

Career dwindling by drugs addicted students: an appraisal on NIMS University Jaipur

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ABSTRACT

The research titled “causes and effects of drugs abuse on students’ academic performance”. Drug abuse among youth is a major national concern, it is troubling, and it has derogatory effects on youth such as health and behavioral problems, or even death. A sample of 290 undergraduate students and staff were randomly selected from nine faculties of Nims University Jaipur. One of the research questions is what the causes of drug abuse among students are. 5-point liker scale of drug questionnaire was administered and distributed personally. The data collected and analyzed using percentage. It was discovered that the drug abuse has serious negative effects on students’ academic performance. Recommendations are: Drug-free Clubs should be encourage among students, regular awareness programs should be maintain and group and individual counselling should be introduce.

Keywords: 1.Drugs abuse, 2. 290 undergraduate students, 3.Regular awareness programs and Counselling etc.

Introduction

The epidemic of substance abuse in young generation has assumed alarming dimensions in India. Changing cultural values, increasing economic stress and dwindling supportive bonds are leading to initiation into substance use. According to the World Health Organization (WHO) substance abuse is persistent or sporadic drug use inconsistent with or unrelated to acceptable medical practice. The history of human race has also been the history of drug abuse (Maithya, 2009). The use of drugs does not constitute an evil; in fact, some drugs have been a medical blessing.

The current trend of substance abuse among youth is a major national concern, it is troubling, and it has derogatory effects on youth such as health and behavioral problems, or even death. Falco (1988), as cited by Sambo (2008) viewed that “Chronic” use of substance can cause serious, sometimes irreversible damage to adolescent physical and psychological development. Therefore, the issue of substance abuse has become a worrisome phenomenon, because youth are dying morally, socially, psychologically and physically. Currently, drugs ranging from alcohol, cigarettes, marijuana, cocaine, heroin to hashish and many others are readily available to youth especially college going students, and this has made many youths to be perpetrators of social vices in the society.

Mercy (2003) described substance abuse as problematic use of alcohol, tobacco, or illicit and or prescription drugs and it has been referred to as nation’s number one health problem. While, David, Daxald& Stanley (1990) refers to substance abuse as a pathological pattern or excessive use, intake of a substance even though it may be causing physical damage, jeopardizing safety such as driving a car while intoxicated or impairing social relationships and occupational functioning.

Significance of the Study

The findings are expected to yield significant empirical data and information on the causes and effect of drug and substance abuse on participation in learning. The findings are expected to help the ministry of education officials in understanding the causes of drug abuse amongst students especially youths hence help them develop intervention strategies. The study will add to the knowledge on the various causes and impact as well as methods of preventing/eliminating the habit of drug abuse among students of higher learning. The study will also assist Nims University Management and institutions of learning in identifying the causes and effects of drug abuse on academic performance of their students and provide them with the ways of eliminating the trend. The general public will also benefit from this research as it will make them aware of the causes and impact of drug abuse on academic performance of their children. Finally, policy makers and future researchers will also find this research useful as it will serve as a source of reference in their research work.

Background of the Study

Nims University Jaipur is located in Shobha Nagar, Jaipur. Capital city of Rajasthan State India. It was founded in 2008 under the name National Institutes of Medical Sciences, (NIMS). The University has nine (9) faculties plus Postgraduate School and School of General Studies, all located in its main campus with the population of over 20,000 students.

LITERATURE REVIEW

It is in this connection that this study examines the causes and effects of drugs on the academic performance of students in Nims University. To find out whether Nims University students have cogent reasons for taking hard drugs and whether these drugs have effects on the academic performance of Nims University students.

According to delay et al (2010) drug is a chemical substance, whether natural or synthetic which bring about psychological change or a modification in individual sensation, mood, consciousness or in any part of his or her mental activities.

Turner (2008) asserts that drugs are chemicals that influence or modify the action of the body's own chemistry. At this juncture, it may be pertinent for us to look at the classification of hard drugs.

Udoh and Ajalah (2006) see drugs as that, which attar the chemical components of the body as well as affect the central nervous system.

Aronson, (2006), defined drug as any biological active substances that is foreign to the body that is deliberately introduce to affects its body function.

The World Health Organization (WHO) in Lawrence (2002) views a drug as any substances or product that is used to modify or explore physiological system for the benefit of the recipient.

Hornsly (2001) adds that drug is a substance that changes the function of cells, organs or organism.

Aduku (1991), defined drug as anything when taken into the body has the effect of changing the body function. In essence, he suggests that, drug can equally help the body as well as damage the body function. Drugs have been discovered to be made from substances present in plants generally speaking, what constitute drug and drug abuse has been subject of long standing controversy.

Objective of the Study

The general objective of the research is to find out the causes and effects of drug abuse on academic performance of students. While the specific objectives include: -

Objectives 1: To find out the causes of drug abuse among students.

Objectives 2: To evaluate the effects of drug abuse on academic performance of students.

