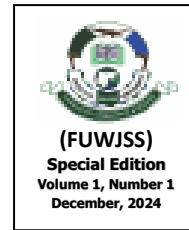


INTERPERSONAL COMMUNICATION AS A STRATEGY FOR MOBILIZING AGAINST ILLICIT DRUG USE AMONG UNIVERSITY STUDENTS IN SOUTH-SOUTH NIGERIA



J.N. Odedede

Department of Mass Communication
Faculty of Communication and Media Studies
Delta State University, Abraka, Nigeria
Email:odeonyechoa@yahoo.co.uk
https://orcid.org/0000-0001-6261-6707

Abstract

This study examines the impact of interpersonal communication in combating illegal drug use among students in tertiary institutions (University of Benin, University of Calabar, Delta State University, Niger Delta University, University of Oyo and University of Port Harcourt) in south-south Nigeria. The rise of drug use among youths particularly in academic environment is alarming. The descriptive cross-sectional survey design was adopted for the study. Questionnaire containing a four – point Likert scale ‘Strongly Agree, (4), Agree (3), Disagree (2), ‘Strongly Disagree (1) question was used as instrument for data collection. Taro Ymane formula of sample size determination was employed to select a sample size of 395 from the total population of 35000 students. The statistical analysis was done using percentage rating, mean rating and standard deviation. The study’s results revealed that interpersonal communication plays an influential role in combating illegal drug use among undergraduate students in tertiary institutions of south-south Nigeria. The study concludes that open, consistent and empathetic interpersonal communication can reduce the likelihood of drug use among students in tertiary institutions. The study recommends that parents should maintain positive interpersonal communication with their children, as this helps to tighten parent-to-child bond.

Keywords: Interpersonal communication; illegal drug; tertiary institutions, undergraduates

Introduction

The illegal drug use among students in tertiary institutions (Delta State university, Edo State University, Niger Delta University, University of Oyo, and University of Port Harcourt) in south-south Nigeria has been identified a significant threat to individual health and a major public and social health concern in Nigeria. The prevalence of illicit drug use among students has led to increased crimes, death rates, poor academic performance, and compromised health challenges. UNOCD (2019) recognizes drug abuse as a global phenomenon, and pointed out that the drug abuse is more prevalent among the youth. UNODC (2020), stated that 285million people or 50 percent of the total world's population age between 15 and 64 years have used drugs. The report stated that sub-Sahara Africa, 4.6% of the people abuse drug/substance with West and Central Africa having the highest percentage of 55.5% (UNODC, 2022). Research shows that cannabis, Amphetamin-type stimulants (ATS), and benzodiazepines are the most widely used illicit drugs in Nigeria. Also, UNODC (2022) revealed that 14.4% (14.3million) of people aged 15-64 years abuse drugs. In line with the foregoing statistics, the recent statistics from the NDLEA (2022) showed that 40% of Nigeria youth within the age bracket of 18 and 35 years are deeply involved in the abuse of drugs (substance). Odedede and Ogwezi (2021) affirmed youths aged between 20-25 years are more vulnerable to drug abuse. Jatau *et al.*, (2021) affirmed that the wide spread of drug abuse in Nigeria is higher 20%-40% among youths. NDLEA (2021) stated that high rate of drug abuse is alarming with a 15% rate tripling the global rate that's 5.5% Alcohol, Tobacco, heroin, diazepam, codeine and amphetamine are among frequently misused drugs among youths in Nigeria (NDLEA Today,2021). Cannabis is now packaged in cookies, cakes, sweets and tablets to deceive the public (NDLEA Today, 2021). Therefore, there is need to examine the relevance of interpersonal communication intervention fighting drug usage among students in tertiary institution in south-south, Nigeria

