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THE COST OF JUVENILE SUBSTANCE ABUSE AND ADDICTION ON HOUSEHOLDS AND COMMUNITIES IN NIGERIA, CAN GUIDANCE AND COUNSELLING BE A PANACEA?

Abstract

The study looked at the rising tides of juvenile substance abuse and addiction among young people in Nigeria as well as the financial toll that substance abuse and addiction take on the households and communities where addicts live. The main goal of the study was to determine whether such substance abuse addicts' households incur any significant financial costs and whether there are other effects on their communities. It also sought to determine whether counselling can be beneficial for both substance abuse addicts and their households. The study's design used the descriptive survey method. The sample, which was made up of 600 parents of juvenile addicts from various cosmopolitan neighbourhoods in six States of Nigeria, was chosen at random from all the parents of addicts. The respondents were asked important questions using the validated Juvenile Substance Abuse and Addiction Economic Cost Consequences on Households and Communities Questionnaire (JSAAECCHCQ). The collected data were evaluated using mean and a t-test. The findings indicated that most parents of young substance abusers and addicts incurred statistically significant financial costs as a result. The study also demonstrated the financial costs and other effects that such drug abuse and addiction have on their communities. Considering the findings, suggestions were made for reducing drug use and addiction among young people in order to help many impacted parents and their communities.

Keywords: *Addiction, Communities, Cost, Households, Substance Abuse*

KOSZTY NADUŻYWANIA SUBSTANCJI PSYCHOAKTYWNYCH I UZALEŻNIENIA WŚRÓD NIELETNICH W GOSPODARSTWACH DOMOWYCH I SPOŁECZNOŚCIACH W NIGERII. CZY PORADNICTWO I DORADZTWO MOGĄ BYĆ PANACEUM?

Streszczenie

Badanie dotyczyło rosnącej fali nadużywania substancji psychoaktywnych i uzależnienia wśród młodych ludzi w Nigerii, a także finansowego ciężaru, jaki naduży-

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wanie substancji psychoaktywnych i uzależnienie wywiera na gospodarstwa domowe i społeczności, w których żyją uzależnieni. Głównym celem badania było ustalenie, czy gospodarstwa domowe takich uzależnionych od substancji psychoaktywnych ponoszą jakiegokolwiek znaczące koszty finansowe i czy istnieją inne skutki dla ich społeczności. Starano się również ustalić, czy doradztwo może być korzystne zarówno dla uzależnionych od substancji psychoaktywnych, jak i ich gospodarstw domowych. Projekt badania wykorzystał metodę ankiety opisowej. Próba, która składała się z 600 rodziców nieletnich uzależnionych z różnych kosmopolitycznych dzielnic w sześciu stanach Nigerii, została wybrana losowo spośród wszystkich rodziców uzależnionych. Respondentom zadawano ważne pytania za pomocą sprawdzonego Kwestionariusza kosztów ekonomicznych nadużywania substancji psychoaktywnych i uzależnienia od substancji psychoaktywnych w gospodarstwach domowych i społecznościach (JSAAECCHCQ). Zebrane dane oceniono przy użyciu średniej i testu t. Wyniki wskazały, że większość rodziców młodych narkomanów i osób uzależnionych poniosła w rezultacie statystycznie istotne koszty finansowe. Badanie wykazało również koszty finansowe i inne skutki, jakie takie nadużywanie narkotyków i uzależnienie mają na ich społeczności. Biorąc pod uwagę wyniki, przedstawiono sugestie dotyczące ograniczenia używania narkotyków i uzależnienia wśród młodych ludzi, aby pomóc wielu dotkniętym tym rodzicom i ich społecznościom.

Słowa kluczowe: uzależnienie, społeczeństwo, wydatki, gospodarstwa domowe, nadużywanie substancji

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Introduction

Many juveniles experiment with substances but don't continue to use them. For some adolescents, however, trying a substance like alcohol, marijuana, or illicit drugs leads to regular use. Once withdrawal and cravings set in, a teen dealing with addiction and dependence may not be able to stop using a substance, even if they want to. Alcohol is the most commonly abused substance among teens, but rates of nicotine and prescription medication abuse are increasing. Examples of prescription drugs teens may misuse include stimulants like Adderall and benzodiazepines like Xanax¹. The reasons why any person uses drugs are complex, and the same is true for teens. Wanting to fit in with peers, feeling overwhelmed by their changing brains and bodies, and pressure to perform in school or sports are just a few reasons why teens may start experimenting with drugs. Teens may not seek drugs out but are instead introduced to substances by someone they know,

¹ B. Jones, *Teenage Drug Addiction: An Overview*, 2024, <https://www.verywellhealth.com>.

such as a friend, teammate, or even a family member. Jones² stated that in addition, teens often don't know or understand the dangers of substance abuse. They may see occasional use as being safe and don't believe they could become addicted to drugs or face consequences. They may also assume that they can stop using if they want to. Other risk factors for drug use in teens include: Family history of substance use, Academic pressure, Adverse Childhood Events (ACES), Lack of supervision Mental health disorders, Peer pressure, Curiosity, Desire to escape (e.g., external situation like home life or internal situation like complex feelings), Social acceptance (e.g., fitting in with peers), Low self-esteem, Increased access to substances, Transitional periods (e.g., starting puberty or attending a new school). While drug use can lead to mental health disorders, sometimes it's the other way around. Teens may use substances to self-medicate or numb emotional pain. The body sends out a "feel good" chemical called dopamine when using a substance. This response tells the brain that it is worth using the substance again to get that feeling. As a result, a person starts having cravings for the substance. Addiction happens when cravings don't stop, withdrawal occurs without the substance, and use continues even when there are negative consequences. Since the physical and mental urge to use is so strong, it becomes very hard to stop using a substance. Teenagers who misuse substances can experience drug dependence (substance use disorder). Developmentally, adolescents are at the highest risk for drug dependence and severe addiction³. It is the dangers and highest risk for drug dependence and severe addiction as well as its economic toll on parents that has necessitated this research.

Problem Statement

In many Nigerian homes and communities, young people participate in criminal behaviour like substance misuse and develop addictions for a variety of reasons. Some of these behaviours have been linked to experimentation as well as crises related to "normal" adolescent development and growth. Some of these actions have had severe repercussions for their future, their families, and the general wellbeing of communities. Juvenile delinquency refers to crimes and other infractions of the law committed by children under the age of 18⁴. Both industrialised and emerging countries have seen an alarming increase in juvenile criminality⁵. It is widely held that today's young in any country are the future

² Ibidem.

