



Original Research Article

Determination of Commonly Used Drugs/Substances and Specific Substances Use Among In-School and Out-Of-School Youths in Sokoto

Yusuf Sarkingobir^{1*}, Nafisa Abdulrahman Ashafa¹, Murtala A. Bello², Muhammad Bashiru Aliyu³, Samaila Yusuf Bello⁴

¹Department of Biology, Shehu Shagari College of Education Sokoto, Sokoto State, Nigeria

²Department of Physics, Shehu Shagari College of Education Sokoto, Sokoto State, Nigeria

³Dental Department, Sultan Abdurrahman College of Health Technology Gwadabawa, Sokoto State, Nigeria

⁴Department of Applied Sciences, Abdu Gusau Polytechnic Talata Mafara, Zamfara state, Nigeria

*Corresponding Author

Yusuf Sarkingobir

Article History

Received: 03.11.2021

Accepted: 08.12.2021

Published: 30.12.2021

Abstract: The harms arising from substances/drugs uses and misuse are diverse and vary based on the substance used and the pattern and context of their use, but it is well proven that their use represents a major public health threat. Therefore, the objective of this paper was to determine the commonly use drugs/ substances, places of taking drugs, influencers, administration methods, and specific substance use among youths in Sokoto, Nigeria. Cross-sectional descriptive survey was used to cover some selected schooling and non-schooling youths in Sokoto state of Nigeria. . A questionnaire was used to collect data from a sample size of 60 respondent's drug users, with the help of voluntary research assistants after a pilot study. The data was analyzed using thematic content analysis. Descriptive statistical values were calculated. Commonly use drugs/ substances by the youths in the state are: cassette water/*Ruwan* Casette, Toilet odour/ Nail water, wewe, burkutu, codein, morphine, LSD, petrol, *Sholisho*, *Zaren kaset*, nail water, D5, valium, syrup, *Sigari*. Methods of administration include: smoking, chewing, eating, drinking, swallowing, and sniffing. Peer/social pressure is the main influencer to drugs.

Keywords: Drug abuse, substance abuse,youths,in-school-youth,out-of-school youth.

Copyright © 2021 The Author(s): This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY-NC 4.0) which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited.

INTRODUCTION

Larger percentage of people on the planet earth relies on drugs and other materials to quench their everyday health needs. The advantage is due to the presence of chemical substances that produce definite physiological or morphological actions on the biological system (Sarkingobir *et al.*, 2019). Generally, drugs/substances are helpful when they are properly used and destructive when they are misused or abused, but the abuse of substances or drugs is becoming all-pervasive nowadays worldwide (Sarkingobir & Dikko, 2020). Drug abuse otherwise called substance abuse or chemical abuse is a disorder known for a destructive consequence of/due to using drugs or substances which affects biological system of the user, and the consequences

might easily transcends to others (BUK Today July,2018; Bakwai *et al.*, 2019). According to the World Health Organization (WHO, 2014), substance/drug abuse is the harmful use of psychoactive substances, including alcohol and illicit drugs. Drug abuse has eaten deeply in the fabrics of the world societies. It has put billions of lives into trouble and danger.

Youth are very pivotal to make or mar any society. They are one of the greatest ingredients any nation can use to achieve development and economic growth. They are the leaders of tomorrow. The youths are a particular portion of the national population that is very sensitive, energetic, and active and the most productive among the citizens.

Citation: Yusuf Sarkingobir *et al* (2021). Determination of Commonly Used Drugs/Substances and Specific Substances Use Among In-School and Out-Of-School Youths in Sokoto. *Glob Acad J Dent Oral Health*; Vol-3, Iss-5, pp- 86-92.

The youths are also most volatile and yet the most vulnerable segment of the population (Sarkingobir & Dikko, 2020). Drug/ substance abuse among youths is a global problem (Oshodi *et al.*, 2009). In Nigeria, there are many problems facing the country. One of them is drug abuse among adolescents or youngsters at school, home, or out-of-school; which in turn elicit other problems to the present and future societies (Nasiru *et al.*, 2018). It leads to physical, psychological, behavioral and health risks to the abusers and other members of the societies. Violence, suicide, and accidents are increased due drug abuse prevalence (Sarkingobir & Dikko, 2020). Therefore, it is diminishing the perceived expected dividends to be tap from youths, who are catalysts of growth and development (Danjuma *et al.*, 2015; Lawal & Aliyu, 2020; Sarkingobir & Dikko, 2020).