Purwatiningsi and Nurhaspiani (2023) study "the effectiveness of interpersonal communication between parents and children in preventing adolescent drug use" carried out to determine whether better communication between parents and their teens may prevent the

use drugs and other illegal drug. A survey method was employed using questionnaire for data collection and descriptive statistics of mean rating for data analysis. The study finding shows that good parent-child communication can lower drug or illicit drug usage in all contexts. Misheck (2021) evaluated the causes and effects of drug abuse among primary school students in Shibuyunji District, Zambia. The study's data were collected from a sample of 48 participants comprising of head teachers, guidance and counseling teachers, students, and parents from four schools that were chosen for the study. The author concluded that lack of parental supervision is one of the causes of drug abuse in Shibuyunji district. In the same vein, lower academic performance, drug addiction, deviant behavior that predisposes one to crime, drug addiction, rebellious behavior toward authority, and expulsion or suspension from school were reported as effects (Misheck, 2021). Poernomo and Ade (2020) researched the role of interpersonal communication in students' self-control to avoid substance abuse. They employed semi-structured interview as a data collection tool to better understand participants' experiences. They hypothesized that students' ability to exercise self-control and avoid illicit drug use and abuse is significantly influenced by interpersonal communication with parents, therapists, teachers as well as other teenagers. Mofoluke and Adefarasin (2019) revealed that teachers' awareness, knowledge, and perception of teenage substance addiction are positively impacted by communication intervention tactics. Chairan (2017) conducted a qualitative study to examine the role of parents in preventing drug abuse among teenagers in Banda Aceh. The study collected data through interviews with samples of employed and unemployed parents.

The findings indicated that parents are essential in preventing drug abuse because they serve as role models, mentors, and supervisors. Additionally, parents need to be aware of their children's friends; work with educational institutions to resolve family conflicts, and work with the surrounding community. Panji and Poernomo (2017) study examined the role of interpersonal communication in assisting former drug addicts in regaining their confidence to reintegrate into society. Their study employed questionnaires and in-depth interviews. Their sample comprised of three (3) former drug users, two (2) parents, two (2) psychotherapists and two (2) police officers participated in in-depth

interviews to explore how respondents experienced the phenomenon, thirty (30) members of society were given questionnaires to complete in order to gather information about how they perceived drug abuse among students. Their study's findings demonstrated the importance of interpersonal connection in giving former drug users the confidence they need to reintegrate into society. Akanbi *et al.*, (2015) carried out an experimental designed study and a t-test statistical tool for data analysis to investigate the effects of substance misuse on academic performance in a study of young students at colleges of education in Kwara State, Nigeria. The results indicate a distinction in the scholastic achievement of students who do not engage in substance usage compared to those who use abuse illicit drug. More so, the intensity of illicit drug use among university students in south-south has been a growing concern. According to National Bureau of Statistics (2018) survey found out that the south-south region of Nigeria had one of the highest drugs uses in the country (13.8 – 22.4 % of the population compared to the North ranging between 10- 14.9 % of the population), indicating wide use among youths. Also, with a significant prevalence of cannabis, opioids and off shelves medication like tramadol. Kanmodi *et al.*, (2020) identified drug use patterns that reflect a broader trend across Nigerian universities. Findings shows that cannabis, amphetamines and tramadol are commonly abused resulting in health and academic consequences. Despite, various interventions launched by the government to mitigate drug use, the National Drug Enforcement Agency (NDLEA) has conducted outreach programs several programs in schools and universities across Nigeria but these campaigns lack continuity limiting their reach and impact. Also, these campaigns focused on punitive measures rather than mitigation measure thereby limiting behavioral change among young students. These failures underscore urgent need for the use of interpersonal communication as a strategy to help influence drug use effectively across populations.