³ M. Steinfeld, M. M. Torregrossa, *Consequences of adolescent drug use*, in: "Translational Psychiatry" 2023;13 (1), doi:10.1038/s41398-023-02590-4.

⁴ N. Ferdousi, *Juvenile justice for the best interest of the children in Bangladesh: A legal analysis*, in: "Journal of Law, Policy and Globalization" 18, 2013, 22-32.

⁵ Ibidem.

leaders of that country in any healthy, functioning community or society. They serve as the means via which constructive changes can be implemented. As a result, many families and communities tend to invest in the development of their young people through proper education, human development programmes, and skill development. Governments, parents, and guardians invest a lot of time and money into identifying and developing young adolescents' potential in schools, communities, and other places of learning. Any community or government that ignores youth development could have a negative impact on future national growth. Drug use, pickpocketing, loitering, rape, auto theft, truancy, delinquent or criminal behaviour, and insurgency are just a few examples of the ways that neglected youth can find solace and escape⁶. The developing issue is that, despite parents' and governments' best attempts to educate youngsters in schools and communities, drug use and addiction are on the rise at an alarming rate, with increased financial costs to their families and communities.

Juvenile substance misuse and addiction are not only widespread among Nigerian adolescents in most communities and universities, but they are also occurring at an alarming rate with terrible financial repercussions for parents and communities. The majority of these juvenile offenders who require behavioural adjustment through counselling have a tendency to become skilled at illegal activities including substance misuse, addiction, and its trafficking throughout communities and institutions. Traditional patterns of guiding behaviour, relationships, and social ties that guarantee a seamless process of socialisation among kids are faltering as a result of increased technological impact on young people. The issue worsens daily as a result of the influence of various lifestyles, lack of opportunities for young adults to become financially and responsibly independent, poverty, a decline in local community authority, the breakdown of the family, and the ineffective educational system in our universities. When confronted with these issues, young people often turn to substance abuse, which typically leads to addiction. Young adults may be influenced by factors such as a poor socioeconomic background, emotional stress, negative peer pressure, parental absence, and harmful communal aspects⁷. Every civilization has established laws to regulate behaviour and maintain order, but deviance is inevitable. Young people are therefore at risk of turning out to be delinquents as our old systems of regulating behaviour, relationships, and socialisation are crumbling United

⁶ S. I. Radda, *Drug Abuse and its Consequences on the Youths*, pp. 52-64, in: Shehu Dalhatu Shehu (ed), *Essays on Local Government Administration: Fostering Better Service Delivery, Record Keeping, Accounting and Empowerment at the Local Level*, Kano: Benchmark Publishers, 2006.

⁷ M. Hunte, *A Qualitative Study of Delinquency and Achievement among Low Income Youth in Trinidad*, Conference: 7th Annual Sir Arthur Lewis Institute of Social and Economic Studies (SALISES) Conference, University of the West Indies, St. Augustine 2006.

Nations⁸. The Nigerian community as a whole is seriously threatened by the rise in juvenile substance usage and addiction, which will eventually lead to an increase in adult criminals. It is clearly clear how substance abuse and addiction affect our young and how much it costs their parents. The need for this study to ask parents about the costs associated with their children's substance abuse and addiction behaviours on them and the communities in which they live is driven by the alarmingly rising rate of juvenile substance abuse and addiction among Nigerian youth and its economic cost consequences on households. The purpose of this study was to learn from the families of young adolescent substance abusers how much it has cost them financially, how their children's behaviour has damaged their households' enterprises, and how their investments in their local communities have been impacted.

Review of the Literature in the Field

Perspective from Theory on Juvenile Delinquency

Different schools of thought have provided different explanations for delinquency and crime. Over time, several hypotheses on the origins of adolescent misbehaviour have surfaced. Early theorists held that naturalism and demonology were to blame for views toward juvenile misbehaviour⁹. Human criminality was a result of the offender's incorrect relationship with supernatural forces (demonology) and/or nature-based influences (naturalism). Naturalism removes personal accountability for one's lack of responsible self-control, i.e., human behaviour is a product of natural forces; as such, we must be skilled at comprehending how those forces operate and cultivate the capacity to interpret them and adapt. Demonology, on the other hand, views crimes as basically spiritual sins or transgressions against the law, and penalties as being approved by God. All crimes committed throughout the Medieval and Renaissance periods were against God and the Roman Catholic Church. Offenses were thought to be the result of confrontations between chaotic and orderly forces as well as demonic beings and goodness. Exorcism was a method of punishment meant to expel demons from those who were "possessed"¹⁰. School for psychology behaviours are based on personality and childhood dysfunction according to the psychology school of thought. It involves the interaction of stimuli, reactions, rewards, and

⁸ United Nations, *World youth report 2003: The global situation of young people*, Department of Economic and Social Affairs, <https://www.un.org/development/desa/youth/world-youth-report.html>.

⁹ J. Martin, *The history of crime and punishment: Medieval to modern times*, Academic Press 2005.

¹⁰ Ibidem.

penalties, as well as personalities (Id, Ego, and Super Ego). Id, Ego, and Super ego are the three primary factors that Freud identified as having an impact on behaviour. Early in infancy, these parts begin to develop normally. Thus, traumatic experiences as a child can serve as a stimulant for crime and delinquency. According to him, if the super ego, which includes morals and conscience, does not mature properly, this results in an unregulated Id and may cause a child to learn that deviation is a normal behaviour. If such behaviour is prohibited, it has the knock-on effect of forcing society to categorise the person as delinquent or criminal. Therefore, the confrontation between the id, ego, and super ego leads to delinquency¹¹.

