
EXPLORING THE EFFECTIVENESS OF COMMUNITY HEALTH INFORMATION IN SHAPING YOUTH ATTITUDES TOWARD SUBSTANCE USE IN SELECTED COMMUNITIES IN ENUGU STATE, NIGERIA

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Abstract

The study examined how community-based health information interventions are effective in influencing youth attitudes towards substance use in Enugu State, Nigeria. Based on the framework of the Social Cognitive Theory (SCT), the study examined the level of awareness of substance use among young people, the effect of health information interventions to their behaviours, and the influence of environmental factors that affect the attitudes towards substance use. The approach used in this study is in-depth interviews (IDIs) among six strategically identified Local Government Areas (LGAs) involving health workers, community heads, youth heads, and young people aged 18-40 years. The results showed that although health information campaigns have enhanced awareness of substance use, its effectiveness in changing the attitude is moderate. Awareness does not stop peer pressure, unemployment, and lack of parental guidance, as well as the easy access to drugs, which apparently all contribute to substance use. The inconsistency and unpredictability with which health interventions are implemented has restricted their effectiveness particularly in rural and out-of-school youths. The study highlighted the fact that there is a need to maintain a continuous, culturally relevant and inclusive health communication intervention that extend past knowledge

dissemination to address environmental cues, peer influence, and social learning processes. It is recommended that family, school, and community interventions should be integrated to develop sustainable and practical approach to curbing youth substance use in Enugu State.

Keywords: Community health information, Environmental factors, Health interventions, Social Cognitive Theory, Youth substance use

Background to the Study

Substance abuse has become a burning social health concern in the world significantly impacting the physical, mental, and social well-being of the individuals. It is especially worrying among the teenagers, who are in a learning phase, are influenced by their peers, and are under the pressure of various socio-economic factors. In places such as Nigeria, some of the causes of the problem are lack of effective preventive healthcare systems and inaccessibility to good health information (Odejide, 2006). As the United Nations Office on Drugs and Crime (UNODC) notes, in 2019, an estimated 14.4 percent of the Nigerian population aged 15 to 64 reported that they used at least one psychoactive substance in 2019, and that is why the effective intervention strategies are urgently needed (UNODC, 2019).

Substance use in the setting of the Nigerian context is closely related to structural and psychosocial problems, including unemployment, poverty, rapid urbanization, peer pressure and poor health communication systems (Odejide, 2006; Eze et al., 2020). The abuse of cannabis remains the most abused illegal drug followed by cocaine, heroin, amphetamines, alcohol and prescription drug abuse. Historically, much of national research on substance use has been on prevalence rates and demographic profiles, overlooking preventive measures or community-based health information campaigns (Adelekan & Lawal, 2019). More current findings, however, have recognized the promise of the health information as a means of altering attitudes and behaviors pertaining to substance use (Eze et al., 2020).

Studies in Southeast Nigeria, especially in Enugu State, have attracted the attention of the role of psychosocial and environmental factors in influencing youth substance use. Studies conducted in Nsukka highlighted key factors such as peer pressure, family conflict, and the easy availability of substances (Okwaraji, Aguwa, & Shiweobi, 2018). In the same way, adolescents in Enugu city who have high levels of anxiety, stress, and depression tend to use substances as a coping mechanism (Nwokeoma & Ugwu, 2017). The findings are in line with the overall trends that are seen across Nigeria and the sub-Saharan region that demonstrates that emotional distress coupled with a weak social support system is one of the key contributors to substance abuse (Abdulmalik et al., 2021).

As evidenced by other states, such as Lagos, Oyo, and Kaduna, community-based health education programs and school-level interventions can make a significant contribution to enhancing knowledge about substance use and help change the attitude toward it (Adelekan and Lawal, 2019; Abdulmalik et al., 2021). In spite of these achievements, such interventions tend to lack consistency in implementation and sustainability, particularly in rural and semi-urban regions where youth-friendly services are unavailable. The difficulties highlight the necessity to conduct more localized research that would be applied to the particular contexts of each state and community (Okwaraji et al, 2018).

