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THE IMPACT OF REHABILITATION COUNSELLING ON DRUG ABUSE AND ADDICTION; AN AFTERMATH OF STRATEGIC REVIEW PERSPECTIVE

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ABSTRACT

The impact of drug abuse and addiction among the youth has been a stigma for decade's violence, thugery, assault, madness murder. The broader context of abuse and addictive substances include tobacco alcohol solvents the alter the functions of the human brain and have an impact on the behaviour the also causes harmful with extensive damage of, individual and family and community this study was end at aimed at examining the aftermath of those drug abuse and addiction the need of rehabilitation and counselling". The use of drugs could be beneficial harmful depending on the mode use. the menace of drugs abuse has been eaten deep into the fabrics of our society; our ever the effective counselling process the problems can be tackled through campaign against drugs abuse by government and other relevant agencies this paper therefore x-ray the concept of drugs abuse types causes, effect, and strategies for counseling

INTRODUCTION

Drugs abuse and addiction is the primary reason why many youths have been incarcerated as well as being sources of crime and health problem in the society today. The number of youths incarcerated in various prisons across the country has increasing numbers of young achololics and drugs abusers have abusers have to a level of causing education sector much concerned. The problems become more server when student start relying on drugs and think that they need it to escape from problems at school this problem constitutes one of the greatest factors that hinder educational exellent in today's schools (buksteina

&vanttast,2015). the problems balancing discipline and and control of the children with their exploration understanding of the world and the self-realization may be complicated by drugs abuse and addiction problems (kobiowu, 2006).

Today, more than 7milions people suffer from an illicit drugs disorder, and one in four death result from illicit drugs than any other preventable health condition. People suffering from drug and alcohol addiction also have a higher riskof unintentional injuries accident and domestic violence incident (UNODC, 2005). Global studies on the drug abuse use and addiction revealed that early instances youth whose drugs use is one of the best predictors of the future drugs abuse and dependence. For for instances youth whose drugs use and started using drug at drug at age of 14 are more vulnerable to the drug problems letter in life than those who started using drugs at the age of 21 and above (abdulahi, 2009), drugs abuses ia a major public health problems all over the world. The use and abuse of drugs by adolescent hve become one of the most disturbing health related phenomena in Nigeria and other part of the world (NDLEA; 1997). Several schools going adolescent experinces mental health programme, either temporarily or for a long period of time. some me become it is poorly, maladjusted to school situation and eventually drop out of school. Drug abuse also known as substance abuse means harmful use of alcohol or other drugs adaptive behaviour pattern, lasting more than one month, in which a person continues to use a substance after knowingly being harmed by it or uses it to repeatdly in a harzardous. Manner abuse can lead to substance dependence (addiction) which may be physiological or psychological, or both, and is likely to continue into adulthood (paplia, old &feldman, 2011). According to fawa (2013) disease in man and animals. Drugs alters to the body function either positively or otherwise depending on the body composition of the user, the type of drugs used, the amount used and whether used singly or with other drugs at the same time. haladu (2013) administration of drugs without regard to the medically or culturally accepted patterns. It could also be viewed as the use of drugs to the defined drug abuse as the excessive, maladaptive or addictive use of drugs for non-medical purpose. Drugs abuse interferes with the health and social function of an individual. Manbe (2008) defined drug abuse interferes with the health and social function of and individual. Odejide chandes, fatigue and loss or increase in apetite should be treated by the medical experts and counsellors to save them from deadly diseases.

The broader context of substances abuse and addiction includes tobacco alchohol and solvents. All these substances have an impact on behavior. The most widely used addictive substance of acohol and tobacco are harmful with extensive damage to the individual, family and community (harrisson &Gfroerer, 2012). Sambo (2008) stated that chronics use of psychological development. Okorodud, (2004) in their research work indicates of any aremu (2000) in their research on the effect of drugs abuse on educational performance of epidemic level in the present nigeria society, and that drugs abuse could lead to the reduce academic acheivement or even halt one's entire academic process.

Olatunde (2013) states that nigeria adolescent take drugs such as amphetamines and pro-plus as aid for success in examination. He postulated that those who

take drugs as aid for studies towards examination are those with poor academic records, a history of liastability and family/social problems while others, he commended; use rugs to increase their self-confidence heighten pleasure, cope with feeling of depression and inadequacy, and to facilitate communication. Idowu (2017) found that student smoke and use drugs at the instances of friends/peers, parents and television/radio advertisement. Okorodudu and okorodudu (2004); and enakpoya (2009) in their studies showed that adolescent to the influence of their peers osikaoya and ali (2006) asserted that socially, a drug abuser is always pre-ocuppied with how to obtain drugs of choice and crave for the substance. Studies by oduaran curiosity, boldness, friend-do-it, enjoyment of social gathering. Academic pressure, sound slee, sexua-powers and performance in sports. Drugs abuse is very serious problem among school adolescent and which has slowly made the average nigerian student to be maimed sentences to life of delinquency, insanity, street walking and premature death.

