

---

**Role of Family Life Education Programmes in Reducing Drug Abuse Among Youths in Yenegoa, Bayelsa State.**

---

**Wobo Temple Queen-Esther<sup>1</sup>****&****Kobani, Doreen PhD****Department of Adult Education and Community Development  
Faculty of Education  
Rivers State University, Port-Harcourt**

---

**Abstract**

The study examined the Role of Family Life Education Programmes in Reducing Drug Abuse among Youths in Yenegoa, Bayelsa State. Descriptive research design was adopted for the study. The population was 3,236 members of registered community-based youth organizations and facilitators. The sample size of the study was 356 (members of community-based youth organization) determined by Taro Yamane's formula and and twenty (22) facilitators of family life education programmes in Yenegoa. They were selected using the simple random sampling technique. Data for the study were collected using a self-structured questionnaire titled " Role of Family Life Education Programmes in Reducing Drug Abuse Among Youths Assessment QuestionnaireROFLEPIRDAAQ" The reliability coefficient is 0.79. Two research questions were posed. They were analyzed using mean and standard deviation. The findings of the study showed that Family life education programs can significantly reduce drug abuse among youths in Yenegoa, Bayelsa State to a high extent. Based on the findings, the researcher recommended amongst others that Government and schools should advocate for the inclusion of family life education, including substance abuse prevention, in school curricula.

**Keywords: Drug, Drug Abuse, Substance abuse, Family Life Education.**

---

## INTRODUCTION

The youths across the Nation are recognized as an integral part of the society, where their dynamism and peculiarities are rudiments for the greater good of the communities and societies to which they belong. They are inquisitive, blazing, full of robust energy, audacious, dynamic and constitute about 30% of the world's population and account for the most valuable human resource that forms the foundation of future development of any Nation (Arora, S.K et al, (2015). In Nigeria, the youths include citizens of the Federal Republic of Nigeria aged 18-29 years with reference to the new-youth policy (2019), however, the African youths charter recognises youths as people between the age of 15 and 35, though there are notable variances in chronologies and peculiarities used in defining a youth and is largely dependent on the society to which they belong (Furlong, 2013). Young individuals (youths) are known for being explorative and experimental, hence, they are bound to engage in High-risk behaviors which can have adverse effects on their over-all development and well-being and future successes (Guzman and Bosch, 2007). Some of these high-risk behaviors include: Self-injurious behaviors, violence, suicide, risky sexual behaviors and the bane of the society "Drug Abuse".

One of the identified high-risk behavior "drug abuse" among youths is undoubtedly a biting menace, a pressing issue, a recognized phenomenon. It is important to note that Drug Abuse and Substance abuse are often used interchangeably and often misunderstood. For conceptual clarification, there are significant disparities between drug, drug abuse and substance abuse. According to Hatem and Rafik (2015), a drug is a chemical substance with known biological effects on humans or other animals. In the pharmacological field, a drug is defined as a chemical substance used in the prevention or diagnosis of diseases or used to otherwise

---

---

enhance physical or mental well-being or maybe used as prophylactic medicines. A drug usually interacts with either normal or abnormal physiological process in a biological system and produces a desired and positive biological action. This agrees with the assertion of Food and Drug Agency, (2017) that drug is a substance other than food intended to affect the structure or any function of the body, for use in the diagnosis, cure, mitigation, or prevention of disease. To further elaborate on the definition, Ubanga et al, (2013) opined that drug may be seen as any illicit or licit substance that when swallowed, smoked, sniffed or injected influences the function and operation of the body and mind.

In contrast, drug abuse is the scourge of the 21<sup>st</sup> century, a multifaceted and systemic menace that affects people, families and communities, and a rapidly growing problem. There is no one-size-fits-all definition of drug abuse. Thus, Edwards and Arif (1980) defined it as the use of a drug that is “viewed as a problem by the relevant society”. This definition of drug abuse proposed by Edwards and Arif (1980) emphasizes the social and cultural context in which drug use is evaluated, which implies that the commonly abused over-the-counter drugs such as antibiotics, cough syrup, amphetamines, tramadol amongst others may not even be considered illicit or abused drugs based on the society’s perspective. Also, Lakhanpal, and Agnihotri (2007) in Hamisu and Lim (2014) defined Drug Abuse as the “arbitrary” over dependence or mis-use of one particular drug with or without a prior medical diagnosis from qualified health practitioners. Drug abuse refers to the misuse or wrong use of drugs which have adverse effects on the central nervous system, mind, mood, behavior and personality of the individual or group of individual, whereas Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs (WHO). One of the key impacts of illicit drug use on society is the negative health consequences experienced

---

---

by its members. However, There is a strong connection between drug and substance abuse because people who abuse drugs are often more likely to abuse other substances, and vice versa. This is because these substances often have similar effects on the brain and body. For example, both drugs and substances can produce feelings of euphoria, relaxation, and escape from reality.