Enugu State which is a home to over 4.4 million people in 17 Local Government Areas and three senatorial regions offer a rich socio-cultural environment in which to analyse substance use prevention. The rural-urban gap is a stark contrast in the state, where differences in employment opportunities, access to healthcare, and access to education are observed. High levels of youth unemployment are associated with a higher risk of substance use due to national statistics (NBS, 2016; Eze et al., 2020). Moreover, the absence of developed community health information

programs in rural and semi-urban settings is an impediment to effective substance use prevention (Odejide, 2006; Adelekan & Lawal, 2019). This research explores the effectiveness of health communication intervention to reduce substance use among youth in Enugu State to add to the national discourse on substance use prevention, and to provide locally relevant information to other states in Nigeria that face similar challenges.

Statement of the Problem

The increasing issue of drug abuse among young people in Nigeria has reached distressing levels, with almost 14.4% of the population aged 15-64 years using psychoactive substances reported by the UNODC in 2019. Although this statistic sheds light on the national scope of the problem, the particular implication within the context of Enugu State has not been addressed much. Previous studies on Southeast Nigeria have identified psychosocial and environmental issues such as peer influence, family disharmony, joblessness, and emotional distress as major influencing factors on substance use. Nevertheless, the majority of studies have focused on the finding of prevalence and risk factors, and the assessment of preventive health interventions has been overlooked, especially in a community setting.

In the Enugu State, the rural-urban divide, high rate of youth unemployment, inadequate health infrastructure, and poor access to youth focused health communication services, make it difficult to fight substance use. Though research to other regions of Nigeria has demonstrated that community and school-based health interventions can enhance knowledge and change attitudes about substance use, little has been documented about the effectiveness and sustainability of such health interventions in Enugu State. This research fills these gaps by conducting a systematic review on the level of youth awareness, the efficacy of health information interventions and the impact that environmental factors have on the substance use habits of the youth in Enugu State. In the absence of such evidence, decisions made on policy and intervention strategies may be too generalised and ineffective.

Research Objectives

The primary aim of the study is to evaluate how community health information interventions help in reducing substance use among the adolescents in Enugu State. The specific objectives are:

- a. To describe the degree of awareness of issues of substance use among the youth in selected communities in Enugu State.
- b. To describe how health information interventions influences the behaviors of youth in selected communities in Enugu State on substance use.
- c. To explore how environmental issues affect youth substance use in selected communities in Enugu State.

Research Questions

The study is guided by the following research questions:

- a. To what extent are youths in selected communities in Enugu State aware of issues of substance use?
- b. In what ways do health information interventions influence the behaviors of youth in selected communities in Enugu State on substance use?
- c. What are the environmental issues that affect youth substance use in selected communities in Enugu State?

Review of Related Literature

Concept of Substance Use among Youths

Drug abuse among young people in Enugu State, Nigeria has remained a significant health issue to the population. The use of psychoactive substances that affect mood, cognition, perception, and behavior are known as substance use (World Health Organization [WHO], 2018). The use of the terms substance use, substance abuse and substance dependence are differentiated to depict the different levels of severity. Substance use can either be experimental or casual use, substance abuse

refers to harmful use patterns resulting in social, psychological, and physical disorders. Substance dependence (or substance use disorder) is defined as the compulsive use, withdrawal symptoms, and loss of control (Volkow, Koob, and McLellan, 2016).

In Nigeria, drugs are typically categorized into legal drugs and illegal drugs. Alcohol and tobacco are legal and cannabis, heroin, and cocaine are illegal. Substances such as alcohol and tobacco are major determinants of health problems experienced worldwide (Rehm et al., 2009). The use of substances among the youth has a typical progression, starting with the curiosity that leads to experimental use, then to habitual use and in a few cases, dependence (Kandel, 2002). Knowing these stages is important when it comes to customizing health information intervention solutions that can be applied to prevent problems at an early stage.

Substances that Nigerian Youths Use

The most commonly used psychoactive drug amongst the Nigerian youths is alcohol. Studies reveal that there has been an increasing trend of binge drinking which in most cases is instigated by peer pressure and social occasions (Obot, 2006). Another factor that helps to expose and accept the youths early is the normalization of alcohol in the Nigerian social and cultural life and especially in celebrations.

The use of tobacco products, especially cigarette smoking is extremely high despite the control measures. Peer influence, media portrayal, and perceived social acceptability drive adolescents to smoke (Odukoya, Odeyemi, Oyeyemi & Upadhyay, 2016). Moreover, the increased vaping and use of e-cigarettes is a new issue in public health since a large number of youths consider them to be safer.