Objectives 3: To find out how to eliminate drug abuse among students.

RESEARCH METHODOLOGY

The researcher aims at giving description of the techniques and procedure adopted in collecting of relevant data, describes the methods followed to carry out the research design, population and sampling as well as method of data analysis.

Research Instrument/Design

The research method used is the survey research. The location of the study is Nims University Jaipur Rajasthan, India. Survey research type was used because of the data collection technique to be used such as questionnaire. It provides opportunity for more intensive and in-depth understanding of the unit investigated.

Population of the Study

In this research project, the term population is used in more general sense to include staff and students of all nine (9) Faculties in Nims University Jaipur. A total number of two hundred and ninety (290) was used this number consist of twenty (20) staff and two hundred and seventy (270) students from different Faculties of the University.

Sources of Data

For the purpose of the research work the use of primary data was employed through the administration of questionnaire. The 5-point liker scale questionnaire was designed to elicit responses from the respondents.

Method of Data Collection

For this research, questionnaire was used to collect the primary data. The questionnaire administered to the respondents was distributed to the respondents and was collected back by the researcher.

Method of Data Analysis

In this research project, the research employed the use of percentage as a statistical technique of analyzing data in a tabular form. The percentage of each entry was found by the frequency of the entries over the total number of entries and multiplied by hundred (100), thus: $\frac{\text{number of entries}}{\text{total entries}} \times 100$

DATA PRESENTATION, ANALYSIS AND INTERPRETATION

This research presents the data collected in various tables their analysis, interpretation and findings.

The analysis was based on the following research questions:

- a. What are the causes of drug abuse among students?
- b. What are the effects of drug abuse on student academic performance?
- c. How to eliminate drug abuse habit among students?

Data Presentation

Table 1: Characteristics of Respondents

| Items | No. of Respondents | Percentage % |
|--|--------------------|--------------|
| Total number of questionnaire administered | 290 | 100% |
| Total number of questionnaire returned | 290 | 100% |
| SEX | | |
| Male | 194 | 72% |
| Female | 76 | 28% |
| AGE | | |
| 18-30 years | 146 | 54% |
| 31-40 Years | 74 | 27% |
| 41-50 Years | 32 | 12% |
| 50 Years and above | 18 | 7% |
| Types of Respondents | | |
| Students | 240 | 89% |
| Staff | 30 | 11% |

Survey 2017/2018.

Provisions were made in the first section of questionnaire for respondent’s bio-data which include the following variables: sex, age and types of respondents

From the responses received as shown on the table 1,194 of the respondents were male this represent 72% of total respondents while 76 were female which represent 28% of the total respondents, it was also gathered that 146 of the total respondents were between the age Of 18-30 years which represent the 54% of the total respondents, 74 were between the age of 31-40 years this also represent 27% of the total number of respondents, 32 were between the age of 41-50 years represent 12% of the respondents and 18 were above the age of 50 years which represent 7% of the total number of respondents.

As from the responses gathered, 240 of the total number of respondents were students this represents 89% while 30 were staff which represent 11% of the total number of responses.

Data Presentation and Analysis

The score rating used as Benchmark are as follows:

1%-20% strongly disagrees

21%-40% Disagree

41%-60% Undecided

61%-80% Agree

81%-100% Strongly Agree

Research Question 1: What are the causes of Drug Abuse among Students?

Table 2: Causes of Drug Abuse among Students

Population (N) = 270

| S/No | Items | A | SA | D | SD | U | Remark |
|------|--|-----|-----|-----|-----|-----|----------------|
| 1 | Ability to increase performance leads to drug abuse among students | 80% | - | - | 20% | - | Agree |
| 2 | Frustration is the major causes of drug use and abuse among students | - | - | 40% | - | 60% | Undecided |
| 3 | Students use and abuse drugs to reduce fear | 78% | - | 22% | - | - | Agree |
| 4 | Relaxation prior to social event brings about drug use and | 70% | - | 30% | - | - | Agree |
| 5 | Poor achievement in school cause drug abuse | 2% | 89% | - | 9% | - | Strongly agree |
| 6 | Sexual excitements cause drug abuse among students- | 74% | - | 26% | - | - | Agree |
| 7 | Poverty and unemployment lead s to substance abuse among students | - | 81% | - | 19% | - | Strongly Agree |
| 8 | Stress cause drug use and abuse among students | 71% | - | 29% | - | - | Agree |
| 9 | Availability of drug leads to drug abuse | 80% | - | - | 20% | - | Agree |

Survey 2017/2018.

On the cause of drug abuse among students of tertiary institutions, the respondent's responses as shown in table 2 were agreed on item 1, 3, 4, 6, 8 and 9 respectively with a percentage score of 80%, 78%, 70%, 74%, 71% and 80% respectively. Other respondents strongly agreed with on item 5 and 7 with a percentage score of 89% and 81% while 60% of the responses were undecided on item 2.