Types Of Drugs Abuse and Addiction

In Nigeria, the most common types of abused drugs and addiction to haladu (2013) are categories as follows:-

Stimulants:

These are substance that directly act and simulate the central nervous system users at the initial stage experiences pleasant effects such as energy increase. The major source of these comes from caffeine substance

Hallucinogen:

These are drugs that that alter the sensory unit in the brain. Thus, producing distorted perception, felling of anxiety and euphoria, sadness and inner joy they normally come from marijuana LSD etc

Narcotics:

These drugs relive pains, induce sleeping and they are addictive. They are found in heroin, codeine, opium etc.

Sedatives:

These drugs are among the most widely used and abused. This is largely due to the belief that they relieve stress and anxiety, and some of them induce sleep, ease tension, cause relaxation or help user to forget their problems. They are sourced from valium, alcohol, promotazine, chloroform.

Miscellaneous:

This is group of volatile solvents or inhalants that provides euphoria, emotional disinhibition and perpetual distortion of thought to the user. The main sources are glues, spot removers, tube repair, perfumes, chemicals etc.

Tranquilizers:

They are believed to produce calmness without bringing drowsiness they are chiefly derived from Librium, Valium etc.

Theories Of a Drugs Abuse

Theories of drugs abuse indicate that some people truly depend on certain drugs for their survival due to a number of factors. The major emphasis of the theories is that people have their individual reasons for depending on one type of the drug or the other. Such reasons, according to Eze and Omeje (1999) are explained by the following theories. Personality theory of drugs abuse, learning theory of drugs abuse, biological theory of the drugs abuse and socio-cultural theories

Personality Theories of Drugs Abuse:

The main emphasis of the theories are that there are certain traits or characteristics in the individual that abuse drugs. Such personality characteristics accordingly to Eze and Omeje (1999) are inability to delay gratification, low tolerance for frustration, poor impulse control, high emotional dependence on other people, poor coping ability and low self-esteem. Individual with these personality characteristics find it difficult to abstain from drugs abuse.

Learning Theory of Drugs Abuse:

It maintains that dependence or abuse is drugs occurs as a result of learning they could be by means conditioning instrumental learning or social learning.

Biological Theory of Drugs Abuse:

The theory maintains that drugs abuse is determined by the individuals biological or genetics factors which make them vulnerable to drug addiction.

Social Cultural Theories of Drugs Dependence /Abuse:

the theories maintain that drug abuse is determined by socio-cultural values of the people. For instances, while certain cultures permit the consumption of alcohol and marijuana, other culture do not. Among the urhobo, Ijaw, Ibibio, Edo, Igbo, activities. In northern Nigeria, alcohol is forbidden due to sharia law. However, the sharia laws do not forbid cigarette consumption and thus nicotine dependence. It should be noted, however that no theory fully explains the etiology of drugs abuse this is due to the individual differences it then becomes obvious that the disorder (drugs abuse) is an acquired one. The acquisition, then is dependent on a host of personal inclinations and environmental factors.

Causes Of Drugs Abuse and Addiction

Haldu (2013) gave the following as the main causes' of drug abuse among the youths

Experimental Curiosity:

Curiosity to experiment the unknown facts about drugs thus motivated adolescent into drugs use. The first experiences in drugs abuse produces a state of arousal such as happiness and pleasure which in turn motivated them to continue.

Peer Group Influence:

peer pressure plays a major role in influencing many adolescents into drugs abuse this because peer pressure is fact of teenage and youth life. As they try to depend less on parent they show more dependency on their friends. In Nigeria as other part of the world, one may not enjoy the company of others unless he conforms to their norms

Lack Of Parental Supervision:

Many parent have no time to supervise their sons and daughters some parent have little or no interaction with family members, while others put pressure on their children to pass exams or performs better in their studies. These phenomena initialize and increase drugs.

Personality Problems Due to Socio-Economic Condition:

Adolescent with personality problems arising from social condition have been average. Poverty is widespread, broken homes and unemployment is on the increase, therefore our youth roam the streets looking for employment or resort to begging these situation have been aggravated by lack skills opportunities for training and re-training and lack of committed action to promote job creation by private and community entrepreneur frustration arising from these problems lead to resource in drugs abuse for temporarily removing the tension and problems lead to recourse in drugs for temporarily removing the tension and problems arising from it

The Need for To Work for Long Hours:

the increasing economic deterioration that leads to poverty and unemployment has driven many parents to send their children out in search of a means of earning something for contribution to family income. These children engage in hawking, bus conducting, head loading, scavenging, serving in food canteens etc and are prone to drugs taking so as to gain more energy to work for long hours

Availability Of Drugs:

In many countries, drugs have dropped in prices as supplied have

The Need to Prevent the Occurrence of Withdrawal Symptoms:

If a drug is stopped, the user experiences what is termed “withdrawal symptoms”. Pain anxiety excessive sweating and shaking characterize such symptom. The drugs user to tolerate the symptoms motivated him to continue (ige,2010)

The Effect of Drugs Abuse and Addiction:

Mba (2008) identified numerous Negative of drugs abuse on the body chemistry

As follows:

Alcohol-related problem includes:

- a. Physical problems e.g liver cirrhosis, pancreatic, peptic ulcer, tuberculosis, hypertension, neurological disorder.
- b. Mental retardation for the fetus in the womb, growth deficiency, delayed motor development
- c. Craniofacial abnormalities, and cardiac deficit
- d. Psychiatric e.g pathological drunkenness, suicidal behaviour
- e. Socially- broken homes, increased crime rate, sexual offences, homicide and sexually transmitted diseases.