Cannabis has been the most abused illegal drug in Nigeria. The fact that it is affordable and can be accessed by the youths is an important factor contributing to its widespread use (United Nations Office on Drugs and

Crime [UNODC], 2021). The abuse of prescription and over-the-counter drugs, such as tramadol and codeine-containing cough syrups, are also other disturbing trends (UNODC, 2018).

Factors that Determine Youth Substance Use

Youth substance use is influenced by several factors such as peer influence, socioeconomic conditions and media exposure. One of the most predictive factors is peer influence and adolescents are more likely to use the substance in case their peers do (Bandura, 1977). Poverty, unemployment, and family instability are other socioeconomic factors that make people vulnerable to substance use (Hawkins, Catalano, and Miller, 1992).

The media and cultural influences also influence the youth attitude towards the use of substances. The glamourisation and social rewarding portrayal of alcohol in advertising and entertainment media can play a role in influencing youths intentions to use alcohol (Anderson, de Bruijn, Angus, Gordon, and Hastings, 2009). Higher prevalence of substance use is also associated with psychological factors such as depression and low self-esteem as some young people resort to substance use as a coping mechanism (Volkow et al., 2016).

The Effects of Substance Use in Youths

The use of substances by young people can have the following effects:

- a. Physical health problems like liver disease, breathing problems and heart related illnesses are prevalent among alcohol and drug abusers (Rehm et al., 2009). Early introduction enhances chances of chronic dependence and prolonged health problems.
- b. Mental health problems, such as depression, anxiety, and cognitive impairment are also frequently worsened by substance misuse, creating a vicious circle where mental health and substance use have a mutual impact (Volkow et al., 2016).

- c. Social implications are poor school performances, dropping out, family feud and dysfunctional peer relations. In societies where drug use is very high, the societies are usually associated with high crime and violence.
- d. Economic impact is significant, as the costs incurred can be attributed to healthcare costs, productivity losses, and police efforts. Substance use by the youth in the communities such as the Enugu community poses a threat to the development of human capital, which has a negative effect on sustainable growth of communities.

Contribution of the Health Information and Awareness Creation

One of the most important public health strategies that can be used to influence the behavior of youths is through health information and awareness campaigns. Effective health information in Enugu State where substance use is increasingly becoming commonplace is necessary to ensure a further rise is avoided. Health information interventions are not only aimed at information but also to reform attitudes, perceptions, and behaviors, which makes it an essential component of the public health strategies against substance use (Glanz et al., 2015; Kreps and Thornton, 1992).

Interventions Community Health Information in Enugu State

Health communication in Enugu State needs to be tailored to the local sociocultural context. Goodly planned health information interventions are badly required with increasing rates of youth involvement in substances such as cannabis, tramadol, and products containing codeine (UNODC, 2021). The community-based methods like town hall meetings, youth forums, and outreach campaigns are quite effective in Enugu where the structures of the community affect the behavior of the youth.

Types of Health Information Interventions

- a. School-based Programs: These programs offer a structured drug education including acquisition of knowledge, refusal skills and

critical thinking. Interventions based on skills are more effective to prevent substance initiation compared to didactic approaches (Botvin and Griffin, 2007).

- b. Community-based Outreach Campaigns: The campaigns mobilize local leaders and engage communities in promoting anti-drug norms and educating youths on the dangers of substance use. Programs of peer education, which are often combined with faith-based and programs led by NGOs, increase the credibility and the effectiveness of the message (UNODC, 2018).
- c. Mass Media and Social Media Campaigns: Mass and social media are effective in reaching out to many people in Enugu. Media campaigns based on theory can influence perceptions and attitudes towards substance use by relying on credible health information (Wakefield et al., 2010).

Effect of Health Information on Youth Attitudes

Community health information interventions in Enugu State play a key role in influencing the attitude of the youth towards substance use. Media and educational programmes, together with community-based strategies can offer a holistic approach to substance misuse among youths. With the emphasis on early intervention, peer education, and culturally relevant messaging, these programs will be able to contribute to the reduction of substance use and the creation of healthier communities in Enugu.

