

Revitalizing Counselling in Nigerian Public Higher Education: Strategies for Controlling Student Drug Addiction

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Abstract

This paper is on revitalizing counseling departments in public higher educational institutions: Strategies for controlling drug addiction among students in public higher educational institutions in Nigeria. Descriptive survey research design was used in this study. University of Agriculture and environmental and sciences Umuagwo Imo State was chosen for this study among other universities in Nigeria. One research question and one hypothesis guided this study. Population of this study is 7,000 which comprised 4,500 female and 2,500 male students in university of Agriculture and environmental sciences Umuagwo Imo state. Stratified random sampling technique was used to select 40 male students in crop science and agricultural extension services departments. On the other hand, 50 female students were selected in agricultural economics and urban regional planning departments, which gave total sample size of 90 as sample size. Researcher developed questionnaire titled “Revitalizing counseling departments in public higher educational institutions: Strategies for controlling drug addiction among students in public higher educational institutions in Nigeria” was used, with four rating scale of strongly agree, agree, disagree and strongly disagree. The instrument was validated by two specialists in Business Education, Madonna University Nigeria, Okija Campus, Anambra State. Cronbach alpha statistics were used to determine the reliability coefficient of 0.78 and 0.97, which shows that the instrument was reliable for use in this study. The instrument was administered to the respondents with the help of two research assistants who were briefed before distributing the questionnaire. A total of 90 questionnaires were administered and returned after respondents have

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given their individual opinions on them. Data collected were analyzed using mean and standard deviation. Chi Square -test of independent was used to test the hypothesis. Findings from this study revealed that students affected by drug addiction were troublesome, mixed classes and do not cope in their studies in public universities Nigeria. Other effects of drug addiction among students include creating public nuisance, fighting in the classroom, anger, lack of concentration, sudden sleep off, forgetfulness, among others. It was recommended from this study that government through public universities vice chancellors, should equip counseling department with counseling logistics, This would enable counseling departments in public universities to control drug addiction among students in public universities in Nigeria.

Keywords: Drug addiction, Effects of Drugs among Youths, Drug Regulatory Agencies in Nigeria, Use of Hard Drugs among Students in Higher Educational Institutions in Nigeria, Effects of Hard drugs on Students. Counselling Drug Addicted Students in Higher Educational Institutions in Nigeria.

Introduction

Revitalizing is the process of adding more values to ideas, rules, methods or conventions to enable people benefit from the positive changes the ideas, rules, methods and conventions will bring to them. It is also the process whereby more values are added to a phenomenon to enable the phenomenon function effectively for the good of the masses that will benefit from it. Revitalization in in respect to human negative behavior, it is the process of embracing new acceptable behaviour to enable an individual or group of individuals become useful members of the society cohabiting peacefully with men sharing common values and aspirations. Phenomenon can be an object, objects like cars or human beings.

Drug addiction

Drug addiction has eating deep in the fabrics of the masses. Frequent madness and anti- social behaviours observed among youths in different countries of the world are as a result of intake of hard drugs. Use of hard drugs has been the rave of the moment. Majority of youths have enrolled into drug taking. There are health healing drugs. Drugs human beings hide themselves to buy and take them are hard drugs. Hard drugs are brain devastating drugs. They are drugs prohibited by law. Hard drugs are medicines that destabilize human brain thus causing the affected person to misbehave or behave abnormal in the society where he or she lives. Hard drugs may be locally made or foreign made. Any drug that is not prescribed by a medical or traditional doctor is a brain devastating drug.

Effects of Drugs among Youths

Majority of youths are handicapped due to intake of hard drugs, some are in rehabilitation homes why some are in correction centers receiving punishment on what drugs have caused to them. Many inordinate or antisocial behaviours such as rape, vandalism, stealing, killing, maiming, disobedient to lawful order are mostly contracted by youths due to frequent and undecided decision to stop intake of drugs. Hard drugs are in the form of liquor, solid or in dry leave forms. They are called, cocaine, marijuana, Indian hemp, colous among others. Unprescribed drugs sold in shanties, bushes have brain devastating tendencies.