From the above, it is now obvious that drugs such as cocaine, cannabis, transform, heroin, sedatives, inhalants, tranquilizers, marijuana, barbiturates, amphetamines, alcohol, coffee, cigarettes and other opiates (the list is endless) are classified as drugs (Jacobs, Maduawuchi, and Jonjon, (2021). There are classifications of drug abuse for elucidation purposes which include but are not limited to: prescription medications such as opioids (e.g., oxycodone, illicit drugs/substances such as heroin and methamphetamine, club drugs such as MDMA (ecstasy), inhalants such as solvents, nitrous oxide, hallucinogens (psychedelic substances) such as psilocybin mushroom, synthetic drugs such as synthetic cathinones (bath salts), performance-enhancing drugs such as anabolic steroids, alcohol and nicotine (Google, 2023), all of which are abused with malicious intents amongst youths.

In Nigeria currently, The burden and prevalence of drug abuse is increasingly on the rise and a matter of urgency, a report obtained from the National Drug Law Enforcement Agency (NDLEA) revealed that recent statistics showed 40 per cent of Nigerian youth between 18 and 35 years are deeply involved in the abuse of drugs. Canton (2021) in Elemile, Bello, and Akinwale (2023) revealed that 271 million people (or 5.5% of the world's population) between the ages of 15 and 64 used drugs, 14.4% of the general population (of all ages), 20.9% of local youths, and 81.1% of commercial bus drivers were affected. A comparison analysis with other developing countries reveals that Nigeria ranks among the highest users

---

of hard drugs such as cannabis, heroin, cocaine, opioids, alcohol, tobacco, benzodiazepines among others. The burden of drug abuse (usage, abuse, and trafficking) has also been related to the four areas of international concern, *viz.* organized crime, illicit financial flows, corruption, and terrorism/insurgency (United Nations Office on Drugs and Crime (2017). Furthermore, ChinweandFerdinand(2019); Micheal, (2019); Obielosi, et al, (2019); Umukoro, et al, (2016); Paulley, (2014); Ubangha, et al, (2013)in Aristotle, et al (2021) observed in their different studies that there has been a steady increase in the prevalence of hard drug use and its associated consequences within the last three decades. Hard drug usage is quite frequent among young people and has extended to people from all socioeconomic backgrounds, including those who are wealthy and underprivileged. Almost all types of psychoactive substances are available in Nigeria due to their spill over into the streets from drug trafficking who use Nigeria as a channel to transport drugs from South East- Asia (the Golden Triangle) and South America (Bolivia, Peru and Brazil) to Europe and North America (Aristotle, et al, 2020, p 986; Umukoro, et al, 2016, p. 1), with reference to the most commonly abused drug “Crystal Methamphetamine” otherwise known as “Mkpurummiri”, as well as “Alcohol” which can be classified under drug/substance abuse.

The downfall of youths’ existence is undeniably the illegal, intentional and the persistent abuse of drugs for purposes that are not linked to the prevention, cure, mitigation or treatment but rather as a recreational activity or a coping mechanism which are considered as ‘Abuse’. Studies reveal that the prevalence of Drug abuse in Yenegoa, Bayelsa state has been gaining momentum, Aristotle et al, (2021) in his findings revealed that in Yenegoa, Bayelsa state, the presence of harddrugs such as Tramadol marijuana, codeine, emzoline, swefnol. Refnol, even alcohol are largely abused within the geographical location. This prompts the need to

ascertain the dire consequences of drug abuse. It is pertinent to note that the abuse of drugs has been directly linked to cardio-vascular diseases, depression, anxiety, schizophrenia, lung or heart diseases, mental health conditions, termination or heinous effects on fetus in pregnant women and eventually the inevitable, Death. A study conducted by Fente et al, (2023) also revealed that 98% of respondents affirmed the use of heroine, marijuana, codeine could lead to mental health impairment whereas the use of substances not administered by doctors could lead to potential organ damage, cancer, hormonal imbalances, and infertility. Also, the abuse of drugs can potentially be linked to crime, delinquency and cultism “the more hard drug used, the more it gives rise to cult violence” (Aristotle et al, 2021).