Theoretical Framework

This study is grounded on the concept of the Social Cognitive Theory (SCT) that was developed by Bandura (1986) and which explains that behavior is influenced by a dynamic interaction of individual factors, environmental factors and behavioral consequences. The process of learning is carried out via observation, modeling and reinforcement with self-efficacy being the most important factor in behavior change. SCT places a high value

on the importance of the social context and the observational learning in influencing behavior, rendering it especially valuable in interventions aimed at affecting youth behavior. Although SCT has broad conceptual scope, critics argue that SCT may be difficult to operationalize, in particular, when trying to isolate specific determinants of behavior (Stajkovic and Luthans, 1998).

community health information is helpful, yet it is not sufficient in and of itself. To achieve better results, prevention of substance use in Enugu State should involve a combination of regular health education, counselling, parental involvement, community participation, youth empowerment and better control of access to drugs. There is a need to have a practical, continuous and inclusive approach to influence the attitude of youths positively.

SCT is a useful framework in this study to evaluate how community health information interventions influence the attitudes of the youth towards substance use in Enugu State, Nigeria. Interventions that involve positive role models and reinforce healthy decisions can build self-efficacy, which may lead to a decrease in substance use. By evaluating the effectiveness of these health information interventions in terms of environmental cues and social learning processes, the study will evaluate the role of environmental cues and social learning processes in shaping the attitudes and behaviors of youth towards substance use.

Methodology

The research design employed a qualitative method of investigation, which is in-depth interviews (IDIs), to investigate the effectiveness of community health information in influencing the attitudes of youth towards substance use in Enugu state, Nigeria. The projected population of Enugu State is approximately 3,267,837 residents. The study was carried out on six Local Government Areas (LGAs) that were selected by multistage sampling technique in the three Senatorial Zones of the State namely, Uzo-Uwani and

Nsukka (Enugu North), Obeagu and Awkunanaw (Enugu East) and Oji River and Udi (Enugu West). These regions were selected to depict a combination of urban and rural communities with diverse socio-cultural backgrounds and different interests in the youth substance use. The sample population selected was the youth population which comprised of 18-40 years, which was based on the national youth policy of Nigeria. Sixty participants (10 per LGA) were interviewed, which included health workers, community leaders, youth leaders, and selected youths, thereby ensuring diversity in views. The thematic analysis of the data obtained in these interviews was conducted with the help of the *Atlasti* software. The transcripts were coded and grouped into the major themes of awareness, effectiveness of interventions, behavior change, and socio-cultural influences.

Data Presentation

Sixty (60) respondents were interviewed in six selected communities in Enugu State: Uzo-Uwani, Nsukka, Obeagu, Awkunanaw, Oji River and Udi. Each community was sampled to get ten (10) interviewees. The interview centered on the role of community health information in shaping the attitudes of the youth towards substance use, particularly the way they are aware, perceive, and voluntarily accept to avoid abusing substances.

Based on **Research Objective 1**, a theme was developed: (a) There is awareness, but little in the way of understanding.

Theme 1: There is awareness, but little in the way of understanding. The answers provided by the interviewees indicated that most of the youths in the selected communities have been informed about substance use and its risks. Some of the common substances listed are alcohol, cigarettes, marijuana, tramadol, codeine, and other hard drugs. But the interviews have also shown that awareness has not been sufficient to change the attitude of many youths towards substance use.

In places like Nsukka, Awkunanaw and Oji River, it seems that there is a high level of awareness of the youths because of exposure to information in schools, churches, social media, radio programmes, health workers and community campaigns. But in places where rural youths are at high risk like in Uzo-Uwani and Udi, there is not enough awareness. Most young people are aware that drug abuse is bad, yet they lack proper understanding of the long-term consequences of the abuse on their health, education, family life, mental stability, and future opportunities.

Some interviewees further pointed out that peer pressure, unemployment, stress, poverty, curiosity, and the need to experience boldness still influence some youths to engage in substance use despite the information they received.

Sample interview responses include:

- **Uzo-Uwani Interviewee 2:** Majority of the youths here have heard that drugs are bad, yet they still believe that it can help them work harder or forget what is troubling them. The awareness is there, therefore, the understanding is not that strong.
- **Nsukka Interviewee 4:** The students are more enlightened since they listen to drug abuse in schools and on the internet. And yet some of them have not yet lost the feeling that they can at any rate venture in trying it and discontinue it whenever they like.
- **Obeagu Interviewee 6:** The parents do not necessarily discuss with their children at an early stage. Most people do not even begin to warn them until they observe bad friends or weird behaviour.
- **Awkunanaw Interviewee 3:** Churches and schools have attempted to train the youths, but some still view the use of drugs as a way of life of the streets or the freedom of the youths.