Interpersonal Communication and Drug Use among student

Interpersonal communication plays a significant role in prevention as well as recovery from drug use. Communication may shape People attitude toward drug use and reduce perceived risks and involved in

using drugs. Interpersonal communication as described in Purwatiningsih and Nurhaspiani (2023) is any face-to-face interaction between two or more people, whether they are together in a crowd or as individual. It is a two-way communication between two persons. Interpersonal communication is very crucial in fostering positive relationships among individuals because through interpersonal communication, people can freely and openly communicate their thoughts, feelings or ideas (Poernomo & Ade, 2020). In our contemporary communities, this interpersonal communication can foster relationship between; a husband and wife, parents and children, two colleagues, two close friends, teacher/tutors and students (Purwatiningsih & Nurhaspiani, 2023). Interpersonal communication is a dialogue or interaction between two parties - communicators and communicants (Poernomo & Ade 2020; Purwatiningsih & Nurhaspiani, 2023).

Parents are the primary and first educators of their children as children obtain their initial education from their parents making the family the primary source of education and awareness born from parent-child association and a reciprocal influence relationship. Parents pay attention to their children through discussion and attempt to their difficulties (Purwatiningsih & Nurhaspiani, 2023). Interpersonal communication facilitates peer influence which can either encourage or discourage drug use. Communication is perceived as a key aspect in molding the behavior of a child who later grow to youth and adult in a society. Previous literatures such as Nkonge (2017), Poernomo and Ade (2020), Purwatiningsih and Nurhaspiani (2023) and Adeparua (2022) speech on vanguard, have insinuated that open and supportive communication can foster stronger family bonds, enhance self-esteem, and provide young people with the necessary skills to make healthy choices. Also, lack of parental involvement which is fostered by poor interpersonal communication is linked to increased risk of drug use among young people in the society. Adeparua (2022), children who form young adults and teenagers in the society need proper attention because there are many things going on around them that can make them go astray. So caution needs to be taken in matters relating to attitude of youngster by frequent attention and communication in order to maintain a strong bond between them and their parents or guardians

and according to the speaker, “if there is a strong bond between them and their parents or guardians, majority of the heinous acts and drug abuse by the youths will be minimized” (Adeparua, 2022). In the words of Nkonge (2017) “the absence of parental concern, involvement, modeling and good interpersonal relationship with children play an important role in the family's influence on an individual's propensity to illegally use of drugs”. This means that the presence of good parents-child interpersonal communication through which parents involves and show high level of concern in their children's social life and attitude can reduce the child's propensity to propagate negative attitude such as indulging in illegal drug use drug use and abuse. Vicary and Lerner in Nkonge's 2017 study asserted that a variety of parenting deficiencies during the child's upbringing, including but not limited to conflict with parents and children, inconsistent and restrictive discipline, and maternal rejection, are linked to the child's subsequent illegal drug use (Nkonge, 2017). Thus, parent- child interpersonal communication can be a veritable weapon in fight against illicit drug use and abuse because parents who engage in open, non-judgmental conversations with their children create an environment where the children feel comfortable and relax to discussing their concerns or experiences related to drugs, and based on this relationship the parent can advise the child against indulging in the act of illicit drug use and abuse. According to Meagan and Chloe (2019) parents, guardians and other caregivers' involvement and support are critical in preventing youth substance abuse. In addition, ‘conversation is a tools adults use to connect with young children whose parents talk about the dangers of drug use early are often 50% likely to use drugs than those who did not get early conversations with parents and guarders about drugs and alcohol at home (Meagan & Chloe, 2019).

According to Zawn (2022) peers can exert pressure on one another to participate in a particular behavior. Peer pressure can coexist, as some individuals may exert pressure on others to abstain from alcohol and drug usage for recreational purposes (Zawn, 2022). Positive interpersonal communication within peer groups and students of same age and academic grade can discourage drug use. Positive peer-to-peer communication can play a role in influencing behavior, and open

communication about the risks and consequences of drug use can deter teenagers from engaging in such activities (Poernomo & Ade, 2020).