In addition, the consequences of Drug abuse are overwhelming, albeit youths are still actively engaged in it. .Ubangha, et al, (2013) noted several factors that determines drug abuse among youth namely: peer group influence, parental influence, mental illness, lack of self-confidence, reduction of stress and frustration, academic rigour, and curiosity and search for excitement among others. This buttresses the researcher’s view that youths are sometimes unaware of the consequences of their actions or perhaps completely ignorant or vulnerable, which affirms the notion that youths are susceptible to vulnerability which refers to the potential for poor outcomes, risk or danger. Other reasons for drug abuse may included but not limited to; Accessto drugs (highly dependent on the nature of their pre-existing environment, fgamily history of drug abuse, trauma, lack of positive outlets, age, gender and experimentation (Q.T, Wobo,2023).

Despite the dire implications of Drug abuse, its persistence in Yenegoa,Bayelsa state and the unwavering illegal indulgence by youths,The NDLEA has been launching nationwide enforcement activities to seize drugs of abuse and arrest drug abusers in the community;

---

---

sensitization program, rehabilitation and border patrol to checkmate trafficking of illicit drugs to and from Nigeria. Moreso, The Federal government of Nigeria, through Pharmacists Council of Nigeria (PCN), The National Agency for Foods and Drugs Administration and Control (NAFDAC), National Drug Control Master Plan (NDCMP), (UNODC) United Nations office on Drugs and Crime ,amongst other NGOs and individual organizations have remained resilient in their battle to curb the incessant rise in drug abuse by youths. However, this high-risk behavior and its unwholesome effect can be curbed and addressed through learning programs such as Family Life Education Programs which can play a crucial role in preventing and addressing drug abuse among youths by providing them with essential knowledge, skills, and support.

Family Life Education is the professional practice of equipping and empowering family members to develop knowledge and skills that enhance well-being and strengthen interpersonal relationships through an educational, preventive, and strengths-based approach. The International Planned Parenthood Federation (IPPF) defined Family life education as an instructive procedure devised to support young people in their physical, emotional and moral development as they prepare themselves for adulthood, marriage, parenthood, and ageing, as well as their societal relationships in the socio-cultural framework of the family and society. Also, according to Yisa (1988) in John and Ehigie, (2015) family life education is an educational process which provides for a study of the population situation in the world, with the purpose of developing in the citizens, more rational and more responsible behavior towards improving the quality of their life now and in future. The goal of Family life education programs is to provide youths with accurate, age-appropriate information and skills to enable them to make informed decisions about their health and well-

---

being. This includes promoting healthy relationships, responsible sexual behaviors, and preventing sexually transmitted infections (STIs), unintended pregnancies, health or lung diseases, mental health diseases which are some of the implications of drug abuse. The reasons for the introduction of family life education in the learning system according to NERDC (1995) are born out of the desire to use education to proffer solution to population related problems because of their close relationship to social and economic progress. It enables learners to perceive the world around them by providing conducive intellectual environment to understand and prepare them for effective living.

Family Life Education programs such as Strengthening Families Program (SFP) and Substance Abuse Prevention Program are more focused on reducing drug abuse and creating a supportive and nurturing environment within the family, where children and adolescents feel safe, respected, and valued. By strengthening family relationships and promoting healthy behaviors, these programs can help prevent drug abuse and promote positive outcomes for young people. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), substance abuse prevention programs are defined as "interventions that aim to prevent or delay the onset of substance use, prevent or reduce substance use-related problems, and promote healthy behaviors among individuals and communities. Also, The Strengthening Families Program (SFP) is an evidence-based family skills training program for high-risk and general population families that is recognized both nationally and internationally (Dr. Karol Kumpfer). The essence of family life education programs is to understand the dynamics of human and family relations and how these interconnections can help lead positive life among individuals because every human species/individual is inherently member of family and the well-being of a nation depends on