Drug Regulatory Agencies in Nigeria

Persistent and indiscriminate drug taking in public places, such as civic centers, event centers and nearby bushes around human steads coupled with unprecedented enrollment of new breeds of youths into hard taken have caused Nigerian government to order security agencies to arrest and enforce obedience to culprits through seizure of hard drugs and detention of victims. Many youths have been charged to court, while some are facing drug offences trials in and in diasporas communities in correctional centers. In Nigeria, national drug law enforcement agency, Nigerian police and operative of the department of state security services have not rested on their oars in bring culprits with different drug related offences to book. Hard drug checkmating agencies have helped to curtail to some extent unethical behaviours related to use of drugs and issues of unethical businesses in Nigeria (Chris, Francis, Agu & Kanu, 2000)

Use of Hard Drugs among Students in Higher Educational Institutions in Nigeria

Hard drugs takers cause societal unrest. Some of the anti -social behaviours in the whole countries of the world are caused by use of hard drugs. The more a person is lured into drug taking it permeates into the individual's bone marrow and become part of their living habits. In this 21st century, some adults and youths of schooling ages have been addicted to use of drugs. Use of hard drugs has caused poor academic performances to some students. It is observed that some students take drugs inside their bedroom or private hostels, while some students take drugs in bushes. Lack of focused attention observed among some students during lectures is caused because of hard drug intake. Frequent indiscriminate use of hard drugs have caused some students to miss lectures, while some that have taken drugs, still go to lectures and comes out with lack of adequate perception of what they have learnt in the lecture hall. Intakes of hard drugs have destroyed lives of many students especially the male students. During learning panoramas, relapses caused by use of hard drugs on students have caused

students to find it uneasy to see, visualize what is written on the board nor ask inspiring questions during teaching and learning in the lecture hall (Adma, 1989).

Use of hard drugs have gained much deserved prominence among adults or youths of schooling ages. Majority of students have been lured, into use of hard drugs. On daily basis new students are converted to use of drugs in public universities colleges of education and poly technics by their colleagues or roommates. Play mates, study groups, course mates and the likes, can lure their colleagues or academic friends into use of hard drugs. It is observed that some students that have addicted themselves to the use of drugs performs very poor in oral, quiz or written examinations because, of lack of self-devotedness to learn outside the use of drugs. Vast majority of students have been expelled from higher education institutions by management of higher education institutions, while some have refused to continue their schooling in higher education institutions due to lack of concentration. Inordinate attitudes of students in which the major causes among them are smoking, gambling have caused majority of youths to drop out of school. Some students have already dropped out from school because, they are no longer able to acquire the teachings and learning offered in public universities in Nigeria (Telford, 1981).

Effects of Hard drugs among Public Higher education Students

Frequent human deaths in Nigeria and in different countries of the world are majorly caused by use of hard drugs. Use of hard drugs causes ineffective functioning of human respiratory tracks. Some students that have weak respiratory tracks and are addicted to the use of hard drugs are the worst hit. In villages, some people who show abnormal behavior due to drug addiction are rejected to have their way inside village halls and conference rooms especially when important information is discussed. Body complexion and lips of some hard drug takers have turn to black or gets fickle over time due to intake of drugs. Frequent intake of hard drugs causes darkened lips. During surgical operations, their bodies pulsate too much of blood due to poor blood clothing caused by intake of drugs which results to lack of vitamin K, for effective blood clothing in the body of victims of drug takers. Odours of used hard drugs and marijuana do phase out or diffuse from the body of hard drug takers. Even when the victims use deodorants, the odour is still perceived from the body of the victims. In social gatherings such as departmental, faculty or general school gatherings, some hard drug users' talks when not permitted. Their talks or their arrival gets into uproarious manner, especially those that are easily provoked. The negative effects of hard drugs have caused the federal ministry of health to announce that smokers could die young if they refused to stop from smoking of cigarettes

and hard drugs. Bad inferences hard drugs have caused to early users is disgraceful and devastative. Negative effects of hard drugs affect drug users on daily basis. Some students that are early users to hard drugs get embarrassed with drugs because their brains are unable to carry the preponderances of hard drugs (Nevid e tal 1997).