Young (2011) stated that schools have a special responsibility to give young people access to ideas that enable them to transcend their experiences in ways that are not possible for them in their homes and communities. This suggests that a child's school experience extends beyond the requirements of the curriculum. This is the main reason why school is referred to as the “home away from home” for the majority of students both physically and socially (Mofoluke & Adefarasin, 2019). Arevian and Khasholian (2014) affirmed that schools is the best places to provide health education that can be related to risk of illicit drug use and substance abuse. The interpersonal communication between young people who are students and their teachers/lecturers, school counselors, or other trusted adults within the school can great a role in combating illegal drug use Vishal (2018) opined that through seminars, students have the opportunity to participate in conversation.

Theoretical Framework

The Elaboration Likelihood Model (ELM) most times termed as elaboration likelihood model of persuasion and attitude modification was adopted for this study. This is a general theory of attitude change developed by Richard and Cacioppo (1980). The goal of Richard and Cacioppo (1986) was to offer a broad framework for the arrangement, categorization, and comprehension of the fundamental mechanisms underpinning the success of persuasive communication. The theory proposed two ways in which individuals' attitudes can be changed or modified. The first suggests that individuals may be inspired to pay attention and reflect on a message, which could result in a temporary change in attitude. The second suggests that people may be swayed by the speaker's attributes (Mofoluke, & Adefarasin, 2019). The core idea of the ELM among others is that an individual can process communication at different degrees of thought (elaboration), from a low degree of thought (low elaboration) to a high degree of thought (Kruglanski, Van & Paul, 2012). Additionally, the theory presupposes that messages that provoke thought, speak to emotions, and make an appeal to reasoning are expected to cause long-lasting attitude shifts

and open people's eyes to new perspectives. The theory's premise that people are driven to listen and consider a message, which results in a change in attitude (Mofoluke, & Adefarasin, 2019)

Research Methodology

The descriptive survey design method was adopted for this study. To understand the study, the role of interpersonal communication in combating illicit drug use in students in tertiary institutions (University of Benin, University of Calabar, Delta State University, Niger Delta University, University of Oyo and University of Port Harcourt) in the south-south Geo political zone of Nigeria and a quantitative research method was employed using questionnaire as instrument for data collection.

Up-to-date population of students in tertiary institutions in the south-south Geo political zone of Nigeria is affected by certain factors like admissions, graduations, and transfers and is not publicly updated. However, 35000 students were selected purposively for the study.

The sample size of the study is 395 derived with the aid of the Taro Yamane formula. The study utilizes a non-probability sampling technique.

$$\text{The Yamane formula: } n = \frac{N}{1 + N(e)^2}$$

Where:

n = sample size

N = population (35000)

e = error margin (0.05)

1 = constant

Thus:

$$n = \frac{35000}{1 + 3500(0.05)^2}$$

$$= \frac{35000}{1 + 35000(0.0025)}$$

$$= \frac{35000}{1 + 87.5}$$

$$= \frac{35000}{88.5}$$

$$= 395$$

$$= 395 = \text{Sample size}(n) = 395$$

A face-to-face questionnaire containing a fifteen (15) items close-ended questionnaire structured in a four-point Likert scale with response categories ranging from "Strongly Agree (4)", "Agree (3)", "Disagree (2)", to "Strongly Disagree (1)" was used as instrument for data collection. Three hundred and ninety-five (395) questionnaires were administered to respondents and 2.5% attrition rate of the 395-sample size was retrieved (385) making the study sample size of 385. Data was analyzed using the inferential statistics of frequency, simple percentage, and standard deviation in order to proffer answers to the research study.

Results and Discussion

Questionnaires were administered to respondents’ and analyzed with the aid of inferential statistics of frequency (Table 1), simple percentage, and standard deviation.