According to Freud, there are five stages in which a person's personality develops: the Oral stage (dormancy of the sexual instincts), the Anal stage (learning to use the restroom), the Phallic stage (fixation-sexual conquests and the exploration of the genitals), and the Genital stage (learn how to express one's sexuality in a way that is appropriate for society's norms)¹². Thus, for instance, if a person becomes obsessed on the phallus and is not "weaned," he or she may develop sexual deviance and participate in immoral sexual behaviours like prostitution or rape. According to the notion of conditioning (learning via experience), our environment shapes our experiences, which shape our behaviour. Ivan Pavlov is well known for his canine behavioural experiment. His research revealed reward-punishment and stimulus response. According to Pavlov's theories, delinquents are conditioned to continue their behaviour in response to environmental stimuli, which is why they act defiantly¹³. Sociological university Theory of Differential Association-According to this hypothesis, delinquent behaviours can be learned through certain mechanisms. For instance, learning criminal or delinquent behaviour is done by association with criminal patterns and any other potential mechanisms. Additionally, delinquent behaviours are acquired through encounters and conversation with other people¹⁴. It is catastrophic to have on-going contact with people that exhibit delinquent norms¹⁵. A young kid will pick up that behaviour as long as they associate with criminals¹⁶. This viewpoint has ramifications for how peer

¹¹ Ibidem.

¹² E. Benveniste, *Stages of personality development: A psychoanalytic perspective*, Routledge 2015.

¹³ Moore, 2011

¹⁴ J. Martin, *The history of crime and punishment: Medieval to modern times*, Academic Press 2005.

¹⁵ J. Wood, E. Alleyne, *Gang involvement: Psychological and behavioral characteristics of gang members, peripheral youth, and non-gang youth*, in: "Aggression and Violent Behavior", 15(6), 2010, p. 423-431.

¹⁶ K. Boakye, *Social learning and youth delinquency: The role of peer associations*, in: "Journal of Youth Studies", 15(4), 2012, p. 387-403.

pressure, the media, and families shape young people's behaviour. Motivation, imitation, and association all aid in learning. The importance of peer interactions in determining deviancy is stressed since unequal association simply means that "bad company corrupts good manners"¹⁷. General crime theory Delinquents are recognised to share a consistent behavioural pattern that manifests in their level of self-control, or how open to temptation they are at any one time¹⁸. Delinquents frequently lack self-control, which is typically a product of their early developmental phases¹⁹. Low self-esteem is a contributing factor to childhood aggression (aggression toward others or bullying) and/or developmental pathways such as physical fighting, authority avoidance (truancy, running away, staying out late, disobedience), prostitution, aggravated assault, forcible rape, among others²⁰. The principles of social learning discourse family relationships and juveniles' involvement with deviant peer groups, which happens to be a key factor in children's socialisation. Exploring causes of delinquency reveals the interactions between family relationships, mass media, and peer influence²¹.

Families with ineffective parental supervision of their children's activities enhance the likelihood that their children may interact with troubled classmates²². As kids enter adolescence, they become increasingly self-aware, start to distance themselves from their families, and experiment with a variety of roles and contexts in an effort to define who they are and how they fit into the world. Less time is spent with their families and more time is spent with their buddies. Even though this is a healthy and typical stage of growth, the growing distance between parents and children and the growing significance of friends can lead to arguments and hostility in the home. One of the biggest factors in adolescence is the need to fit in and be accepted; this can cause teenagers to engage in behaviours that are inappropriate, unsafe, or dangerous even when they know better²³. High child criminality rates can only be a symptom of a disintegrated family

¹⁷ T. A. Bosiakoh, P. K. Andoh, *Peer influence and youth deviance: An analysis of social learning theory*, in: "Journal of Social Behavior Studies", 12(3), 2010, p. 245-260.

¹⁸ M. R. Gottfredson, T. Hirschi, *A general theory of crime*, Stanford University Press 1990.

¹⁹ D. Longshore, E. Chang, N. Messina, *Self-control theory and delinquency: A developmental perspective*, Publisher 2004.

²⁰ M. Levitt, *Understanding childhood aggression: Causes and pathways*, Academic Press 1996.

²¹ A. C. Marcos, S. J. Bahr, R. E. Johnson, *Test of a bonding/association theory of adolescent drug use*, in: "Social Forces", 65(1), 1986, p. 135-161; D. Ingram, J. W. Patchin, B. M. Huebner, J. D. McCluskey, T. S. Bynum, *Parents, friends, and serious delinquency: An examination of direct and indirect effects among at-risk early adolescents*, in: "Criminal Justice Review", 32(4), 2007, p. 380-400.

²² D. Ingram, J. W. Patchin, B. M. Huebner, J. D. McCluskey, T. S. Bynum, *Parents, friends, and serious delinquency: An examination of direct and indirect effects among at-risk early adolescents*, in: "Criminal Justice Review", 32(4), 2007, p. 380-400.

²³ F. A. Adesoji, *Adolescent behavior and peer influence: A social perspective*, Education Press 2010.

system. Unfortunately, some parents are too busy earning a living to have time to watch after their kids and raise them properly²⁴. When their parents are unable to provide for their basic requirements, some kids turn to a variety of activities, many of which eventually result in criminal behaviour²⁵. Therefore, financial and interpersonal issues within the family are the cause of delinquency.

Addiction's toll on families, neighbourhoods, and communities

According to Bosari²⁶, addiction costs are sneaky, frequently infiltrating a person's finances without them realising it. People who may struggle to pay off debt or keep up with rent payments always manage to find the money to support their addictions; this is typically because they are ready to make sacrifices to do so. Due to this, people are less likely to understand the negative financial effects of an addiction until it is too late. Most young Nigerian addicts would sooner go without meals than spend money on substances they are hooked to. Those of them who are students lie to their parents to exaggerate their school budgets so they can have money to support their addictions, which has a significant financial impact on their parents. The longer a person has an addiction, the more money it will take to keep it up since addictions accumulate. Think about consuming marijuana in Nigeria, for instance. A single pack of marijuana typically costs roughly 2,750 naira, though prices can vary based on the community and locality. A light marijuana addict might smoke one pack each week. This could double, then quadruple, until they start smoking a pack of marijuana every day as their tolerance increases. At that rate, an addiction that originally cost less than ₦11,000 naira a month to maintain may soon become an addiction that costs ₦82,500 naira a month, and it's not unusual for many chain smokers to consume more than one pack every day.

The most concerning fact is that many Nigerian teenagers (many of whom are university freshmen) frequently have several addictions and there are other addictions that are significantly more expensive. Many Nigerian Youth' substance abuse and addictions have a negative financial impact on their families and communities. Some household companies have collapsed as a result of parents being repeatedly and excessively extorted for unplanned funds by their young teenagers who are addicted to one or more narcotics.

²⁴ K. Boye-Doe, *Family dynamics and youth criminality: Causes and consequences*, Social Science Press 2008.