---



---

strong and loving families, they have the job of producing the next generation of emotionally healthy, responsible, educated citizens who are addiction-free and prepared to maintain the physical and social infrastructure of society, and every individual belongs to a family. Research shows well-trained parents help youth avoid substance abuse and have better life outcomes. Family life education programs are a type of preventive intervention that aims to promote positive family relationships and reduce the risk of substance abuse among youths through open communication, stress management, proper parenting and decision-making. Therefore, it is against this background the researcher will investigate the role of family life education programmes in reducing Drug abuse among youths in Yenegoa, Bayelsa state.

### **Statement of the Problem**

The youths are the driving force and backbone of any nation, society and community, they are audacious, dynamic, daring and constitute about 30 % of the world's population and account for the most valuable human resource that forms the foundation of future development of any Nation (Arora, S.K et al, (2015). Despite their attributes and the plethora of opportunities available in Yenegoa, Bayelsa state ranging from education, entrepreneurship, agriculture, technology, among others, one would assume that given their notable peculiarities and ability to transform their communities, they would harness them and foster development. The youths who are meant to be assets due to their populace and dynamism are unfortunately involved in drug and substance abuse and this has led to an upsurge in crime rates, high school-dropouts, sexual harassments, mental and physical deterioration among others and other social vices among youths in Yenegoa which has been documented and identified in the geographical location (Aristotle et al, 2021).

---

---

Federal Government in a bid to curb these behaviors and the dire consequences introduced intervention efforts through Pharmacists council of Nigeria (PCN), The National Agency for Foods and Drugs Administration and Control (NAFDAC), National Drug Control Master Plan (NDCMP), UNODC United Nations office on Drugs, NGOs and individual organizations and Police interventions to curb the rate of crimes bridge drug abuse among youths, it still remains a significant societal concern. The fundamental cause for concern is geared towards the adverse effects of the abuse of drugs for purposes that are not related to cure, mitigation or even prevention or proper administration by a health professional and the inevitable disease

It is against this backdrop that Family life education education has been recognized and identified as a panacea for subduing the issue of drug abuse among youths to ensure better lifestyle choices and habits. Although, limited research exists on the specific role of family life education programs on drug abuse prevention and intervention among youths, this further fosters a comprehensive investigation to determine the role of FLE programs in providing the necessary knowledge, skills, and support for addressing and mitigating the risk of substance abuse among young individuals. The answer to this question prompted a study of this nature.

### **Research Questions**

1. To what extent has strengthening families programs (SFP) significantly helped in reducing drug abuse among youths in Yenegoa, Bayelsa state?
-

2. To what extent has substance abuse prevention programs significantly helped in drug/substance abuse and improve healthy lifestyle/behaviors among youths in Yenegoa, Bayelsa state?

### **Methodology**

This study adopted the descriptive survey research design. The population of the study is 3,236 which comprised of 3,214 members of the registered community-based youth organizations and 22 Facilitators. The sample size of the study was 356 (members of community-based youth organization) determined by Taro Yamane's formula and twenty (22) facilitators of family life education programmes in Yenegoa, Metropolis. The simple random sampling technique will be used to select the sample size. The instrument for data collection in this study was a self-structured questionnaire titled 'ROFLEPIRDAAQ'. The reliability coefficient is 0.79. Mean statistics was used to analyze the data collected.

### **Results**

**Research Question 1:** To what extent has strengthening families programs (SFP) helped in reducing drug abuse among youths in Yenegoa, Bayelsa state?

---

**Table 1: Mean Responses of responses on the extent to which strengthening families programs (SFP) helped in reducing drug abuse among youths in Yenegoa, Bayelsa state**