Table 1: Respondents of students from the six tertiary institutions in the south-south Geo -political of Nigeria

Names of tertiary Institutions	No of Students (Respondents)	Percentage (%)
University of Benin, Edo State.	60	15.58%
University of Calabar, Cross River State.	65	16.88%
University of Oyo, Akwa Ibom state.	65	16.88%
Delta State University, Delta State.	70	18.18%
University of Port Harcourt, Rivers State.	67	17.40%
Niger Delta university, Bayelsa State.	58	15.06%
	385	100

Researcher’s Field Survey, August, 2024

Table1 presents the analysis of respondents’ demographic data as it relates to gender. From the Table 1 above, 201(2%) of the respondents are male, while 184(48%) are female. This indicates that there are more male than female among the sampled participants. This

is so because of their risk-taking behaviors which increases the likelihood of experimenting with drugs.

Table 2: Analysis of Interpersonal communication between parents and children mitigates illicit drug use and abuse among students in tertiary institution.

Items	SA		A		D		SD		Total		
	Count	%	Count	%	Count	%	Count	%	Count	Mean	Std. Dev
Parents openness and communication with their children can make them tell experiences.	112	29%	222	58%	33	9%	18	5%	385	3.11	0.74
Interpersonal communication between parents and children can make parent detect if their child is into illicit use drugs.	154	40%	218	57%	7	2%	6	2%	385	3.35	0.60
Parents communication with child on the effect of illicit use and abuse of drugs can help the child to change	193	50%	184	48%	4	1%	4	1%	385	3.47	0.58
Parents talking to their children at early age about the danger of keeping drug abusive friends can help the child fight illicit drugs use	176	46%	198	51%	7	2%	4	1%	385	3.42	0.59
Through conversation between parents and children, ideas on how to cope in the society of drug abusing people can be communicated	242	63%	134	35%	6	2%	3	1%	385	3.60	0.57

Researcher’s Field Survey, August, 2024

Items in Table 2 were used to obtain data in order to establish the extent to which interpersonal communication between parents and children can mitigate illicit drug use and abuse among undergraduate students. From the analysis, it was agreed by 334 (87%) of the respondents accepted with a of mean $3.11 > 2.50$ that parent’s openness and maintaining communication with their children make drug abusing

children freely open up to parents. 372 approximately (97%) of the respondents accepted with mean of $3.35 > 2.50$ that the bond between parents and children make parent easily detect if their child is into illicit use and abuse of drugs. Also, 377 (98%) of the respondents and accepted with mean of $3.47 > 2.50$ that parents frequent communication with their child on the effect of illicit use and abuse of drugs help the child to change from that act. Thus, 374 (97%) respondents accepted with mean of $3.42 > 2.50$ that parents talking to their children at early age about the danger of keeping drug abusive friends help the child fight illicit drugs use and 376 (98%) the respondents and accepted with mean of $3.60 > 2.50$. The parents – child interpersonal communication in the fight against illicit drug use and abuse among students in tertiary institution revealed that interpersonal communication between parents and their children play a significant role in the fight against illicit drug use and abuse to a great extent.

This parents – child interpersonal communication make parent easily detect if their child is into illicit use and abuse of drugs, create avenue for children that abuse drugs to freely open up to parents, and help drug abusing child to change from such attitude. Also, make parents enlighten their children at early age about the danger of keeping drug abusive friends, provide avenue for parents and children to share ideas on how to cope in the society of drug abusing people. This finding proffer answer to the first research question and relates to the finding from the study of Purwatiningsih and Nurhaspiani (2023) which shows that good parent-child communication can lower drug or illicit drug usage in all contexts. This finding is in agreement with the work of Poernomo and Ade (2020) that effective interpersonal communication is very crucial in fostering positive relationships among all members of a family because through interpersonal communication, persons can freely and openly communicate their thoughts, feelings or ideas. Similarly, Edmund (2021) asserted that talking with children about alcohol and drug abuse at a young age is one of the best ways that parents can help to prevent early experimentation with drugs and alcohol.