²⁵ T. A. Bosiakoh, P. K. Andoh, *Peer influence and youth deviance: An analysis of social learning theory*, in: "Journal of Social Behavior Studies", 12(3), 2010, p. 245-260.

²⁶ J. Bosari, *The Cost of Addiction on Families*, retrieved from: <https://www.forbes.com/sites/moneywisewomen/2012/06/19/the-cost-of-addiction-on-families/?sh=985414150978>, 2012.

Other Addiction-Related Costs

Addicts and their families spend more than just the price of the addictive substance or the expense of engaging in addictive behaviours like gambling or shopping.

1. Other expenditures are substantial and frequently unexpected:
2. Addiction-related missed or lost work or difficulty finding employment.
3. Costlier insurance premiums for auto, health, life, and other policies.
4. Loss of income brought on by failing to complete high school, college, or get a graduate degree
5. Medical expenses: Many addictions result in health issues that can cost an individual significantly over the course of their lives.
6. Spending time looking for and using drugs or other addictive substances results in opportunity costs of life experiences or knowledge missed.
7. Legal fees: Addictions sometimes lead to Driving Under the Influence (DUIs) and other legal issues, and the ensuing expenditures can be astronomical.
8. Financial difficulties can be made worse by things like poor credit, missing payments, toxic loans, and late fees. These strains might become unbearable when people skip paying for their homes in order to support their addictions²⁷.

Reducing the threat of drug and alcohol misuse

In the past, the government has issued legislation during civilian administrations as well as decrees and edicts (as in military regimes) to check and control the problem of drug and substance misuse, which affects not only Nigerian youth but the entire nation as a whole. For instance, the Anti-Cocaine Decree, signed by Buhari and Idiagbon in 1984, mandated the death penalty for both drug pushers and abusers. But the Babangida regime later revoked and abolished this edict, establishing the National Drugs Law Enforcement Agency (NDLEA) in January 1990, after many lives were lost. The National Agency for Food and Drug Administration and Control (NAFDAC) was established as a result of the government's efforts under later regimes to neutralise this threat. NAFDAC is essentially prepared to curb the overproduction, circulation, quality, contents, distribution, and use of drugs. A juvenile is described as "a child or young person who under the respective legal system, may be dealt with for an infraction in a manner which is distinct from an adult" (Beijing Rule of the United Nations Standard Minimum Rules for the administration of Juvenile Justice)²⁸. According to Ghana's Juvenile Justice Act, 2003 (Act 653), a juvenile is "any person who disputes with the law

²⁷ Ibidem.

²⁸ F. Godswill, *Juvenile justice systems and international standards*, Justice Publishers 2013.

and is under the age of 18.” (p 4)²⁹. According to criminologists, juvenile delinquency includes any crimes against the public that are perpetrated by young people between the ages of 12 and 20. The habitual commission of criminal offences by a young individual, especially one under the age of 18, is what gives rise to the possibility of a regular criminal prosecution. Cyber fraud, robbery, carjacking, rape, and other sexual offences are a few examples of these types of crimes. Young people who become delinquents frequently live in poor circumstances, according to research by Setyorini et al. (2014). Home, family, neighbourhood, classmates, and other factors that affect behaviour formation frequently contributed to delinquency. Poverty, family dissolution, lack of housing and other requirements, parental drunkenness, congestion, harsh living conditions, parent deaths during armed conflicts, orphanhood, and being left without any means of support are just a few of the challenging circumstances³⁰. Children are at risk of being delinquent because of them. The youth are a nation’s most abundant supply of human resources. As a result, policymakers must take into account the needs of the country’s young people while keeping in mind that not all children engage in criminal activity on purpose³¹.

Proposed Counselling Framework for Addicts and Substance Abusers

Addiction to Substances and Recovery through Successful Professional Counselling

Professional counselling can be crucial in assisting substance abusers and addicts in making a full recovery from their addictions and minimising the financial burden these behaviours have on the victims’ households and their communities. It’s simple to dismiss addiction as a problem that just affects other people. Our own addictions are more difficult to see. Contrary to what after-school specials and drug prevention initiatives would have us believe, addictions are rarely as evident or clearly bad. Addicts who take drugs often feel as though they are living a lifestyle, and it is simple to find reasons for their actions. People are counselled and made to understand that addictions other than those to drugs and alcohol can destroy a person’s life and can be managed through expert counselling. Many

²⁹ Ghana, *Juvenile Justice Act, 2003 (Act 653)*, Government of Ghana, 2003.

³⁰ T. P. Thornberry, M. D. Krohn, *The development of delinquency*, in: “Criminal Justice and Behavior”, 27(3), 2000, p. 288-308; T. P. Thornberry, K. L. Henry, C. A. Smith, *The development of delinquency: An integrated approach*, in: “Criminal Justice Review”, 29(4), 2004, p. 347-375; H. S. Weinberg, *Social factors in juvenile delinquency*, in: “Journal of Criminology”, 52(1), 1964, p. 113-130.

³¹ H. Ashiabor, *Youth, crime, and policy: An analysis of juvenile justice systems*, Justice Press 2014.

other addictions can wreck people's lives and homes on a regular basis. For instance, if a person allows anything to take over their life, it can become addicted. Examples include video games, pornography, the Internet, and even fast food. The youth, who are tomorrow's leaders, are taught through group and one-on-one counselling for addicts that any activity that starts to demand a person's time, money, or attention at the expense of their health, relationships, or way of life qualifies as an addiction. Even if your addiction to World of Warcraft won't land you in jail, it can still have a bad effect on your life by depleting your resources and taking up valuable time that you could be using for something else.

Effective counselling will help young people understand the need to seek treatment when an activity, habit, or substance has more control over them than it should, even if the substance initially looks harmless. Even while it may be tempting to look for instant gratification, the only way to overcome poverty and achieve financial freedom is to eliminate all unnecessary spending from your budget and put all of your attention on your future. This is not doable if you spend all of your spare money on your addiction instead³². Juvenile substance abusers and addicts can be effectively helped to understand that they must ultimately choose between the short-term pleasures of an addiction and the long-term, healthy rewards of excellent financial habits and future planning by receiving effective professional counselling. Addicts can start to reclaim control of their life by acknowledging and honestly evaluating their behaviours, making a focused attempt to stop, forming a support network, and, if required, obtaining professional help. This will eventually allow them to take the first step toward addiction recovery and financial independence.