Some female students addicted to drugs experience symptoms of malfunctions in their body at their young age. Part of quarreling and disagreement among graduates in marriages are caused by intake of drugs. Some female students experience complications during pregnancy and delivery. Some students are of the opinion that addiction to cigarettes, marijuana and colos smoking makes them to be agile at schoolwork. Though, no medical report has proved that in respect of academic excellence in schools or higher education. Medical report proved that pregnant women may get delivery problems or complications during delivery of their babies due to smoking of hard drugs (badanno e tal, 2006). Frequent use of hard drugs causes weak blood clothing, which the extreme events result to bleeding. Intake of hard drugs are not encouraged among female students. During pregnancy and perhaps during delivery, intake of hard drugs constitutes pregnancy complications to the female folks. It is also, proved in psychology that there are some abnormal misbehaviours from some children whom their parents are addicted to drugs and perhaps gave births to them with the blood congealed with hard drugs. Drug related offences and abnormalities do not fit any human beings especially, women (Ainsworth & baker, 2004).

Counseling Drug Addicted Students in Higher Educational Institutions in Nigeria

Counseling is a systematic way of restoring handicapped or health challenged people to their normal usefulness (Mba, 1995). Counseling is a purposeful assignment carried out by counselors to help an individual have good reasoning or manners of living (Iwuama, e tal, 2009). Counseling is by extension a rehabilitation process. There are different forms of counseling. In higher education institutions, counseling is carried out to enable students to change their bad characters and turn over a new leave. Counseling in higher education is used to teach students not to step on their bands. Counseling is used to restore rules and regulations in higher education institutions. Counseling is used in all facets of human endavours. It is used in both old and new jobs. Drug addicted students are among special needs people in special homes or counseling centers. Conditions of drug addicted students are so precarious. If urgent care is not taken to resuscitate them, they may constitute nuisance in public higher educational institutions and the society in general. Counseling is the responsibility of lecturers, vice-chancellors, counseling units or departments in public higher education institutions. Counseling is a deliberate effort geared towards exonerating a student or an individual from

the shackles of bad behaviours he or she has portrayed (Iwuama, 2009). Counseling is the process of revitalizing abnormal person to his or her supposed normal life (Nwachukwu, 1995). Indecent dressing, drug addiction, rape, prostitution, stealing, maiming and killing in public higher educational institutions in Nigeria is reduced by effective counselling. Counseling is pivotal for forestalling inordinate attitudes among students in public universities in Nigeria. Counseling is imperative for any handicapped individual in any society. Physically impaired, visually, mentality and emotionally depressed individuals in public higher educational institutions and non-educational institutions in Nigeria are counseled to live a normal life or remolded to live a normal life (NPF, 2000, NCCE 2002, 2008 & Suresh, 2009).

Statement of the Problem

Hard drug taking is a canker worm that has eaten deep among youths in Nigeria. Intake of drugs causes brain disorder. Drug taking causes body restlessness. Drug taking causes lack of concentration and disorganization to students. Poor academic performances observed among some higher education students are caused by intake of drugs. Drugs are contraband goods. The way drug are smuggled shows that intake of hard drugs are not suited to human body. Vast Majority of youths have gone mad because of intake of drugs. Some youths have abandoned their careers because of hard drug intake. Intakes of drugs have caused expulsion to vast majority of students in public universities in Nigeria. Some students have also, abandoned their schooling due to aftereffects of drugs. Students who take drugs constitutes, quarrelling and disagreement in public universities. Drug addicted students are easily lured to belong to secret cults. Issues and problems about drugs taking have caused sudden closure of public higher educational institutions in Nigeria, especially when some addicted students constitute mayhem in public higher educational institutions in Nigeria.

Review of Related Literature

The following reviewed studies were carried out by scholars under the following subheadings:

1. Abdulganiyu Salawu (2008). Carried out a study on the importance of guidance and counseling unit in tertiary education institutions in Nigeria. The findings revealed that guidance and counseling units in Nigerian tertiary educational institutions were constrained with lots of problems which include lack of recognition of guidance and counseling service as integral part of education and growth of every child. The findings also revealed recognition of untrained counselors as guidance and counselors in basic primary, secondary and tertiary institutions in Nigeria. The researcher recommended that for education to serve as instrument for human and

national development, guidance and counseling units or departments should be incorporated in Nigerian educational system for grooming students on good character and career development in Nigeria.