S/N	Statement Items	Members =322			Facilitators=22		
		X	S.D	Remark	X	S.D	Remark
1	Strengthening families program equips parents/guardians with the knowledge and skills to effectively communicate the dangers of drug abuse to their wards.	3.48	0.70	High Extent	3.27	0.83	High Extent
2	Through this program, parents can understand the risk factors associated with the abuse of illicit drugs.	3.36	0.84	High Extent	3.36	0.79	High Extent
3	SFP provides parents with tools and strategies to effectively manage their wards' behavior and promote disciplinary measures against the use of psychedelic drugs.	3.12	0.94	High Extent	3.00	0.93	High Extent
4	Through interactive sessions and discussions by SPF, youths can learn important life skills and coping mechanisms against drug/substance misuse.	3.21	0.93	High Extent	3.55	0.51	High Extent
5	SPF can significantly enhance protective factors in families (bonding and parental involvement) which can lead to decrease in abuse of drugs	3.54	0.55	VeryHigh Extent	3.00	0.87	Very High Extent
6	Through this program, families can form real connections with abusers of drugs and assist them with rehabilitation.	3.44	0.83	High Extent	3.00	0.93	High Extent
<b>Grand Mean</b>		<b>3.36</b>	<b>0.80</b>	<b>High</b>	<b>3.20</b>	<b>0.81</b>	<b>High</b>

Source: Researcher's Field Result; 2023.

---

Table 1 shows that responses from members of community-based youth organization on items 1-6 gave mean scores that ranges from 3.12-3.54 with standard deviations scores that ranges from 0.55-0.94; and that facilitators had mean scores of 3.00-3.55 with standard deviation scores that ranges from 0.51-0.93. The responses from the two sets of respondents resulted to grand mean scores of 3.36 and 3.20 respectively, since the mean scores fall International Journal of Research Publication and Reviews, Vol 3, no 11, pp 2366-2372, November 2022 2370 within the range of high extent, the answer to research question one is that Strengthening families programs help in reducing drug abuse among youths in yenegoa, Bayelsa state to a high extent.

Research Question 2: To what extent has substance abuse prevention programs significantly helped in drug/substance abuse and improve healthy lifestyle/behaviors among youths in Yenegoa, Bayelsa state?

**Table 2: Mean Responses of responses on the extent to which Substance abuse prevention programs help in reducing drug abuse among youths in Yenegoa, Bayelsa state.**

S/N	Statement Items	Members =322			Facilitators=22		
		X	S.D	Remark	X	S.D	Remark
7	Creating awareness through education of substance abuse against drug abuse, risks, and consequences can significantly decrease the intake of illicit drugs	3.48	0.67	High Extent	3.00	1.07	High Extent
8	Education on substance abuse prevention assist youths identify the social and emotional factors that influence their use of drugs and substances (peer pressure).	3.22	0.77	High Extent	3.59	0.59	High Extent
9	Awareness created by this program can help youths build resilience and practice saying "no" to peer pressure and crime.	3.40	0.85	High Extent	3.09	1.06	High Extent
10	Substance abuse prevention programs/education can encourage families, schools, and community organization that discourage drug use.	3.34	0.84	High Extent	3.14	1.08	High Extent
11	Education on substance abuse prevention can reduce the stigma among youths and encourage young individuals to seek help.	3.13	0.93	High Extent	3.77	0.43	High Extent
12	Through Substance abuse prevention programs, youths can discover appropriate treatment resources and support systems.	3.35	0.86	High Extent	3.50	0.74	High Extent
<b>Grand Mean</b>		<b>3.32</b>	<b>0.82</b>	<b>High Extent</b>	<b>3.35</b>	<b>0.83</b>	<b>High Extent</b>

**Source: Researcher's Field Result; 2023.**

Table 2 shows that responses from members of community-based youth organization on items 7-12 gave mean scores that ranges from 3.13-3.48 with standard deviations scores that ranges from 0.67-0.93 and that facilitators had mean scores of 3.00-3.77 with standard

---

deviation scores that ranges from 0.43-1.08. The responses from the two sets of respondents resulted to grand mean scores of 3.32 and 3.35 respectively, since the mean scores fall International Journal of Research Publication and Reviews, Vol 3, no 11, pp 2366-2372, November 2022 2370 within the range of high extent, the answer to research question one is that Substance abuse prevention programs help in reducing drug abuse among youths in yenegoa, Bayelsa state to a high extent.

