient Statistics (PPMCC) a correlation coefficient of 0.60 should be considered reliable to be used.

Ethical issues

Before commencing the study in the context of ethical perspective, permission was taken from the management of Calabar community, through the chief of the community. Explanations were given to the respondents especially on the purpose, significance and extent of the study. Participation was voluntary and no form of any punishment for refusing to participate. Absolute confidentiality was ensured through anonymity and non-extraction of identifiable variables.

Procedure for data collection

A self-structure questionnaire was used to obtain the information necessary to answer the research questions. Information obtained focuses solely on the societal variables and prevalence of substance abuse among youth in Calabar Cross River States. Data collection was done under five (5) days (Monday to Friday) from the hour of ten (10.am to 2pm daily).

Procedure for data analysis

Data that were collected were organized and analyzed using frequencies and percentages for the descriptive data, while the hypothesis were tested using the chi-square inferential statistical at 0.05 level of significance. Results obtained were presented in tables.

RESULTS

TABLE 1: Demographic indices of respondents

Variables	No. of respondents	Percentage	(%)
Age			
12-18	30	17.14	
19-25	85	48.57	
26 and above	60	34.29	
Total	175	100	
Gender			
Male	165	94.29	
Female	10	5.71	
Total	175	100	
Education			
No formal education	70	40	
Primary	50	28.57	
Secondary	45	25.71	
Tertiary	10	5.71	
Total	175	100	

Sources: Field survey, 2015.

The results in Table 4.1 shows that 30 (17.14%) of the total respondents were between 12-18 years, 85 (48.57%) were between 19-25 years, while 60 (34.29%) were 26 and above. For sex, 165 (94.29%) of the total respondents were male, 10 (5.71%) were female. Similarly, for educational level, the result in shows that 70 (40.00%) respondents had no formal education, 50 (28.57%) had their primary education, 45 (25.71%) had their secondary education and 10 (5.71%) had their tertiary education.

Research question one

What societal variable influences the prevalence of substance abuse among youth?

To answer this research question, question 1-7 section B was analyzed. The result of the analysis is presented in Table 4.2.

TABLE 4.2

Result on the factors influence usage of substance abuse among youth (N=175)

S/N	Item	Responses		
		A	D	Total
1	Poverty	100(57.14)	75(42.86)	175(100)
2	Unemployment	120(68.57)	55(31.43)	175(100)
3	Family Influence	95(54.29)	80(45.71)	175(100)
4	Peer Pressure	150(85.71)	25(14.29)	175(100)
5	Cultural factors	99(56.57)	76(43.43)	175(100)
6	Boosting confidence	160(91.43)	15(8.57)	175(100)
7	Health workers factors	50(28.57)	125(71.43)	175(100)

The result in Table 4.2 shows that 100 (57.14%) of the total respondents agreed that Poverty influences usage of substance abuse Indian hemp, while 75 (42.86%) disagreed. 120 (68.57%) agreed that Unemployment influences usage of Indian hemp, while 55 (31.43%) do not. 95 (54.29%) agreed that Family influence influences usage of Indian hemp; while 80 (45.71%) do not. 150 (85.71%) agreed that Peer pressure; while 25 (14.29%) do not. 99 (56.57%) of the total respondents agreed that Cultural factors influences usage of Indian hemp, while 76 (43.43%) do not. 160 (91.43%) agreed that Boosting confidences influences usage of Indian hemp, while 15 (8.57%) do not. 50 (28.57%) agreed that Health workers factors influences usage of Indian hemp; while 125 (71.43%) do not.

The result of the analysis, indicate that the percentage of agreement for all the items are higher than 50. This result therefore means that, there are factors influencing usage of Indian hemp among youth.

Research question two

What is the level of availability of the prevalence of substance abuse Indian hemp among youth in Calabar?

To answer this research question, responses to Item 8-16 of Section B of the questionnaire was analyzed using descriptive statistics of frequencies and percentages. The result is presented in

Table 4.3.

TABLE 4.3: Response of the respondents on the level of availability of Indian hemp among youth (N=175)

S/N	Item	Responses		
		A	D	Total
8	In the hospital	70(40.0)	105(60.0)	175(100)
9	By the Health workers	99(56.57)	76(43.43)	175(100)
10	Brought by friends	160(91.43)	15(8.57)	175(100)
11	Brought by relatives	130(74.29)	45(25.71)	175(100)
12	Seek out to get it from the neighborhood	140(80.00)	35(40.00)	175(100)
13	It is very cheap and affordable	165(94.29)	10(5.71)	175(100)
14	It is too expensive to get	58(33.14)	117(66.86)	175(100)
15	It is scarce	50(28.57)	125(71.43)	175(100)
16	It is readily available	170(97.14)	5(2.86)	175(100)

The result in Table 4.3 shows that 70 (40.00%) of the total respondents agreed that they got it in the hospital, while 105 (60.00%) do not. 99 (56.57%) agreed that it is by the health workers, while 76 (43.43%) do not. 160 (91.43%) agreed that there were brought by friends; while 15 (8.57%) do not. 130 (74.29%) of the total respondents agreed that they were brought by relatives, while 45 (25.71%) do not. 140 (80.00%) agreed that they seek out to get it from the neighborhood, while 35 (40.00%) do not. 165 (94.29%) agreed that It is very cheap and affordable; while 10 (5.71%) do not. 58 (33.14%) of the total respondents agreed that it is too expensive to get, while 117 (66.86%) do not. 50 (28.57%) agreed that it is scarce, while 125 (71.43%) do not. 170 (97.14%) agreed that it is readily available; while 5 (2.86%) do not.