2. Owobamigbe and Ogunode (2021), carried out a study titled “guidance and counseling services in Nigeria tertiary institutions:” Problems and solutions. Owobamigbe and Ogunode, emphasized that heads of higher educational institutions should establish guidance and counseling departments in Nigerian tertiary education institutions to provide guidance and career services to students and staff in various public higher educational intuitions in Nigeria. The researchers highlighted in their findings that guidance and counseling departments in public higher education institutions faced problems of inadequate funding, shortage of trained guidance and counselors, inadequate infrastructural facilities and counseling materials. The researchers recommended that trained counselors in guidance and counseling should be employed in tertiary educational institutions in Nigeria. This would enable tertiary educational institutions provide counseling services to students with multifaceted academic and career problems in tertiary educations institutions in Nigeria. The researchers also, recommended that guidance and counseling departments in public higher educational institutions should be seen as integral part of educational programmes that caters for the counseling needs of students in tertiary educational institutions in Nigeria.

Methods

This paper is on revitalizing counseling departments in public higher educational institutions: Strategies for controlling drug addiction among students in public higher educational institutions in Nigeria. Descriptive survey research design was used in this study. University of Agriculture and environmental and sciences Umuagwo Imo State was chosen for this study among other universities in Nigeria. One research question and one hypothesis guided this study. Population of this study is 7,000 which comprised 4,500 female and 2,500 male students in university of Agriculture and environmental sciences Umuagwo Imo state. Stratified random sampling technique was used to select 40 male students in crop science and agricultural extension services departments. On the other hand, 50 female students were selected in agricultural economics and urban regional planning departments, which gave total sample size of 90 as sample size. Researcher developed questionnaire titled “Revitalizing counseling departments in public higher educational institutions: Strategies for controlling drug addiction among students in public higher educational institutions in Nigeria” was used, with four rating

scale of strongly agree, agree, disagree and strongly disagree. The instrument was validated by two specialists in Business Education, Madonna University Nigeria, Okija Campus, Anambra State. Cronbach alpha statistics was used to determine the reliability coefficient of 0.78 and 0.97, which shows that the instrument was reliable for use in this study. The instrument was administered to the respondents with the help of two research assistants who were briefed before distributing the questionnaire. A total of 90 questionnaires was administered and returned after respondents have given their individual opinions on them. Data collected were analyzed using mean and standard deviation. Chi Square -test of independent was used to test the hypothesis.

Results

What are the effects of drugs addition among students in public higher educational institutions in Nigeria?

Table 1: Shows the effects of drug addiction among students in public higher educational institutions in Nigeria.

S/N	Statements	X	S.D	X	S.D	Mean	
1.	Intake of hard drugs causes inadequate students coping to their studies in public higher educational institutions in Nigeria.	2.60	0.20	Agree	2.40	0.30	Agree
2.	Drug addicted students easily get angered in public higher educational institutions in Nigeria.	3.10	0.10	Agree	2.50	0.20	Agree
3.	Drug addicted students breaks Public higher educational institutions rules and regulations.	2.80	0.00	Agree	2.60	0.10	Agree
4.	Some drug addicted students constitute public nuisance.	2.70	0.30	Agree	3.10	0.20	Agree
5.	Drug addicted students plots evil Public higher educational institutions in Nigeria.	3.30	0.10	Agree	3.00	0.30	Agree

6. Some drug addicted students rape female students in public higher educational institutions.	3.50	0.40	Agree	3.10	0.20	Agree
7. Drug addicted students have no good records in public higher educational institutions in Nigeria.	3.10	0.50	Agree	3.20	0.10	Agree
8. Some drug addicted students are members of cult groups.	3.40	0.10	Agree	3.10	0.30	Agree
9. Some drug addicted students do not do well in academics.	3.20	0.40	Agree	2.60	0.60	Agree
10. Some drug addicted students lacks self- control.	3.90	0.50	Agree	4.10	0.30	Agree
Total	27.10	2.60	Agree	27.00	2.60	Agree

Test of Hypothesis

Table 2: Shows hypothesis test on the effects of drug addiction among students in Public higher educational institutions in Nigeria.