Table 3: Peer -to-peer interpersonal communication in mitigating illicit drug use and abuse among students

Items	SA		A		D		SD		Total		
	Count	%	Count	%	Count	%	Count	%	Count	Mean	Std. Dev
Keeping and maintaining open communication with non-abusive peers can deprive one from being an addict	227	59%	157	41%	1	0%	0	0%	385	3.59	0.50
Undergraduates through positive interpersonal communication from good friends can make one avoid illicit drug use and abuse.	169	44%	197	51%	17	4%	2	1%	385	3.38	0.60
Interpersonal communication with from friends who do not abuse drug can make me avoid the company of drug addicts in school.	264	69%	117	30%	3	1%	1	0%	385	3.67	0.50
Abusers of illicit drugs can be pressured by none abusers to change the behavior or quit illicit use and abuse of drugs.	170	44%	213	55%	2	1%	0	0%	385	3.44	0.51
Through interpersonal communication students can know the risk involved in abusing drugs.	226	59%	153	40%	2	1%	4	1%	385	3.56	0.57

Researcher’s Field Survey, August, 2024

Items in Table 3 were used to obtain data regarding the influence of interpersonal communication between peers in the fight against illicit drug use and abuse among students in tertiary institution. 384(100%) of the respondents accepted with mean of 3.59>2.50 that keeping and maintaining open communication with good non- abusive peers can deprive one from being a drug addict, while 366 (95%) of the respondents agreed and with mean of 3.38>2.50 that positive interpersonal communication with students will help to avoid illicit drug use and abuse, 381 (99%) of the respondents agreed and accepted with mean of 3.67>2.50 that advice through communication from friends who do not abuse drug make one avoid the company of drug

addicts in school, 383 (99%) of the respondents agreed and accepted with mean of $3.44 > 2.50$ that abusers of illicit drugs can be pressured by none abusers to change the behavior or quit illicit use and abuse of drugs and 379 (98%) of the respondents agreed and accepted with mean of $3.56 > 2.50$ that ignorant or newly admitted undergraduates can learn and be enlightened on the risk of illicit drug use and abuse through interpersonal communication with peers. Also, from the table, all the items had low standard deviation lesser than 1 i.e. 0.50, 0.60, 0.50, 0.51, $0.57 < 1$ respectively. This indicates that the data are not so far from the mean responses, meaning there were a lot of agreement responses in the data set.

The observation of Meagan and Chloe (2019) that interpersonal communication between peers to a great extent play a significant role in mitigating illicit drug use and abuse among undergraduate students. This interpersonal communication deprive students from being drug addicts due to open communication with good non-abusive peers, teach students how to do without illicit drug use and abuse due to positive interpersonal communication with friends, make students avoid the company of drug addicts in school, make abusers change their behavior or quit illicit use and abuse of drugs due to pressure from none abusing peers, and help ignorant or newly admitted undergraduate to learn and be enlightened on the risk of illicit drug use and abuse from peers. Zawn (2022) also pointed out that peers can exert pressure on one another to participate in particular behaviors that positive and negative peer pressure can coexist, as some individuals may exert pressure on others to abstain from alcohol and drug usage for recreational purposes

Table 4: Analysis of Data ways lecturers/teachers – students’ interpersonal communication mitigates illicit drug use and abuse among students

Items	SA		A		D		SD		Total		
	Count	%	Count	%	Count	%	Count	%	Count	Mean	Std. Dev
Through lecturer-student interpersonal communication can provide supportive intervention for drug users.	264	69%	113	29%	8	2%	0	0%	385	3.66	0.51
interpersonal communication between lecturers and students can make teachers know if students are abusing drugs	267	69%	116	30%	2	1%	0	0%	385	3.69	0.47
Interpersonal communication between lecturers and students makes counseling easy drug addicts’ better person.	242	63%	137	36%	5	1%	1	0%	385	3.61	0.53
interpersonal relationship between lecturers and students can make students avoid the company of illicit drug users	269	70%	103	27%	10	3%	3	1%	385	3.66	0.57
lecturers-student interpersonal communication can create awareness and educate students on the dangers of illicit use and abuse	182	47%	180	47%	16	4%	7	2%	385	3.39	0.66