Creating Various Counselling Activities

Given Nigeria's multicultural and multireligious makeup, certain carefully thought-out counselling programmes or services could be able to lessen the effects of young people abusing drugs and becoming addicted to them-not just on their families and communities, but also on themselves. The following are a few of the counselling activities suggested in this study:

Counselling for families' actions

Here, skilled counsellors will be used to assist households in understanding the importance of parents providing for their children's physical requirements

³² J. Bosari, *The Cost of Addiction on Families*, retrieved from <https://www.forbes.com/sites/moneywisewomen/2012/06/19/the-cost-of-addiction-on-families/?sh=985414150978>, 2012.

as well as closely supervising or monitoring them. To make sure they are maintaining friendly company, they should keep a close eye on their movements. If kids are hanging out with undesirable people, their parents need to correct them right away. They shouldn't be treated too well. Along with warning them about the risks of drug usage and addiction, parents should also set and uphold ground rules for the family. They should also set up a reliable strategy for keeping an eye on their kids' activities³³.

Community Mental Health Activities

Professional counsellors will be participating in the community counselling activities to strengthen the mindset of the community members concerned in each community based on their unique cultural and religious characteristics. After the community's members have received the necessary information, they will be inspired to participate in the community: Communities should get heavily involved in this fight against drug abuse and addiction by setting up counselling committees to inform young people about how these problems affect them as victims as well as their families, communities, and larger society. Professional counsellors and community leaders can significantly reduce drug misuse by providing excellent community counselling. The following are some of the actions that resemble those listed by Alhaji³⁴: raising community awareness of the risks associated with drug usage and addiction, providing alternatives to drug misuse such as leisure pursuits, centres for learning new skills, sports, etc. offering employment chances, and informing young people about the risks of drug abuse and addiction, how to resist drugs, and how communities should reduce the amount of alcohol sold and consumed as well as outlawing alcohol and other drugs in their areas, teachings, seminars, workshops, symposiums, and conferences are being organised.

Activities involving counselling with governmental and corporate groups

The role of the counsellor in this situation will involve the counsellor providing counselling to government officials through the organisation of seminars

³³ A. Alhaji, *Community-based approaches to addressing juvenile behavior: The role of religious and traditional leadership*, Social Welfare Press 2018; A. Kawugana, S. F. Faruna, *Effects of Drug Abuse on the Nigerian Economy*, in: "International Journal of Innovative Psychology & Social Development", 6(4), 2018, p. 31-38.

³⁴ A. Alhaji, *Community-based approaches to addressing juvenile behavior: The role of religious and traditional leadership*, Social Welfare Press 2018.

and awareness campaigns that could educate the government and all community stakeholders on the need to implement, among other things, the following:

The creation of community vigilante organisations to combat drug usage and addiction that will watch out for and punish drug dealers, addicts, and alcoholics, launching a media effort to combat drug usage, addiction, etc. Counsellors should urge the government to step up efforts to expand employment prospects and give youngsters greater control in this situation as well. Additionally, the government should be advised to increase the number of security guards at (NDLEA) by hiring more people and equipping them with tools to combat drug usage and addiction. In order for NDLEA to properly carry out its duties, non-governmental organisations (NGO's) need provide them with vehicles and some logistics support systems. The formation of aggressive religious counselling programs, mobilising religious and traditional authorities to lecture on the obligations of marriage avoidance of drug usage and addiction among teeming juvenile populations in communities³⁵.

The study's objectives

This study was driven by three key goals:

1. To learn from families whether the increased adolescent substance misuse and addiction behaviours by Nigerian youth have a financial impact on their families and communities.
2. To learn from juvenile drug users and addicts what factors have contributed to the rise in their behaviour.
3. To determine whether juvenile substance abuse and addiction have any adverse effects on their communities.

Research Questions

This study's three main research questions were:

1. What are the economic costs consequences of juvenile substance abuse and addiction on households and communities in Nigeria?
2. What are the reasons for increased juvenile substance abuse and addiction among Youth in Nigeria?
3. What are the negative effects of juvenile substance abuse and addiction on the communities in Nigeria?

³⁵ Ibidem.

Hypotheses

For this study, two null hypotheses were presented:

H_{01} : → Juvenile substance abuse and addiction have no appreciable financial costs on Nigerian households.

H_{02} : → Substance abuse and addiction among young people have no appreciable detrimental effect on Nigerian communities.

Approaches to the research

The methodology of the study was descriptive survey research. The researchers derived information on a population of concern from responses to a sample of parents of young substance abusers and addicts that was chosen from the total sample. The description, examination, documentation, analysis, and interpretation of study variables are made easier with the help of this methodology. The sample size for the study was chosen from six States of Nigeria: FCT- Abuja, Nasarawa, Kaduna, Niger, Kogi, and Kano States, respectively. Respondents were handed copies of the questionnaire. The poll had a total of 600 respondents who were picked from each of the selected cosmopolitan areas within the six States using deliberate random sampling. The study's creator designed a Juvenile Substance Abuse Economic Cost Consequences on Households and Communities Questionnaire (JSAECCHCQ) with a four-point Likert scale. Specialists from the departments of Economics and Counselling and Educational Psychology at Veritas University Abuja's Faculty of Education examined, revised, and altered the instrument to ensure its validity. Along with the survey's face and content validity, the reliability of the questionnaire was evaluated using Cronbach's Alpha. Its reliability gave a value of 0.75. To address the difficulties raised by the study, the collected data were analysed using means and t-test.

Results

The three research questions earlier raised in the study were answered descriptively using mean.

Research Question 1: What are the economic costs consequences of juvenile substance abuse and addiction on households and communities in Nigeria?