### **Discussion of findings**

The findings of the study for research question one revealed that strengthening families program (sfp) can curb and significantly reduce the misuse, abuse and illegal intake of illicit, and licit drugs among youths in yenegoa, Bayelsa state. The responses of the respondents revealed that strengthening families program (sfp) can equip parents, proteges, and guardians with the necessary skill to effectively communicate or sensitize youths about the dangers of drug abuse. Also, Through SFP, parents are provided with the tools necessary to effectively manage their wards' behavior and promote discipline against the misuse of drugs and substances. Youths are more likely to learn important life skills and coping mechanisms, resistance from peer pressure, excel in interpersonal relationships and form real connections with families in order to eviscerate the thought or act of involving in Drug/substance abuse. This is in line with the findings of Kumpfer, Alvarado, Smith, and Bellamy, (2002) who averred that SFP has proven to be an effective program in reducing multiple risk factors for later alcohol and drug abuse, mental health problems, and delinquency by increasing family strengths and children's social competencies and improving parenting skills and has been

---

---

replicated with different cultural groups by independent evaluators and countries in quasi experimental studies.

The findings of the study for research question two revealed that revealed that Substance abuse prevention program plays a crucial role in mitigating drug abuse among youths. The findings reveal that this programs typically focuses on education, awareness, and skill-building to empower young individuals with the knowledge and tools needed to make informed, healthy choices and understand the adverse effects of drug abuse on their physical, mental health and in their personal relationships, foster identification of social and emotional factors tthat influences their choices for consuming hard drugs and illegal substances. Also, Through substance abuse prevention program, youths can bulid resilience against peer pressures , crime indulgence, high risk behaviours associated with the abuse of drugs. This coincideswith the findingsof ToblerandStratton (2002) that substance abuse prevention programs had a moderate but significant effect on reducing drug and substance abuse among youths . Furthermore, research has confirmed that substance abuse prevention programs can also reduce other risky behaviors, such as delinquency and risky sexual behavior, improve academic performance, reduce mental health problems, increase positive social connections, lead to long-term benefits, such as reduced risk of drug abuse in adulthood.

## Conclusion

Family life education programs, particularly those focused on substance abuse prevention and strengthening family dynamics, play a pivotal role in curbing drug abuse among youths. These programs adopt a holistic approach, recognizing the influential role of family in

---



---

shaping an individual's choices and behaviors. Substance abuse prevention programs within the family context prioritize education and awareness. By imparting knowledge about the risks associated with drug abuse, these initiatives empower families to engage in open dialogues, fostering an environment where youths feel informed and supported in making healthy choices. The family becomes a primary source of accurate information, acting as a deterrent to experimentation with drugs.

Also, strengthening family programs contribute significantly by enhancing the overall resilience and cohesion within familial units. Families equipped with effective communication skills, conflict resolution strategies, and stress management techniques provide a nurturing environment that diminishes the likelihood of youths turning to substance abuse as a coping mechanism. Strong family bonds act as a protective factor, creating a supportive network that bolsters the emotional well-being of adolescents. These programs also recognize the importance of community involvement in reinforcing anti-drug norms. By engaging families, schools, and local institutions, they establish a united front against substance abuse. The collective commitment to prevention within the community creates a pervasive influence, shaping societal attitudes and expectations regarding drug use. In conclusion, family life education programs, whether focused on substance abuse prevention or strengthening family dynamics, contribute significantly to reducing drug abuse among youths. By combining education, family support, community engagement, and tailored interventions, these programs foster an environment that empowers youths to make informed, healthy choices and resist the allure of substance abuse. The family emerges as a central force in shaping a resilient and drug-free future generation.

---

### Recommendations

Based on the findings above the researcher made the following recommendations:

1. Government and schools advocate for the inclusion of family life education, including substance abuse prevention, in school curricula
2. Communities should launch outreach programs and awareness campaigns to inform parents, caregivers, and community members about the importance of family-based substance abuse prevention.
3. Government, NGOs should develop and implement parental training programs that focus on effective communication, positive parenting techniques, and recognizing signs of potential substance abuse.
5. Government and communities should encourage positive peer influences by creating networks where youths can support each other in making healthy choices about use and abuse of drugs.