To fully assess the situation of substance/drug abuse in the state and country at large, a transition from hospital-based studies to epidemiologically-quasi studies is noticed over the years (Oshodi *et al.*, 2010; Lawal & Aliyu, 2020; Sarkingobir & Dikko, 2020). To the best of our knowledge, it is hard to find very critical analysis consisting in-school and out-of-school youths in the state, tapping the commonly use substances/drugs and their specific use among the respondents.

Statement of the problem

Substance abuse still scourges as one of the major problems in the world. Millions of people, more especially the youths, abuse legal and illegal drugs. Substance abuse has negative physical, psychological and social effects on individuals, families, friends and society (Nasiru, 2015). Some literatures reported negative effects of substance abuse as; medical problems, academic problems, conflicts, crime, financial problems, psychological disorders and increase in occultism. Substance abuse among the youths has huge potential to spur academic difficulties, social and employment problems later in life (Nasiru, 2015). Similarly, while the specific effects of drug abuse and addiction tend to vary based on the particular substance involved, the general effects of abuse or addiction to any drug are dangerous and devastating. Psychologically, intoxication with or withdrawal from a substance can cause everything from euphoria as with alcohol, ecstasy, or inhalant intoxication to paranoia with marijuana or steroid intoxication, to severe depression or suicidal thoughts with cocaine or amphetamine withdrawal (Dankani, 2012). Experimentation with drugs/substances is common among youths. At this stage of life course, the young generations try to indulge in many new things which are often harmful and dangerous. They use drugs for so many reasons, including curiosity, because it feels good, to reduce stress, or to feel grown up. However,

there are a number of biological, psychological, and social factors, risk factors that can spur substance abuse in youths, and there are biological, social, educational, and other effects of substance abuse (Dankani, 2012; Raji *et al.*, 2015; Sarkingobir & Dikko, 2020). Similarly, chemists and pharmacies sale drugs to individual by mere request without necessary scrutiny. More disgusting is, the abuse of substances cut across gender, with female gender joining trend. There are few or no studies that seek to examine abuse of substances/drugs in Nigeria (Dankani, 2012). This study seeks to mend this gap and help ensuring the sustainable development of the younger generation.

Objectives of the study

The objective of this paper was to determine:

- The commonly use drugs/ substances among in-school and out-of-school youths in Sokoto,
- Local names of commonly use drugs/ substances among in-school and out-of-school youths in Sokoto
- Places of taking drugs/substances by in-school and out-of-school youths in Sokoto
- Influencers of in-school and out-of-school youths to drugs in Sokoto
- Administration methods of substances/drugs among in-school and out-of-school youths in Sokoto,
- Specific substance youth among youths in Sokoto, Nigeria.

Research questions

The research questions answered by this study are:

- What are commonly use drugs/ substances among in-school and out-of-school youths in Sokoto?
- What are local names/jargons of commonly use drugs/ substances among in-school and out-of-school youths in Sokoto?
- What are places of taking drugs/substances by in-school and out-of-school youths in Sokoto?
- What are influencers of in-school and out-of-school youths to drugs in Sokoto
- What are administration methods of substances/drugs among in-school and out-of-school youths in Sokoto?
- What is Specific substance youth among youths in Sokoto, Nigeria?

METHODOLOGY

Cross-sectional descriptive survey was used to cover some selected schooling and non-schooling youths in Sokoto, Nigeria. This study was carried out in Sokoto state, Nigeria. Sokoto is located in the northwest part of the country; it form boarders with Kebbi, Zamfara, and Niger republic (Sarkingobir, 2020 ab; Sarkingobir & Dikko, 2020). The study

targeted youths, who are into drugs in Sokoto state. The study was carried when they were calm. In determining sample size, quality of information is the main target in qualitative studies that is why smaller sample sizes are used. The sample size in this study was 60 youth drawn (30 in-school youth, and 30 out-of -school youth) from the three senatorial zones of the state (Sarkingobir & Abbas, 2017). Purposive, snowballing, and convenience sampling were used in this study. Data collection was carried out using a structured questionnaire with the help of voluntary research assistants after a pilot study. The data was analyzed using content analysis. Frequency and percentages were drawn from the results of the thematic networks after thematic content analysis.