- **Oji River Interviewee 7:** The youths are aware that drug abuse can ruin the future of a person but many do not take the issues seriously until they witness someone become mentally unstable or be arrested.
- **Udi Interviewee 5:** There are youths in the villages who learn more through their friends than the health workers. Due to that, they can be misinformed and think that drugs are not so bad.

Based on **Research Objective 2**, a theme was developed: (b) Available yet Ineffective Community-Based Sensitization Programmes.

Theme 2: Available yet Ineffective Community-Based Sensitization Programmes. The responses to the interview questions showed that health information interventions on substance use are present in the selected communities, although they are not regular, evenly distributed, and sustained. Health talks, school sensitisation programmes, church programmes, radio messages, youth seminars, campaigns by health workers

Research Objective 2: To describe how health information interventions influence the behaviors of youth in selected Enugu State on substance use.

The results are consistent with the earlier studies which have recognized the significance of systematic, sustained health information in influencing attitudes towards substance use. Although community health information interventions have had some effects in Enugu State, especially in urban areas and schools, the irregular implementation of the community health information interventions undermines their overall effectiveness. This is consistent with the findings of Glanz et al. (2015) and Kreps and Thornton (1992) who state that health information needs to be maintained and ongoing to produce behavior change. Equally, the Social Cognitive Theory according to Bandura (1986) postulates that the key to influencing the behavior of youth lies in self-efficacy and social learning. But, the results show that peer

pressure, absence of continuous counseling and social realities such as unemployment and family instability still contribute to substance use despite the awareness programs. Moreover, the exposure of rural and out-of-school youths to these interventions is less, which is reflected by Hawkins, Catalano, and Miller (1992) who underscored the socioeconomic factors that predispose to substance abuse. This implies that although interventions are positive, they need to be more focused, regular, and encompassing, particularly to the less exposed groups, to create a more lasting influence on youth attitudes towards substance use.

Research Objective 3: To explore how environmental issues affect youth substance use in selected communities in Enugu State.

The results of the study indicate that there is a complicated interaction between community health information interventions and shaping attitudes of the youth towards substance use in the Enugu State. Although the awareness creation efforts have been made, peer influence, easy access to drugs, and other community factors still continue to drive substance use as and occasional visits by NGOs or government agencies were mentioned by many participants. But the bigger issue was that such interventions are largely intermittent as opposed to continuous.

In other communities like Nsukka, Awkunanaw and Oji River, respondents indicated more conspicuous interventions particularly through schools, churches, youth groups and through the media. In Uzo-Uwani and Obeagu, and in some instances of Udi, the interventions were reported to be less common, and most of the awareness activities were through church announcements, community meetings, or one-time health campaigns.

Sample interview responses include:

- **Uzo-Uwani Interviewee 3:** The intervention is not something that we see on a regular basis. Sometimes the health workers may come and

interact with the youths, but after that, nothing seems to happen again in the long-run.

- **Nsukka Interviewee 4:** Schools and the churches have a role to play in the Nsukka as the students are taught about drug abuse during school talks and youth theatres, but it should be more frequent.
- **Obeagu Interviewee 6:** The information is normally transmitted through the church or community meetings, there are not enough health workers going directly to the youths to meet them.
- **Awkunanaw Interviewee 2:** They have their campaigns, particularly during youth gatherings, where they discuss tramadol, smoking, alcohol and other drugs, but the message is not conveyed to all.
- **Oji River Interviewee 8:** Radio programmes and health talks have worked but most of the youths are now on social media and its campaigns should be strong online.
- **Udi Interviewee 5:** The interventions are present, but since not all observed in the literature (Bandura, 1977; Hawkins et al., 1992). The Social Cognitive Theory (SCT) has shown the significance of environmental cues and social modeling and though interventions aim at providing positive role models, their limited reach and the context in which they are implemented limits their efficacy (Bandura, 1986). The study also indicates the lack of parental guidance and community involvement, which implies that any intervention should go beyond the dissemination of information to include behavior reinforcement, stronger community controls, and more consistent youth programs (Glanz et al., 2015; Kreps and Thornton, 1992). These findings resonate with the necessity of a multifaceted approach integrating elements of health communication in addition to social, economic, and

environmental factors contributing to the use of substances that goes beyond health communication alone. This emphasizes the need to integrate family, school, and peer influence in interventions.