Respondents	N	X	S.D	D.f	X0- cal	Xe-tab	Decision
Male staff	80	27.10	2.60	0.05	40.6	3.84	Rejected
Female Staff	90	27.00	2.60				

In table 3: Calculated X_o value is 40.6 which is greater than the table value of X_e of 3.84. Since the calculated X_{o-cal} is greater than the X_{e- table} value, the null hypothesis was rejected. This shows varied effects of drug addiction among students in public higher educational institutions in Nigeria.

Discussion of Findings

Inordinate attitudes of students in which the major cause among them intake of hard drugs, is persistent intake of hard drugs have caused majority of youths to be dropped out of school. Studies Carried out by Abdulganiyu Salawu (2008), revealed that guidance and counseling units in Nigerian tertiary educational institutions were constrained with lots of problems which

include: lack of recognition of guidance and counseling service as integral part of education in Nigeria and growth of every child. The findings also revealed recognition of untrained counselors as guidance and counselors in basic primary, secondary and tertiary institutions in Nigeria.

Owobamigbe and Ogunode (2021), carried out a study on guidance and counseling services in Nigeria tertiary institutions: Problems and solutions. Owobamigbe and Ogunode, emphasized that heads of higher educational institutions should establish guidance and counseling departments in Nigerian tertiary education institutions to provide guidance and career services to students and staff in various public higher educational intuitions in Nigeria. The researchers highlighted in their findings that guidance and counseling departments in public higher education institutions are faced with problems of inadequate funding, shortage of trained guidance and counselors, inadequate infrastructural facilities and counseling materials. Telford 1981 identified that vast majority of students dropped out of school are caused by intake of hard drugs. Some students dropped out from school because, they are no longer able to acquire the teachings and learning offered in public universities in Nigeria due to frequent use of drugs. Negative effects of hard drugs affects drug users on daily basis. Some early users who developed the urge to take hard drugs very frequently, get embarrassed with drugs (Nevid e tal 1997). Intakes of hard drugs among students have caused social unrest in both developed and developing countries of the world. (Ainsworth & baker, 2004), averred that abnormality of parents caused by intake of hard drugs are transferred to their children who also misbehave with use of hard drugs. Drug addiction do not fit any human beings especially, women.

Recommendations:

1. Vice- chancellors, provosts and rectors of higher educational institutions in Nigeria should organize student's re-orientation against use of illicit drugs in Nigerian public higher educational institutions in Nigeria. This would enable students addicted with drugs to stop taking illicit drugs in public higher educational institutions in Nigeria.
2. Pictures, films should be used to teach students about the effects of drugs addiction to students. This would exonerate students from taking drugs in public higher educational institutions in Nigeria.
3. Medical and non-medical rehabilitation programmes should be incorporated during students counseling. This would enable students exonerate themselves from intake of drugs in public higher educational institutions in Nigeria.

4. Counseling department in higher educational institutions in Nigeria should be strengthened with qualified equipment and facilities. This would reduce intake of drugs among students in higher educational institutions in Nigeria.

Conclusion

Use of hard drugs have been a canker worm that have eaten deep in the fabrics of the youths in Nigeria and Diasporas countries of the world. Majority of youths take drugs as meal or dinner without substantive feeding and with no recourse to medical advice. Use of hard drugs causes abnormal behaviours to victims of drugs. In Public higher educational institutions in Nigeria, majority of students who are into drug taken have been expelled from public higher educational institutions in Nigeria, while some students that have not been expelled from public higher educational institutions behave arrogantly to people they meet. Drugs addiction have caused students to perform very poor in quiz and semester examinations. Many students have dropped out of school because of drug addiction. A drug causes mayhem or uproarious conditions in public gathering. Vast majority of youths have been chained and banned in counseling and medical homes because of drug intake. After effect of drugs are complex and encompassing. The effects are brain disorder, education or career abandonment. Some drug addicted students break public order in society. In social gatherings drug addicted youths constitute disorders that dovetail in fighting and all manners of disagreements. In public higher educational institutions, students who are victims of hard drugs are expelled from public higher educational institutions in Nigeria. The law against hard drugs taking is also practiced in private tertiary education institutions in Nigeria.

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