However, ability to increase performance, ability to reduce fear, relaxation prior to social event, poor achievement in school, sexual excitements, poverty and unemployment, stress and availability of drugs are the major causes of drug abuse among students in Nims University Jaipur.

Research Question 2: What are the effects of Drug Abuse on Students Academic Performance?

Table 3: Effects of Drug Abuse on Students Academic Performance.

Population (N) = 270

| S No | Items | A | SA | D | SD | U | Remark |
|------|--|-----|-----|-----|-----|-----|----------------|
| 1 | Drug Abuse brings about domestic violence | 80% | - | - | 20% | - | Agree |
| 2 | Substance abuse cause damage to physical and psychological development | 63% | - | 37% | - | - | Agree |
| 3 | Drug Abuse leads to unprotected sex | - | - | 40% | - | 60% | Undecided |
| 4 | Drug Abuse brings about verbal and physical fight among students | - | 92% | - | 8% | - | Strongly agree |
| 5 | Substance Abuse reduce undergraduate chances of graduating from University | 80% | - | - | 20% | - | Agree |
| 6 | Drug Abuse leads to late coming to class and possibly missing the class | - | 83% | - | 17% | - | Strongly Agree |
| 7 | Substance Abuse among students leads to aggressiveness | - | - | 40% | - | 60% | Undecided |
| 8 | Drug Abuse bring about loss of self-control | - | 81% | - | 19% | - | Strongly Agree |

Survey 2017/2018.

On the effects of drug abuse on students' academic performance the responses as shown in table 3 agreed on item 1, 2, 5 and strongly agreed on item 4, 6 and 8 with a percentage score of 80%, 63% and 80% as well as 83%, 92% and 81% respectively. Other respondents were undecided on item 3 and 7 with a percentage score of 60% each. Therefore, the result shown identified that drug use and abuse brings about domestic violence, cause damage to physical and psychological development, verbal and physical fight among students, reduce undergraduate chances of graduating from university, leads to late coming to class and possibly missing the class as well loss of self-control.

60% of respondents are uncertain whether drug abuse leads to unprotected sex and aggressiveness.

Research Question 3: How to eliminate drug abuse habit among students?

Table 4: Elimination of Drug Abuse Habit among Students

Population (N) = 270

| S No | Items | A | SA | D | SD | U | Remark |
|------|---|-----|-----|-----|-----|-----|----------------|
| 1 | Group Counselling/individuals counseling reduces the habit of drug abuse among students | - | 97% | - | 3% | - | Strongly Agree |
| 2 | Use of peer support groups among students (peer educating) reduces drug abuse | 68% | - | 32% | - | - | Agree |
| 3 | Regular awareness and enlightenment lectures eliminate drug abuse among students | - | 81% | - | 19% | - | Strongly Agree |
| 4 | Dismissal reduces the habit of drug abuse among students | - | - | 37% | 19% | 44% | Undecided |
| 5 | Financial support/scholarship to students reduces drug abuse among them | - | - | 40% | - | 60% | Undecided |

Survey 2017/2018

On the method of eliminating the drug abuse habit among students of Nims University, the respondents agreed on item 2 and strongly agree on item 1 and 3 with a percentage score of 68%, 97% and 81% respectively. Other respondents were undecided on item 4 and 5 with a percentage score of 44% and 60% respectively.

However, it is evident that group counseling/individual counseling, use of peer support groups (peer educating) and regular awareness and enlightenment lectures will help the University to eliminate the drug abuse habit among students.

Findings

It was observed that the major causes of drug abuse among students of Nims University include ability to increase performance, frustration, fear, poor achievement in school, sexual excitements, stress, availability of drugs and poverty and unemployment as well as relaxation prior to social event which is in line with the work of Yusuf F. A. (2007).

The data collected and analyzed on the effects of drug abuse on students' performance, shows that drug abuse have a negative effect on students' academic performance that include; domestic violence, damage to physical and psychological development, verbal and physical fighting, missing the class and loss of self-control.

The research work found that the following methods should be used to reduce and possibly eliminate the habit of drug use and drug abuse among students. The methods include; group counseling/individual counselling, use of peer support group (peer educating) and regular awareness and enlightenment lectures in the campus which alignment with the work of Smith (1998).

CONCLUSION

On the basis of the findings from this study it is concluded that the major factors influencing substance abuse among undergraduate students is stress, ability to increase performance, poor achievements in school, availability of drug, relaxation prior to social events, sexual excitements and poverty and unemployment. Therefore, it is the prime responsibility of the management to restrict the movement of illegal drugs in the campus and to organized regular enlightenment programs and lectures. This approach to a certain degree will minimize the habit of drug abuse among undergraduate students.

The findings show that students' performance is adversely affected by substance abuse in terms of late coming to class loss of self-control, domestic violence, damage to physical and psychological development etc. finally, the university should do everything possible to minimize the habit of drug abuse among students especially undergraduate students.

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