Based on **Research Objective 3**, a theme was developed: (3) Peer pressure, availability of drugs, unemployment and poor parental supervision.

Theme 3: Peer pressure, availability of drugs, unemployment and poor parental supervision. The findings of the interview revealed that the attitudes of the youths towards substance use are highly dependent on the type of environment that the youths are living in. Peer influence, easy access to alcohol and drugs, betting centres, drinking places, parties, motor parks, street meetings, unemployment, poverty, and poor parental control were cited by many participants as key factors that encouraged the use of substances by the young people. Some interviewees said that the youths tend to acquire such habits through their friends or even in places where drinking and smoking are prevalent. Others pointed out that unemployment and idleness render some of the youth frustrated and more likely to venture in the use of substances.

Sample interview responses include:

- **Uzo-Uwani Interviewee 2:** The majority of the problem is caused by bad friends and no work. In the process of remaining idle together youths can initiate drinking, smoking or using drugs.
- **Nsukka Interviewee 5:** The pressure of the peers is very high among the students and youths. Others join it since they do not want their friends to regard them as different.
- **Obeagu Interviewee 4:** Alcohol and drugs are too readily available in the community. When youths observe these things all around, they might be tempted to have a taste of them.

- **Awkunanaw Interviewee 7:** The problem includes betting shops and drinking joints. Most young boys spend so much time there and they are exposed to bad habits.
- **Oji-River Interviewee 3:** Not all parents pay proper attention to their children. Without any serious doubts a child is allowed to leave home and spend the nights in the streets.
- **Udi Interviewee 9:** The other significant cause is unemployment. In a situation whereby the youths have nothing constructive to do, then they are more susceptible to negative influence.

Discussions of Findings

Research Objective 1: To describe the degree of awareness of issues of substance use among the youth in selected communities in Enugu State.

The results indicate that community health information has resulted in substance use awareness among the youths in Enugu State but the impact on the attitude change is moderate. This is in agreement with Glanz et al. (2015) and Kreps and Thornton (1992) who observed that health information must not only be able to provide knowledge but also to affect perceptions, attitudes and behaviour. Nonetheless, as was discovered in the interviews, awareness is not a comprehensive deterrent to substance use, particularly when young people are influenced by peer pressure, joblessness, frustration, inadequate parental advice, and effective counselling support. This is in support of the Social Cognitive Theory by Bandura (1986) who argues that individual factors, social environment, observation, and reinforcement influence behaviour. Results are also consistent with Hawkins, Catalano, and Miller (1992) who attributed youth substance use to poverty, family instability and social vulnerability. Likewise, UNODC (2018; 2021) helps to substantiate the fear that the abuse of cannabis, tramadol, and codeine is still a serious issue among Nigerian youths. Community health information

is therefore useful but it needs to be made more practical, regular, culturally relevant and targeted to the rural, unemployed and out-of-school youths.

Recommendations

In the light of the results of the research, the following recommendations are offered:

1. Health campaigns should be frequent, practical, and youth-friendly using peer education, real-life histories and community discussions to reach out to the day-to-day plight of the youths.
2. Community outreach, workshops and informal learning environments should be used to reach all youths.
3. Preventing substance use requires families, schools, and communities collaborate to reduce peer pressure, enhance parental guidance, enhance monitoring, and regulate access to drugs.

Conclusion

The research results established that community health information has enhanced youth awareness of substance use in the chosen communities of Enugu State, yet the awareness has not fully translated into the strong attitude and behaviour change. Most of the youths have been sensitized about the harm of substances like cannabis, tramadol and codeine, but peer pressure, unemployment, frustration, bad parental guidance, weak counselling support and easy access to drugs still influence their decisions. The findings further reveal that health information interventions are more evident in schools and urban areas and little is given to rural, unemployed and out-of-school youths. This narrows down the overall effectiveness of the interventions. Moreover, the inconsistency of the awareness programmes minimises their effectiveness in creating a permanent change in behaviour. Other environmental factors that significantly contribute to the perpetuation of youth substance use include, but are not limited to, family instability, poor

community monitoring, drug availability and negative peer influence. Hence, youths hear much about substance abuse, some youths do not have a problem in the community until they do develop a problem.

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