### REFERENCES

1. Aristotle, I. J., & Wakama, A. (2020). Social change, criminality and covid-19: The Nigerian case study. *International Journal of Comparative Studies in International Relations and Development (IJCSIRD)*, 4(2), 76-83.
  2. Arora, S. K., Shah, D., Chaturvedi, S., & Gupta, P. (2015). Defining and Measuring Vulnerability in Young People. *Indian journal of community medicine : official publication of Indian Association of Preventive & Social Medicine*, 40(3), 193–197. <https://doi.org/10.4103/0970-0218.158868>
  3. De Guzman, M. R., & Bosch, K. R. (2007). G07-1715 high-risk behaviors among youth.
-

4. Edwards, G. and A. Arif, eds. Introduction to: drug problems in the socio-cultural context: a basis for policies and programme planning. World Health Organization Offset Publication No. 73. Geneva, 1980, p. 18
5. Elemile, M. G., Bello, C. B., &Akinwale, O. D. (2023). Substance Abuse among Youths in Nigeria: Implication for Community and National Health. *Research and Reviews: Journal of Forensic Nursing*, 1(1), 1-15.
6. Fente, A. E., Aduema, W., &Bunu, M. E. SUBSTANCE ABUSE AMONG STUDENTS OF BAYELSA STATE SCHOOL OF NURSING, TOMBIA
7. Food and drug agency,(2017)<https://www.fda.gov/drugs/drug-approvals-and-databases/drugsfda-glossary-terms>
8. Furlong, Andy (2013). *Youth Studies An introduction*. Routledge. [ISBN 9780415564793](https://doi.org/10.1080/9780415564793).
9. Jacobs, A. I., Maduawuchi, E., &Jonjon, E. O. (2021). Hard drug Use Among Youths and Cult Violence in Yenagoa Metropolis, Bayelsa State–Nigeria. *International Journal on Integrated Education*, 4(5), 1-17.
10. John, O. E., &Ehigie, J. O. (2015). Family life education: A vital tool for reducing marital instability (divorce) among youths in Nigeria. *International Journal of Humanities and Social Science*, 5(2), 222-226.. Family life education: A vital tool for reducing marital instability (divorce) among youths in Nigeria. *International Journal of Humanities and Social Science*, 5(2), 222-226.
11. Lakhanpal, P. Agnihotri, A., K. (2007). Drug Abuse an International Problem: A short Review with Special reference to African Continent. *Journal of Medicine and Toxicology*, 1(1), 1-11.
12. Karol L. Kumpfer, Ph.D.Department of Health Promotion and Education, University of Utah1901 East South Campus Dr. Room 2142Salt Lake City, Utah 84112, <https://strengtheningfamiliesprogram.org/about/detailed-info/>
13. Kobani, D. & Alozie, K. (2016). *Adult Education: Principles and Practice*. Owerri: Beauty Concepts.
14. Kobani, D. (2018). *Adult Education: Methods and Materials*. Port Harcourt: University of Port Harcourt Press.
15. Paxton, K. C., Williams, J. K., Bolden, S., Guzman, Y., &Harawa, N. T. (2013). HIV risk behaviors among African American women with at-risk male partners. *Journal of AIDS & clinical research*, 4(7), 221.
16. Rafik Hamman et al, (2015); ISBN:978-1-663463828-9, 2015 Nova Science Publishers.
17. Tobler, N. S., & Stratton, H. H. (2002). Effective adolescent substance abuse prevention programs: A meta-analysis of project SMART and other studies. *Journal of Primary Prevention*, 23(1), 53-77.

18. Ubanga, M. B, Bola, M, Idowu, R.A., &Ogunyemi, M. O. (2013). Relationship between drugs and deviant behavior among undergraduate students of university of Lagos, Nigeria. *American International Journal of Social Science (AIJSS)*, 2(6), 63-67.
  19. Umukoro, O. L., Taiwo, A., Ighoroje, M., &Mofoluwake, M. (2016). Prevalence and patterns of drug abuse among students of tertiary institutions in Abeokuta, Ogun state, Nigeria. *International Journal of Psychiatry*, 1(1), 2-6.
  20. United Nations Office on Drugs and Crime (UNODC) (2019). World drug report 2019. Available at: <https://wdr.unodc.org/wdr2019/en/exsum.html> (Accessed March 18, 2020).
  21. Wikipedia contributors. (2023, October 8). Youth in Nigeria. In *Wikipedia, The Free Encyclopedia*. Retrieved 00:28, December 7, 2023, from [https://en.wikipedia.org/w/index.php?title=Youth\\_in\\_Nigeria&oldid=1179217889](https://en.wikipedia.org/w/index.php?title=Youth_in_Nigeria&oldid=1179217889)
-