The result of the analysis, indicate that the percentage of agreement for all the items are higher than 50. This result therefore signifies that the level of availability of substance abuse of Indian hemp among youth is significantly high.

DISCUSSION OF FINDINGS

Societal variable influencing prevalence of substance abuse among youths:

The result of the first research question revealed that poverty among other factors are responsible for usage of Indian hemp among youths. The findings of this study are in line with the view of Rudot, Abdo, & Muula (2007) who observed that poverty has been identified as being predominant among Indian hemp users, this is so because, it is mainly used in slump areas where the poor habitat lives. To further substantiate the claim, Schaffer library of drug policy states that ganja on

the other hand, is a potent, not very expensive among the populace, those who enjoyed it usually came from the lower classes.

Mookerjee (2014) also stated that drugs such as charas and ganja, along with opium and alcohol, are of a noxious quality, and produce a species of intoxication so extremely violent”, he further warned, “that they cannot be used without imminent danger to the individual as well as to the public. And that unemployment and lack of recreational activities, media. Although not identified as a factor in these patients, another important factor is the media. There is no restriction to advertisement of cigarettes and alcohol. People who smoke and drink are portrayed as sexy, manly and sophisticated. Also, even though Indian hemp is not advertised. It is glamorized and sensationalized in movies. All these make impression on the youth mind. Tobacco retailer density surrounding schools and cigarette access behaviour among underage smoking students (Donald, 2013)

Leatjherdele, & Strath (2007) also noted that unemployment also plays a role in Indian hemp usage among youth. As it is said “an idle mind is the devils workshop”. When people are poor and have nothing to do there is tendency for to be engaged in such activities. Difranza, Savageau & Fletcher (2009) also stated that socio cultural beliefs can shape the approach to and behaviour regarding substance use and abuse. Culture plays a central role in forming the expectations of individuals about potential problems they may face with Indian hemp usage..

Availability of substances abuse Indian hemp among youth

The result of this research question revealed that Indian hemp is always availability among youth. The findings of this study are in agreement with the view of Mookerjee (2014) who observed that Indian hemp otherwise called Igbo, Tafe or weed is the most common and readily available drug on the streets of Nigeria. Not only is it easy accessible in terms of availability, it is relatively cheap as a pinch of weed sells for only N50. This is arguably the most popular and most used drug among Nigeria youths. Indian hemp, now as common as sachet water can be easily purchased on the streets, bars and night clubs. It is also common to see several peddlers whistling for customers during musical concerts.

Difranza, Savageau, & Fletcher (2009) also noted that drug addiction has been known to cause mental illnesses in later stages. These range from anxiety, depression, phobia, psychosis, paranoia and grandiose delusions. Indian hemp is one of the psychoactive substances which act on the brain and damage it. A lot of mental illnesses are caused by psychoactive substances over time. This is dependent though on the quantity of drugs being consumed, the frequency of usage, the concentration of the drug, the purpose for which it was taken and the resilience of the drug user’s brain, because no two human beings are the same.

CONCLUSION

This study on substance abuse has been able to explain a great deal of defects that affect youths that predispose them to the use of Indian hemp in the society especially among psychiatry patients.

This research established that most parents have failed in their parental role towards their children causing them to have negative influences from their peers and friends of which they need to be guarded seriously. This has resulted to an increase in mental illness and social nuisance. Communication and parental observation on their children is also poor. The recommendations professed, if well comprehended and implemented will turn around the present dismal state and the incidence of substance abuse “Indian hemp” will be greatly reduced.

Recommendations

1. Patients should sincerely re-orientate their children on the adverse effect of substance abuse on their health, society and human dignity. Since charity they say begins at home.
2. The Ministry of Education (Federal and State) should as a matter of urgency add to their curriculum DRUG EDUCATION for both the primary and post primary schools in the country and they should always organize lectures, rallies, seminars and film shows for the Nigeria youths on the adverse effects of substance abuse.
3. National Drug Law Enforcement Agency (NDLEA) should also intensify their antidrug campaigns in order to have a drug-free society with a special focus in the Nigerian youths because they are future leaders of this great country in the back continent of Africa.
4. All form of government in Nigeria should interfere very fast in educating public about the spreading scourge of substance abuse among our youth through awareness programmes for the Nigerian youths in order to safe-guard their career in life.
5. Finally, the above suggested solutions through open to criticism will go a long way in critically correcting the over dependence of our youth on drugs for progress, unity and development of our country.

Suggestions for further research

A replication of this study should be carried out again covering the entire state.

This study could be carried out again on the variables that were not previously investigated in this study.

Implications for nursing practice

The overall finding obtained from the result revealed that Poverty influences usage of substances abuse, Unemployment influences usage of Indian hemp, Family influence influences usage of Indian hemp; Peer pressure; Cultural factors influences usage of Indian hemp, Boosting confidences influences usage of Indian hemp, that Health workers factors also influences usage of Indian hemp;

The result of the analysis, indicate that the percentage of all the items are higher than 50. This result therefore means that, there are factors influencing usage of Indian hemp among youth. However, this calls for intensive awareness creation on societal variables influencing the prevalence of substance abuse among youths in Calabar south local government area of cross river states -Nigeria. Also workshop and retraining on components of substances abuse should be conducted for nurses, patients, relatives, and the society at large in UCTH to update their knowledge and careful monitoring and supervision especially those admitted in the hospital in

order to improve on those observed weaknesses which posed as influence to usage of substance abuse Indian hemp, among youths

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