Tobacco- Related Problems:

these causes stimulation of heart and narrowing of blood vessels, producing hypertension, headache, loss of appetite, nausea and delayed growth of the fetus. It also aggravates or causes sinusitis, bronchitis, cancer, strokes, and heart attack.

Stimulant Related Problems:

These include; lethargy, irritability, exaggerating self-confidence, damage nose linings, sleeplessness, and psychiatric complication

Inhalant Related Problems:

these causes anaemia, damage kidney and stomach bleeding

Narcotics Related Problems:

these causes poor perception, constipation, cough suppression vomiting, drowsiness and sleep, unconsciousness and death. Incidence of drug abuse among Nigerian adolescents student, especially those in secondary school tend to see the drug user as one who is tough, bold and strong.

In a summary, substance abuse and addictive are associated with a wide range of short- and long-term health effect. They can vary depending on the type how

much and often it's taken and the person's general health overall, the effect of drugs, abuse and dependence can be far-reaching. They can impact almost every organ in the human body which include:

- A weakened immune system increasing the risk of illness and infection
- Heart condition ranging from abnormal heart rates to heart attacks and collapsed veins and blood vessels infection from injected drugs
- Nausea and abdominal pain, which can also lead to changes in appetite and weight loss
- Increased strains on the liver, which puts the person at risk of significant liver damage or liver failure
- Seizures, stroke, mental confusion and brain damage.
- Lung diseases
- Problems with the memory attention and decision-making which make daily living more difficult
- Global effect of drugs on the body. Such as breast development in men and increases in body temperature, which can lead to other health problems

Strategies For Guidance and Counselling Intervention On Drug Abuse And Addiction;

The following counselling strategies are suggested to help reduce drug abuse among adolescents;

Establishment Of Family Education on Drugs:

The family is the nucleus of the social or organization. Parents should give their children appropriate education on drug use. They should be encouraged by health practitioners to offer family education on drug abuse and dependence on their health, society and the nation.

Establishment Of Counselling Centres for Drugs Control:

Counselling centres should be established in every community by the government or private individuals. Qualified health counsellors should be employed in helping drug addicts or those dependent on drugs by giving them special advice on how to go about the withdrawal system.

Designing Curricula on Drug Education:

Ministry of education (state and federal) should as a matter of urgency add to the curricula- drug education at all levels of education

Campaign Against Drug Abuse:

National drug law enforcement agency (NDLEA) should intensify their campaigns on anti-drug in order to have a drug-free society. The campaign against use of certain drugs and misuse of drugs should be more intensified at the secondary school level because it is the peak of adolescence, also government

and other relevant authorities should launch out campaigns against drugs as well as dependence

Effective Study Habit for Student:

An effectively study habit is that which centres on a well-planned scheme of study involving sufficient recreation activities, enough resting time and sleep. Thus such well-planned time table of study habit that make adequate provision for rest will enhance good study habit without necessary resorting to the use of drugs to keep student artificially awake.

Establishment Of Drugs Awareness Unit:

Drugs awareness unit should to be set up in all states and moderate by the federal state and local government. It should not be a panel establishment to try people who use drugs as criminals, but help solve their socio-psychological problems. Parents and adult should refrain from using drugs in discriminately in the presences of youngsters and they should discourage their wards/children from associated with “unknown” gangs or suspicious neighbour peer groups.

CONCLUSION:

Drugs abuse and addiction is a problem that is causing serious concern to both individual and government all over the world. The problems is prevalent among adolescent who in most cases are ignorant about the danger inherent in the drug abuse. The use and abuse of drugs by the youth have become one of the most disturbing health related phenomena in Nigeria and others part of the world chronic use of substance can cause serious, and sometimes irreversible damage to adolescent’s physical and psychological development. The use of drugs of drugs could be beneficial harmful depending on the mode of use which could bring about a change in the biological functions through it’s chemical actions. Drugs is considered as a substance that modifies perception, cognition, mood, behaviour and general body functions. Many of them engaged in drugs abuse out of frustration, poverty, and lack of parental supervision, peer influence and pleasure however, with effective counselling programme the problems the problems can tackled

Future Perspective and The Way Forward

Based On Review Findings, The Following Recommendations Are Made;

- Stiff penalty should be melted against any body found dealing in hard drugs consent of a doctor should be sought before a prolong intake of a particular soft drug
- Teaching the effect drugs in school
- Continuous campaign against the use of hard drugs at the federal, state and local level
- Aggressiveness extinction of all the sources of these they planted by a joint force of authorities release

- Parent should monitor the kind of friend their children interact with and guide against bad company

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