Demographics of the youths: (28) 93% of the respondents were male, only 2(6.7%) were females. 26(43.33%) of the respondents were 18-21, 22(36.7%) were 17-22, whereas 2(3.3%) did not show their age. Out-of-school respondents (OSR) had 24(80%) are single, 12(40%) were leaving together, and 2(6.7%) were divorced. In-school respondents (ISR) 18 were single, 2 were married and 2 did not indicate their marital status. All 60 respondents were Muslims. In ISR, 24(80%) were in SS(senior school), 2 in JSS (junior secondary school), 2 in primary, 2 not indicated. In OSR, 14(46.7%) were primary school leavers, 4(13. %) left school at SSS (senior secondary school), 2 left school at JSS, 8(26.7%) never attended school. Commonly used drugs are cigarette, tranquilizers, cannabis, volatile inhalants, hallucinogens and opiates.

RESULTS

Table-1: Results of local names and ways of using drugs among youths in Sokoto

Drug	Local name	Way of administration
Cigarette	<i>Taba, sigari</i>	Smoking, chewing
Cannabis	<i>Wewe, marijuana, Taaba, Moli</i>	Smoking, eating
Alcohol	<i>Giya, Burkutu</i> , wine, beer, <i>Ruwa</i> , Guinness, spirit	Drinking
Volatile inhalants	Gases, petrol, <i>Shalisho, Zaren Kaset</i> , kerosene, <i>Ruwan kusa, Iskan masai</i>	Sniffing
Tranquilizers	D5, valium, syrup	Swallowing, drinking
Opiates	Codeine, morphine	Drinking
Hallucinogens	LSD	Swallowing

Table-2: Result showing reasons why youths use substances and how they get in

	Reasons for taking drugs	Frequency		Reasons for taking substances	Frequency
In-school youth	Social/peer pressure	28	Out-of-school youth	Social/peer pressure	Frequency
	Rebellion	16		Rebellion	26
	Overworking/learning	14		Parental influence	4
	For fun	8		Lack of role model	4
	Shyness	4		Fun	4
	Lack of role model	4		Lack of role model	4
	Fear	4		Shyness	2
	Parental influence	2		Fear	2

Table-3: Major age of starting drugs/substances, places of taking drugs among youths in-school and out-of-school youth in Sokoto

	Out-of-school-youth	Frequency
Year of starting taking drugs	13-18	26
	19-21	4
Year of starting taking drugs	In-school-youth	
	10-15	20
Place where, the youths take drugs	Out-of-school-youth	
	Home	22
	School	14
Place where, the youths take drugs	Others	2
	In-school-youth	
	Home and school	24
Who introduced you to drugs?	School	6
	Friends	38
	Drug pushers	32
Curiosity		4

Table-4: Result showing specific substance use of Cannabis among youths in Sokoto

Out-of-school-youth/ in-of-school-youth	Frequency
Starts age	20
18	
14	
Friends influenced them to drugs	
Most of them used it in 1-3 days in the last 1 month	20
Few used it in the last 1month	4
All of them smoke in group	30
They spent 150 naira in buying cannabis daily and 1500 per week	20
Some spent 20 naira daily	20
And 1000 monthly	4
They buy drugs by selves and by their own money	30

Table-5: Result showing Out-of-school-youths use of tobacco in Sokoto

	Frequency
Starts age	
13-15	20
18-20	10
Friends influenced them to drugs	
They get the drug via friends	
They take 1-5 sticks daily	
They are regular smokers	
They get money to buy from their pocket	30
Most of them looking healthy	20
Few are looking with poor health	10
They spent 150 naira in buying tobacco daily and 200 per week	20
Some spent 20 naira daily	20
And 1000 monthly	4
They buy drugs by selves and or by juniors	30
Method of smoking is Through group	30
Ever used chewing tobacco	30

Table-6: Result showing In-school-youths tobacco use in Sokoto

	Frequency
Starts year	
Mostly is 20	20
Few 15-16	10
Influenced by friends or social pressure	
Takes 2-5 sticks daily	30
Used pocket money to buy	30
Smoke in group	30
Cost them 350-1500 naira a week	30
Some have poor health	30