Items in Table 4 were used to obtain data in order to establish the extent to which interpersonal communication between lecturers/teachers and students can mitigate illicit drug use and abuse among undergraduate students. From the analysis, it was agreed by 377(98%) of the respondents and accepted with mean of $3.66 > 2.50$ that lecturers through interpersonal communication with student can provide

supportive intervention for students with drug use behavior, 383(99%)of the respondents accepted with mean of $3.69 > 2.50$ that the bond as a result of interpersonal communication between lecturers and students can make teachers easily detect if their students are into illicit use and abuse of drugs, 383 (99%)of the respondents accepted with mean of $3.61 > 2.50$ that interpersonal communication between lecturers and students can make it easy for lecturer to counsel drug abusing students to become better individual again, 372 (97%) of the respondents accepted with mean of $3.66 > 2.50$ that supportive interpersonal relationship between lecturers and students can put new students on track from joining the company of illicit abusers drug, and 362 (94%) accepted with mean of $3.39 > 2.50$ that lecturers through interpersonal communication with student create awareness and educate students on the dangers of illicit use and abuse. Also, all the items had low standard deviation of 0.51, 0.47, 0.53, 0.57, 0.66 < 1 respectively, which indicates that all the items high rate of agreed responses. This finding is in agreement with Arevian and Khasholian (2014) and Akanbi *et al.*, (2015) stated that educational campaigns against substance use be included into higher education curricula, with emphasis on the negative effects of substance use, and that counseling centers should be established in all higher education institutions.

Conclusion and Recommendations

Based on the findings of the study, it can be deduced that interpersonal communication between students and stakeholders and parents is an effective strategy to fight the menace of illicit drug use and abuse in our modern society. Parents should maintain positive interpersonal communication with their children. This will help increase counseling and rehabilitation services. It can also tighten parent-to-children bond. The Federal Government of Nigeria should enforce strict policies and regulations such as strict disciplinary measures for drug users by collaborating with academic institutions, law enforcements agencies to combat drug use.

References

- Adeparua D. (2022). Drug abuse, a tendency among the youths. Vanguard News. retrieved from <https://www.vanguardngr.com/2022/01/drug-abuse-a-tendency-among-the-youths>
- Akanbi, M. I., Godwin, A., Anyio, B. T., Muhammad M. & Ajiboye S. A. (2015). Impact of substance abuse on academic performance among adolescent students of colleges of education in Kwara State, Nigeria. *Journal of Education and Practice*, .6, (28), 108-112
- Arevian, M. B. & Khasholian, T. K. (2014). Impact of a peer-led educational program on knowledge and attitudes about prevention of substance abuse among Lebanese/Armenian adolescents: A pilot study. *Journal of Community Medicine & Health Education*, 4(5), 2-6.
- Chairan, M. N. (2017). Parents' roles in preventing drug abusers among teenagers (a case study in Banda Aceh). *Jurnal Ilmiah Peuradeun*, 5, (1), 49-58
- Edmund, M. (2021). Talking with children about drugs and alcohol. Recovered. Retrieved from <https://recovered.org/addiction/talking-with-children-about-drugs>
- Jatau, A.I., Sha'aban, A., Gulma,K. A., Shitu, Z., Khalid, G.M., Isa, A., Wada, A.S.,& Mustapha, M.(2021). The Burden of Drug Abuse in Nigeria: A scooping Review of Epidemiology Studies and Drug Laws. *Public Health Rev.*, 42. <https://doi.org/10.3389/phrs.2021.1603960>
- Kanmodi, K.K., Omoleke, S.A., Aliu, C.U., Martins, J.J., Nwafor,N.J.,Ogundipe, P.A.& Abdulsemeeh-Omoleke, M.I. (2020). Impact of drug abuse among students: A case study of the school of Health Technology, Jega, Kebbi State, Nigeria. *Indian Journal of Public Health Research and Development*. <https://www.researchgate.net>
- Kruglanski, A. W., Van L., & Paul A.M. (2012). *Handbook of theories of social psychology*. London, England: Sage. 224–245.
- Meagan, S. & Chloe, K. (2019). A parent's role in substance use prevention: Tips for talking to youth of all ages. Publication of the North Dakota State University. Retrieved from https://www.unisonhealth.org/clientuploads/How_to_talk_to_kids_about_drug_abuse.
- Misheck, V. S.(2021). Causes and Effects of Drug Abuse among Primary School Learners In Shibuyunji District, Zambia. A Master of Education dissertation of the University of Zambia, Lusaka. From <https://dspace.unza.zm/server/api/core/bitstreams/ef6ff22b-07b8-4b9f-9dd6-4675f615be96>