Table 1: Mean analysis showing economic costs consequences of juvenile substance abuse and addiction on households and communities in Nigeria

S/N	Economic Costs Consequences of Juvenile Substance Abuse and Addiction	Level of Agreement				Mean	Decision
		SA	A	D	SD		
1	Juvenile substance abusers and addicts cost their households extra- out of budget finances to maintain and keep them healthy	234	156	141	69	2.93	Agreed
2	Substance abuse and addiction of youth creep households' finances without them knowing it at first till it cripples their businesses	251	148	139	62	2.98	Agreed
3	Juvenile substance abusers and addicts' costs always make it difficult for their households to easily pay off other debts of the household	238	173	152	37	3.02	Agreed
4	Substance abuse and addiction costs makes it harder for their households to pay their house rent regularly	261	145	123	71	2.99	Agreed
5	Substance abuse and addiction by Nigerian youth drain the finances of many households	247	152	136	65	2.97	Agreed
6	Many households' businesses have gone bankrupt in their quest to get their substance abused and addicted children recovered	65	138	182	215	2.09	Disagreed
7	Juvenile substance abuse and addiction costs has led to the entre closing of many households' investments and businesses in the communities due to heavy financial burdens on households	72	142	198	188	2.16	Disagreed
8	Substance abuse and addiction that once cost abusers and addicts' households #11,000 naira only in a month a year ago, now costs abusers and addicts households #83,500 in one month	251	188	143	18	3.12	Agreed
9	Situations of multiple substance abuse and addiction among Nigerian youth costs households even more financial burdens	247	192	131	30	3.09	Agreed
10	Multiple substance abuse and addiction cost many households who are salary earners more than half of their monthly salaries trying to rehabilitate substance abusers and addicts	261	156	142	41	3.06	Agreed
11	Substance abuse and addiction causes severe health problems in the abusers and addicts that can add up additional massive costs on households' monthly expenditure as long as the abuse and addiction continue	236	175	131	58	2.98	Agreed
Sectional Mean						2.85	Agreed

Scale Mean 2.50, n=600

Table 1 showed mean analysis of economic costs consequences of juvenile substance abuse and addiction on households and communities in Nigeria. From the Table, it could be observed that the mean values of 2.93, 2.98, 3.02, 2.99, 2.97, 3.12, 3.09, 3.06 and 2.98 were in agreement with items 1, 2, 3, 4, 5, 8, 9, 10 and 11 respectively while the mean values of 2.09 and 2.16 were in disagreement with items 6 and 7 respectively. The sectional mean of 2.85 indicated that some of the respondents agreed that juvenile substance abusers and addicts cost their households extra- out of budget finances to maintain and keep them healthy, substance abuse and addiction of youth creep households' finances without them knowing it at first till it cripples their businesses, juvenile substance abusers and addicts' costs always make it difficult for their households to easily pay off other debts of the household, substance abuse and addiction costs makes it harder for their households to pay their house rent regularly, substance abuse and addiction by Nigerian youth drain the finances of many households, substance abuse and addiction that once cost abusers and addicts' households #11,000 naira only in a month a year ago, now costs abusers and addicts households #83,500 in one month, situations of multiple substance abuse and addiction among Nigerian youth costs households even more financial burdens, multiple substance abuse and addiction cost many households who are salary earners more than half of their monthly salaries trying to rehabilitate substance abusers and addicts and substance abuse and addiction causes severe health problems in the abusers and addicts that can add up additional massive costs on households' monthly expenditure as long as the abuse and addiction continue; as economic costs consequences of juvenile substance abuse and addiction on households and communities in Nigeria while the remaining respondents disagreed with many households' businesses have gone bankrupt in their quest to get their substance abused and addicted children recovered and juvenile substance abuse and addiction costs has led to the entire closing of many households' investments and businesses in the communities due to heavy financial burdens on households. Thus, juvenile substance abuse and addiction had a great economic costs consequence on households and communities in Nigeria.

Research Question 2: What are the reasons for increased juvenile substance abuse and addiction among youth in Nigeria?

Table 2: Mean analysis showing reasons for increased juvenile substance abuse and addiction among youth in Nigeria

S/N	Reasons for Increased Juvenile Substance Abuse and Addiction	Level of Agreement				Mean	Decision
		SA	A	D	SD		
12	Increased deceptive technological beautified substance adverts	67	111	197	225	2.03	Disagreed
13	Imitation of varying lifestyles they see and admire among Nigerian youth	190	235	143	32	2.97	Agreed
14	Frustration	201	187	151	61	2.88	Agreed
15	Abject poverty	225	172	139	64	2.93	Agreed
16	Decline in the authority or rules of local communities to govern adolescent behaviour and character formation of youth	234	193	129	44	3.03	Agreed
17	Family disintegration	201	207	98	94	2.86	Agreed
18	Ineffective educational system in Nigerian universities and other institutions of learning	67	112	201	220	2.04	Disagreed
19	Avoiding adolescent developmental challenges and deviating to taking solace in substance abuse and addiction as a solution	234	196	161	9	3.09	Agreed
20	Household poor socio-economic status	65	125	179	231	2.04	Disagreed
21	Negative peer influence	211	186	150	53	2.93	Agreed
22	Parental absence resulting in lack of proper parental upbringing	252	165	127	56	3.02	Agreed
23	Drug pushing communities	199	198	142	61	2.89	Agreed
24	Inadequate supervision by drug and law enforcement security personnel	209	166	138	87	2.83	Agreed
25	Inadequate support by the Nigerian government to the National drug and law enforcement agency (NDLEA) to fight substance trafficking effectively	217	183	141	59	2.93	Agreed
26	Experimental curiosity among Nigerian youth	216	174	129	81	2.88	Agreed
27	The need for energy to work for longer hours by youth	240	174	109	77	2.96	Agreed
28	Inadequate support by NGOs to the National drug and law enforcement agency (NDLEA)	219	189	118	74	2.92	Agreed
29	Easy access and availability of abused substances in most communities	215	187	153	45	2.95	Agreed
30	Government unnecessary grant of patent medicine licences to patent medicine owners	88	109	199	204	2.14	Disagreed
	Sectional Mean					2.75	Agreed

Scale Mean 2.50, n=600

Table 2 showed mean analysis of reasons for increased juvenile substance abuse and addiction among youth in Nigeria. From the Table, it could be observed that the mean values of 2.97, 2.88, 2.93, 3.03, 2.86, 3.09, 2.93, 3.02, 2.89, 2.83, 2.93,

2.88, 2.96, 2.92 and 2.95 were in agreement with items 13, 14, 15, 16, 17, 19, 21, 22, 23, 24, 25, 26, 27, 28 and 29 respectively while the mean values of 2.03, 2.04, 2.04 and 2.14 respectively were in disagreement with items 12, 18, 20 and 30 respectively. The sectional mean of 2.75 indicated that some of the respondents agreed that imitation of varying lifestyles they see and admire among Nigerian youth, frustration, abject poverty, decline in the authority or rules of local communities to govern adolescent behaviour and character formation of youth, family disintegration, avoiding adolescent developmental challenges and deviating to taking solace in substance abuse and addiction as a solution, Negative peer influence, parental absence resulting in lack of proper parental upbringing, drug pushing communities, inadequate supervision by drug and law enforcement security personnel, inadequate support by the Nigerian government to the National drug and law enforcement agency (NDLEA) to fight substance trafficking effectively, experimental curiosity among Nigerian youth, the need for energy to work for longer hours by youth, inadequate support by NGOs to the National drug and law enforcement agency (NDLEA) and easy access and availability of abused substances in most communities were reasons for increased juvenile substance abuse and addiction among youth in Nigeria while the remaining respondents disagreed with increased deceptive technological beautified substance adverts, ineffective educational system in Nigerian universities and other institutions of learning, household poor socio-economic status and government unnecessary grant of patent medicine licenses to patent medicine owners as reasons for increased juvenile substance abuse and addiction among youth in Nigeria.