Table-7: Out-of-school-youths use of Tranquilizers in Sokoto

	Frequency
Starts year	
Mostly 22	
They use swallowing as administration method mostly	30
They received injection last week	30
Influenced by shyness/fear	30
Takes 3-5 days in the past 12 months	30
Used pocket money to buy	30
Take them in group	30
Cost them 1000 naira a week	30
They buy drugs themselves and when sad	30

Table-8: In- school-youth Tranquilizers in Sokoto

	Frequency
Starts year 17	30
They use swallowing as administration method mostly	30
They never take injection week	30
Influenced by friends	30
Takes drugs in 1-2 days in the past 12 months	30
Used pocket money to buy	30
Take them in group	30
Cost them 800 naira daily	30
They buy drugs themselves and when sad	30

Table-9: Out-of-school alcohol use in Sokoto

	Frequency
Starts year 22	
They are non-regular drinkers	
Influenced by lack of role model in the society	30
Take last week in the past 30 days	30
Used pocket money to buy	30
Take it in individually	30
They feel like healthy people	30
They buy drugs themselves	30

Table-10: In-school-youths use of alcohol in Sokoto

	Frequency
Starts year 18	
They are regular drinkers	30
Influenced by friends	30
Used pocket money to buy	30
Take drugs in group and individually	30
They buy drugs themselves and when sad	30
They feel bad health status	30

Table-11: Volatile inhalants use in in-school youths in Sokoto

	Frequency Percentage
None of out-of-school youths ever use volatile inhalants	
Starts year 17yrs	30
Influenced by friends	30
Takes 1-2 days in the past last months	30
Used pocket money to buy	30
Smoke in group	30
Cost them 100 naira a daily	30
They buy drugs themselves and when sad	30

DISCUSSIONS

The commonly use drugs/substances submitted by the respondents in this study are cigarette, tranquilizers, cannabis, volatile inhalants, hallucinogens, opiates. This submission is similar to the reports from Sarkingobir and Dikko (2020), Dankani(2012), Danjuma *et al.*,(2015), Oshodi *et al.*, (2010); it be can seen that the youths have their

own ways of calling drugs, in order to hide many things to the public or non-members. They called cannabis as *Taaba*, alcohol as *Ruwa*. They also used other unusual substances like cassette water, *Ruwan* Casette, Toilet odour, Nail water. Some specific drugs/ substances are wewe, burkutu, codein, morphine, LSD, petrol, *Sholisho*, *Zaren kaset*, nail water, D5, valium, syrup, *Sigari*. And methods of

administration include: smoking, chewing, eating, drinking, swallowing, and sniffing. In table 2, reasons why youths use substances/drugs were outlined. The social/peer pressure, rebellion, overworking /learning, fun, shyness, lack of role model, fear and parental influence. In table 3, the age of starting drug is as early as 10 or 13 years old. The practice is carried out at home or school or both, and mostly pushed by friends (38), then drug pushers (32), and lastly curiosity. These factors are reported also in Dankani (2012), Danjuma *et al.*, (2015), Sarkingobir and Dikko (2020). From table 5-11, specific substances/drugs use of participants in this study was shown. They started taking drugs as early as 10 years old, whereas, the maximum year was 22. Friends (social) pressure influenced them into drugs in most of the situations. They submitted that, they used pocket money to buy drugs; they spent up to 2000 naira in one week or month in drugs. They engaged in drugs in groups mostly. The results showing specific substance use of Cannabis among youths in Sokoto stressed the power of peer pressure, which was corroborated by many studies (Nasiru, 2015). When using tranquilizers out-of-school youths use injection in some situations. Use of injection in drug taking is dangerous, as it easily help in disease transmission. This behavior shall be avoided (Nasiru *et al.*, 2019ab). This study revealed that, respondents who take alcohol regularly reported bad health status; whereas, respondents who take alcohol on occasional basis, feel relatively healthy. The mode of administration of a drug plays a vital role in increasing its risk. For example, Injection in drug use poses the greatest risk, putting users at a very high risk of acquiring blood borne viral infections, and at an increased risk of overdose and dependence. Injecting drug users also frequently face discrimination and stigmatization, which may discourage users away from accessing treatment and other health services (Department of Health, 2011). These findings are in agreement with Sarkingobir and Dikko (2020).