- Mofoluke, A. & Adefarasin, T. (2019). Effect of Communication Intervention Strategies on Awareness, Knowledge and Perception of Teachers on Substance Abuse Among Adolescents in Yaba/Shomolu Local Government. *New Media and Mass Communication*.
- National Bureau of Statistics (2018). Drug use in Nigeria. <https://www.nigerianstat.gov.ng>
- NDLEA Today (2021). NDLEA Newsletter. A Publication of the National Drug Law Enforcement Agency,1,1-6
- Nedungadi, P., Menon, R., Gutjahr, G., & Raman, R. (2023). Adolescents as Ambassadors in Substance Abuse Awareness Programs: Interpersonal and Intrapersonal Effects. *Sustainability*, vol.15, p.3491. <https://doi.org/10.3390/su15043491>
- Nkonge, J. K. (2015). Factors Influencing Drugs and Substance Abuse among the Youth in Kenya: A Case Study of Likii sub-location, Laikipia East Sub-County. A thesis of the Management University of Africa.
- Odedede, J.N. & Ogwezi, J.O.(2021). Effects of broadcast media campaign on drug and alcohol abuse by youths in Delta State. *FULafia Journal of Social Sciences*, 4(3), 95-11
- Panji, H. & Poernomo, B. (2017). The role of interpersonal communication in helping ex-drug users regain their confidence to return to society: a phenomenological approach. *Asian Journal of Social Sciences & Humanities* 6(1), 87-96
- Poernomo, B. & Ade, T.T.(2020). The Role of Interpersonal Communication in Students' Self-control to avoid Substance Abuse. *Journal of Muslim Society Research*, 5, (2), 84-94. DOI: <https://doi.org/10.24090/ijtimaiyya.v5i2.4156>
- Purwatiningsih, S. D. & Nurhaspiani, M. (2023). The Effectiveness of Interpersonal Communication between Parents and Children in Preventing Adolescent Drug Use. *International Journal of Social Science and Human Research*, 6 (), 4502-4508.
- Richard, E. P. & Cacioppo, J. T. (1986). The elaboration likelihood model of persuasion. *Advances in Experimental Social Psychology*, 19, 123-205.
- UNODC(2019). World drug report 2019. Retrieved June 12,2022 from <https://www.unodc.org/unodc/en/frontpage/2019/June/world-drug-report-2019-35-million-people-worldwide-suffer-from-drug-use-disorders-while-only-1-in-7-people-receive-treatment.html>
- Vishal, V. P. (2018). Advantages and disadvantages of a seminar. Retrieved from: https://www.streetdirectory.com/travel_guide/277/business_and_finance/advantages_and_disadvantages_of_a_seminar.html

- Young, M. (2011). What are schools for? *Educação, Sociedade & Culturas*, 1(32), 145-155.
- Youngscot Group (2019). What Is Shisha Smoking? <https://young.scot/get-informed/national/what-is-shisha-smoking>
- Zawn ,V. (2022). What to know about peer pressure and drugs. *Medical News Today*, vol.5, pp.3-10. Assessed from <https://www.medicalnewstoday.com/articles/peer-pressure-drugs#summary>