Research Question 3: What are the negative effects of juvenile substance abuse and addiction on communities in Nigeria?

Table 3: Mean analysis showing negative effects of juvenile substance abuse and addiction on communities in Nigeria

S/N	Negative Effects of Juvenile Substance Abuse and Addiction	Level of Agreement				Mean	Decision
		SA	A	D	SD		
31	Increasing criminal activities associated with substance abuse like robbery, burglary, rape, vandalization of public properties, increasing rate of HIV/AIDS	243	167	122	68	2.98	Agreed
32	Congestion of penitentiaries where the government spends more in the maintenance of prisoners, and the growing numbers of substance abuse addicts which our few and inefficient rehabilitation centres and social welfare administration system cannot cater for	214	196	141	49	2.96	Agreed

33	Increasing numbers of kidnappings and political thuggery resulting to killing of innocent citizens on a daily basis	230	159	138	73	2.91	Agreed
34	Increasing numbers of insurgencies and unrest because majority of the insurgents are substance abusers and addicts	251	175	121	53	3.04	Agreed
35	Increasing number of insane persons walking about on the streets in the many communities	221	156	140	83	2.86	Agreed
36	Increasing numbers of criminal offences like robbery, kidnappings and armed bandits	199	203	134	64	2.90	Agreed
37	Loss of potential manpower, low productivity, and creation of an unfavourable environment for investors which of course will affect the Gross National Income as well as the internally generated revenue	198	209	141	52	2.92	Agreed
38	Government's over spending a lot of funds on security and settlement of IDPs created by insurgents instead of using such funds to provide basic needs and infrastructural development in communities	213	185	135	67	2.91	Agreed
39	Increasing large numbers of youth dropouts from universities and the increase of criminalities in communities and communities having to spend more in ensuring community security	217	178	132	73	2.90	Agreed
40	Increasing political unrest in the country by political thugs	236	167	133	64	2.96	Agreed
Sectional Mean						2.93	Agreed

Scale Mean 2.50, n=600

Table 3 showed mean analysis of negative effects of juvenile substance abuse and addiction on communities in Nigeria. From the Table, it could be observed that the mean values of 2.98, 2.96, 2.91, 3.04, 2.86, 2.90, 2.92, 2.91, 2.90 and 2.96 were in agreement with items 31, 32, 33, 34, 35, 36, 37, 38, 39 and 40 respectively. The sectional mean of 2.93 indicated that some of the respondents agreed that the increasing criminal activities associated with substance abuse like robbery, burglary, rape, vandalization of public properties, increasing rate of HIV/AIDS, congestion of penitentiaries where the government spends more in the maintenance of prisoners, and the growing numbers of substance abuse addicts which our few and inefficient rehabilitation centres and social welfare administration system cannot cater for, increasing numbers of kidnappings and political thuggery resulting to killing of innocent citizens on a daily basis, increasing numbers of insurgencies and unrest because majority of the insurgents are substance abusers and addicts, increasing number of insane persons walking about on the

streets in the many communities, increasing numbers of criminal offences like robbery, kidnappings and armed bandits, loss of potential manpower, low productivity, and creation of an unfavourable environment for investors which of course will affect the Gross National Income as well as the internally generated revenue, government's over spending a lot of funds on security and settlement of IDPs created by insurgents instead of using such funds to provide basic needs and infrastructural development in communities, increasing large numbers of youth dropouts from universities and the increase of criminalities in communities and communities having to spend more in ensuring community security and increasing political unrest in the country by political thugs were the negative effects of juvenile substance abuse and addiction on communities in Nigeria.

Hypotheses Testing

The research hypotheses earlier formulated in the study were tested at 0.05 level of significance using t-test.

H₀₁: Juvenile substance abuse and addiction have no significant appreciable financial costs on Nigerian households.

Table 4: t-test analysis showing financial costs impact of juvenile substance abuse and addition on Nigerian households

Group	N	Mean	Std. deviation	df	t-cal	t-tab	Sig (P-cal)	Decision
Juvenile substance abuse and addiction	600	8.52	1.268	1198	2.117	1.646	0.000	Reject H ₀₁
Nigerian households	600	8.09	1.647					

Significant at $df=1198$; $P<0.05$, $t_{\text{calculated}} > t_{\text{tabulated}} \rightarrow$

Table 4 showed t-test analysis of financial costs impact of juvenile substance abuse and addition on Nigerian households. The $t_{\text{calculated}}$ value of 2.117 was found to be greater than the $t_{\text{tabulated}}$ value of 1.646 given 1198 degrees of freedom at 0.05 level of significance. The $t_{\text{calculated}}$ value was significant since it was greater than $t_{\text{tabulated}}$ value, the null hypothesis was rejected. Also, $P_{\text{calculated}}$ was less than the P_{set} . It implied that juvenile substance abuse and addiction had a significant financial costs impact on Nigerian households.

H₀₂: Substance abuse and addiction among young people have no significant appreciable detrimental effect on Nigerian communities.

Table 5: t-test analysis showing effect of substance abuse and addition on Nigerian communities

Group	N	Mean	Std. deviation	df	t-cal	t-tab	Sig (P-cal)	Decision
Substance abuse and ad- diction	600	9.52	1.466	1198	2.245	1.646	0.000	Reject H ₀₂
Nigerian communities	600	8.08	1.647					

Significant at df=1198; $P < 0.05$, $t_{\text{calculated}} > t_{\text{tabulated}} \rightarrow$

Table 5 showed t-test analysis of t-test analysis showing effect of substance abuse and addition on Nigerian communities. The $t_{\text{calculated}}$ value of 2.245 was found to be greater than the $t_{\text{tabulated}}$ value of 1.646 given 1198 degrees of freedom at 0.05 level of significance. The $t_{\text{calculated}}$ value was significant since it was greater than $t_{\text{tabulated}}$ value, the null hypothesis was rejected. Also, $P_{\text{calculated}}$ was less than the P_{set} . It implied that substance abuse and addiction had a significant appreciable detrimental effect on Nigerian communities.