CONCLUSION

Commonly use drug/ substances by the youths in the Sokoto are : cassette water/*Ruwan* Casette, Toilet odour/ Nail water, wewe, burkutu, codein, morphine, LSD, petrol, *Sholisho*, *Zaren kaset*, nail water, D5, valium, syrup, *Sigari*. Methods of administration of drugs in Sokoto include: smoking, chewing, eating, drinking, swallowing, and sniffing. Peer/social pressure is the main influencer to drugs.

REFERENCES

- Bakwai, M.S., Sarkingobir, Y., Saadu, A., & Dikko, M. (2019). An investigation of anti-enterobacterial properties of Sub-fractions of *Mirabilis Jalapa* leaves extracts. *Journal of Agriculture and Agricultural Technology*, 19(1); 231-237.
- BUK Today (July, 2018). Investigation into drug abuse in Kano: challenges and way forward.
- Danjuma, A., Taiwo, A.I., Omoniyi S.O., Balarabe, S.A., Kolo, S., Solomon, L.S., & Nassa Y.G. (2020). Nonconventional use of substances among youth in Nigeria; Viewpoints of students in a Nigerian tertiary institution. *Journal of Nursing Care*, 4(6): 1-7.
- Dankani, I.M. (2012). Abuse of cough syrups: a new trend in drug abuse in Northwestern Nigerian states of Kano, Sokoto, Katsina, Zamfara and Kebbi. *International Journal of Physical and Social sciences*, 2(8):199-213.
- Department of Health. (2011). A summary of the health harms of drugs. www.dh.gov.uk/publications
- Lawal, N., & Aliyu A.A. (2020). Assessment of causes and effects of drugs and substances abuse among youth: A case study of Katsina Metropolis (North West Nigeria). *International Neuropsychiatric Disease Control*, 14(1); 1-9.
- Nasiru, B.S. (2015). Perceptions of Youth on Substance Abuse in Sokoto, Sokoto State, Nigeria. A Dissertation Is Submitted to the University of Ghana, Legon in partial fulfillment of the Requirement for the award of Master of Science Nursing Degree.
- Nasiru, B.S., Lydia, A., Alexander, A., & Maru, S.A. (2019b). The perception of youth on the effects of substance abuse in Sokoto Nigeria. *World Journal of Pharmaceutical and Medical Research*, 5(9):122-129
- Nasiru, B.S., Musawa, T.S., Hassan, H.M., & Ejembi, E.A. (2019a). Exploring the perceived factors that lead to substance abuse among youth in Northern Nigeria. *Advance Research Journal of Medical and Clinical Science*, 5(9):15-23.
- Nasiru, B.S., Yakubu, L., Abdulrahman, S.M., Auwal, M., Abdulrahman, S., & Zulkifilu, M. (2018). Youth perception on control measures in reducing substance abuse in Sokoto state, Nigeria. *International Journal of Nursing and Medical Science*, 7(2):736-754.
- Oshodi, O.Y., Aina, Of., Onajole, A.T. (2010). Substance use among secondary school students in an urban setting in Nigeria: Prevalence and associated factors. *African Journal of Psychiatry*, 13(6):52-57.
- Raji, M.O., Muhammad, U., Usman, A.M., Umar, M., Oladigbolu RA., & Kaoje Y.G. (2015). Cigarette smoking among adolescents in smoking Sokoto Metropolis. *Health Science Journal*, 11(3):1-10.
- Sarkingobir, Y., & Dikko, M. (2020). Substance Abuse among In-School and Out-Of-School Youth in Sokoto, Northwestern Nigeria. *Journal of Applied Science and Environmental*

- *management*, 24 (9) 1545-1550.
- Sarkingobir, Y., & Abbas, S.S. (2017). Factors that contributes to noncompliance of youths to blood donation in Sokoto State. *International Journal of Medical and Biosciences*, 1(1):1-17.
- Sarkingobir, Y. (2020a). The brief history of the 7th Sarkingobir of Gwadabawa, Alhaji Muhamamdu Zayyanu MFR. *International Journal of Educational research and studies*, (1):01-06.
- Sarkingobir, Y. (2020b). The second Sarkin Rafin Illela, Alh Buhari Muhamamd Tukur. Sokoto, Nigeria: Sokoto University Press.
- Sarkingobir, Y., Bakwai MS., Hussaini N., & Dikko, M. (2019). Phytochemical Study of *Guiera Senegalensis* (Sabara) in Sokoto. *International Journal of Pure And Applied Science*, 10(9); 253-244.