Discussion of Findings

The findings of research question one revealed that juvenile substance abuse and addiction had a great economic costs consequence on households and communities in Nigeria. This agrees with the findings of Bosari³⁶ on the cost of addiction on families and the findings of Kawugana and Faruna³⁷ on the effects of drug abuse on the Nigerian economy. The first tested hypotheses also revealed that that juvenile substance abuse and addiction had a significant financial costs impact on Nigerian households.

The findings of research question two revealed that some of the respondents agreed that imitation of varying lifestyles, frustration, abject poverty, decline in the authority or rules of local communities to govern adolescent behaviour and character formation of youth, family disintegration, avoiding adolescent developmental challenges and deviating to taking solace in substance abuse and addiction as a solution, negative peer influence, parental absence resulting in lack of proper parental upbringing, drug pushing communities, inadequate supervision by drug and law enforcement security personnel, inadequate support by the Nigerian government to the National drug and law enforcement agency (NDLEA) to fight substance trafficking effectively, experimental curiosity among Nigerian youth,

³⁶ J. Bosari, *The Cost of Addiction on Families*, retrieved from: <https://www.forbes.com/sites/moneywisewomen/2012/06/19/the-cost-of-addiction-on-families/?sh=985414150978>, 2012.

³⁷ A. Kawugana, S. F. Faruna, *Effects of Drug Abuse on the Nigerian Economy*, in: "International Journal of Innovative Psychology & Social Development", 6(4), 2018, p. 31-38.

the need for energy to work for longer hours by youth, inadequate support by NGOs to the National drug and law enforcement agency (NDLEA) and easy access and availability of abused substances in most communities were reasons for increased juvenile substance abuse and addiction among youth in Nigeria while the remaining respondents disagreed with increased deceptive technological beautified substance adverts, ineffective educational system in Nigerian universities and other institutions of learning, household poor socio-economic status and government unnecessary grant of patent medicine licenses to patent medicine owners as reasons for increased juvenile substance abuse and addiction among youth in Nigeria. This agrees with the findings of Kawugana and Faruna³⁸ on the effects of drug abuse on the Nigerian economy and the findings of UNODC³⁹ on economic and social consequences of drug abuse and illicit trafficking.

Research question three findings revealed that that some of the respondents agreed that the increasing criminal activities, congestion of penitentiaries, increasing numbers of criminal offences like robbery, kidnappings and armed bandits, loss of potential manpower, low productivity, and creation of an unfavourable environment for investors which of course will affect

the Gross National Income as well as the internally generated revenue, government's over spending a lot of funds on security and settlement of IDPs created by insurgents instead of using such funds to provide basic needs and infrastructural development in communities, increasing large numbers of youth dropouts from universities and the increase of criminalities in communities and communities having to spend more in ensuring community security and increasing political unrest in the country by political thugs were the negative effects of juvenile substance abuse and addiction on communities in Nigeria. This agrees with the studies of Kawugana and Faruna⁴⁰ on the effects of drug abuse on the Nigerian economy and the report of UNODC⁴¹ on economic and social consequences of drug abuse and illicit trafficking. Also, research hypotheses two revealed that substance abuse and addiction had a significant appreciable detrimental effect on Nigerian communities.

³⁸ Ibidem.

³⁹ UNODC (2022), *Economic and Social Consequences of Drug Abuse and Illicit Trafficking*, retrieved November 29th, 2022, from https://www.unodc.org/pdf/technical_series_1998-01-01_1.pdf.

⁴⁰ A. Kawugana, S. F. Faruna, *Effects of Drug Abuse on the Nigerian Economy*, in: "International Journal of Innovative Psychology & Social Development", 6(4), 2018, p. 31-38.

⁴¹ UNODC (2022), *Economic and Social Consequences of Drug Abuse and Illicit Trafficking*, retrieved November 29th, 2022, from https://www.unodc.org/pdf/technical_series_1998-01-01_1.pdf.

Conclusion

Based on the findings of this study, the researcher concludes that substance abuse and addiction have severe significant economic cost consequences on households and communities in Nigeria. There is an urgent need to address this problem among the teeming youth population to safeguard a better future in Nigeria

Recommendations

Based on the findings of this study, the following recommendations are made to the government, Private corporate groups, and NGOs.

Employment opportunities: Government should redouble its efforts to create more employment opportunities and empowered youth to make them busy to avert substance abuse and addiction among youth. Thus, the government should ensure that through its policies, jobs are created, social services are rendered, and above all, its policies should be adequately enforced.

Community Action groups: There should be active participation of communities by forming community action groups to fight substance abuse among all communities. Also, Individuals, families, communities, and the entire society should ensure that moral values are inculcated in the youths, by joining the government's fight against the menace.

Institutions like the National Drugs Law Enforcement Agency (NDLEA) and the National Agency for Food and Drug Administration and Control (NAFDAC) should be empowered to squarely deal with "Drug Barons" as well their traffickers, peddlers, and conduits.

The mass media should facilitate government's campaign against drug abuse, and avoid such thrilling advertisements and jingles like those of tobacco and alcohol (Liquor) etc. Meanwhile sensitization programmes should be channelled through this medium.

Non-Governmental Organizations (NGOs) and Community Based Organizations (CBOs) should encourage the sensitization campaigns against substance abuse and addiction as well as engage substance abusers and addicts in rehabilitation programmes.

There should be a proper scrutiny and licensing of patent medicine store, and such should be operated by well-trained Pharmacists. Alongside this, street drug hawking should be discouraged since this can promote accessibility to drug abusers. Hospitals and clinics should be well stocked with genuine drugs and trained physicians put in place to ensure proper prescription of drugs while monitoring

how the patients take such drugs to avoid over or under dosage tendencies which will lead to drug abuse.

Educational Institutions at all levels whether public or private should organize workshops, lectures/symposiums to enlighten the people on the dangers of substance abuse and addiction.

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