



## PARENTING STYLES AS CORRELATE OF DRUG USE AMONG ADOLESCENTS IN ONITSHA URBAN OF ANAMBRA STATE, NIGERIA

by

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### **Abstract**

This study was a descriptive survey of parenting styles as it correlates the use of drug among adolescents in Onitsha urban of Anambra State, Nigeria. It has a population of 36,535 students from 22 public secondary schools in Onitsha urban. Purposive sampling was used to draw a sample size of 500 students from 22 secondary school in Onitsha urban of Anambra State. Five research questions were formulated and addressed. Data were collected through the use of structured questionnaire. The questionnaire instrument was face validated by three veteran researchers in health and physical education department. It was also pilot-tested for reliability using test-retest technique. Calculation of person product moment co-efficient of reliability ( $r$ ) gave a value of 0.88 for which the researcher adopted the instrument as reliable. Mean and standard deviation with decision point of 2.50 was taken. The result of the study revealed that adolescents whose parents use drugs are more likely to abuse drugs. Authoritative parenting enforces limits and exerts appropriate control on their adolescents which makes them less likely to engage in drug use. The extent and nature of parents' contact, presence and interest in the adolescent's life reduces their tendency of drug use. Adolescents of parents with non-authoritative parenting styles have greater chance of making use of drugs. Conclusion of the research is that all possible factors investigated are of parenting styles as correlated of drug use among adolescents in Onitsha Urban Area of Anambra State, Nigeria.

**Keywords:** Parenting style, drug abuse and adolescents.

## **Introduction**

The relationship between parental drug attributes, child care and children drug use is compelling and undeniable. More than eight million children in Nigeria live with at least one parent who abused or was dependent on alcohol or an illicit drug during the past year (Adesina, 2005). These children face a heightened risk of imitating their parents or imitating others due to poor parental care. Parental factors are a major issue contributing to child drug use behaviour and conduct. Parents' use of alcohol and other drugs can lead to a cycle of Addiction, which is reflected by high rates of alcoholism and other substance use among children of addicts. Substance use among youth leads to a domino effect of problems in school, involvement in juvenile justice, teen pregnancy, mental and emotional turmoil. Madu & Matla, (2003), have suggested that mothers have a disproportionate influence on kids and that an authoritative parenting style leads to the best results. During the past decade, some advances have been made in understanding the nature and extent of the drug use and problem encountered by deviant youth (Idowu, 2007).

Fundamentally, the research by Nwankwo (2003), suggests that many different possibilities need to be borne in mind when assessing risk posed by or when working with substance usage by adolescents. Ubom (2004), highlights the vast range of emotions and reactions that different kinds of drug use can provoke. Children may be living with parents who are euphoric, benign and indulgent at one end of the spectrum and depressed, aggressive or comatose at the other. Clearly negative assumptions must not be made but equally, assumptions that children will necessarily be fine cannot be made either. The effects of drug use on a family is probably complex and varied, it is necessary to understand the parental

attributive factors and its impact on the child care experienced and drug use tendencies (Ibezim & Ali, 2006).

In contrast, risk assessment in adolescents identifies parental factors as a key predictive factor in child drug use (Ogunremi & Rotimi, 2009) and an addicted parent is a feature of a substantial minority of children on child protection registers, (Chiemena, 2006). Parenting styles are only a small piece of what it takes to be a "good parent". Therefore, parenting takes a lot of skills, patience, constant work and growth. The parenting style shown by a child's mother and/or father has been found to influence whether he or she will use drugs (Ikejiani, 2009). Students with strong emotional ties to family members are less likely to engage in deviant behavior (Durkin, 2009). Children whose parents do not set clear rules against or do not monitor substance use by children could be at greater risk for drug use (Jackson, Henricksen, & Dickenson, 2007). Parenting that is relatively low in warmth and high in hostility predicted greater risk of drug use by adolescents (Johnson & Padina, 2001). In contrast, positive feedback, encouragement, and physical affection from parents predicted lower risk of drug use by adolescents (Jackson, 2007).

A biological parent consists of a person whose gamete resulted in a child, a male through his sperm, and a woman through her ovum. Parents are first-degree relatives and have 50% genetic overlap. A woman can also become a parent through surrogacy. However, some parents may not be biologically related to their children. An adoptive parent is one who nurtures and raises the offspring of the biological parents but is not actually biologically related to the child. Authoritative parents are controlling and demanding but also warm and receptive to the child's communication (Cohen & Rice,

2007). Authoritative parents have a specific combination of demanding behavior; setting and enforcing clear rules, monitoring the child's behavior, and making maturity demands consistent with the child's development and responsive behavior patterns such as showing affection, providing comfort and support, being involved in the child's academic and social development, and recognizing achievements (Enakpoya, 2009). Permissive parents are non-controlling, non-demanding, and relatively warm. In other words, they do not play an active role in guiding or shaping the child's behavior (Cohen & Rice, 2007).

A significant body of research now exists, linking problematic drug and alcohol use with both poor parenting and different forms of drug usage among adolescents (Famularo, 2002; Esen, 2000, Eze & Omeje, 2009). Research shows that the main reason that kids don't use alcohol, tobacco or drugs is because of their parents, because of positive parental influence and because they know it would disappoint them (Beauvais, 2012). However, drug use among adolescents continues to be a major problem worldwide and in particular, Nigeria. Most teenagers begin to experiment with substances at an early age (Fawa, 2003). Most high schools encounter problems with males who smoke. Some of these males were from families where both parents smoke.

According to Okafor and Ifeme (2000), drug is any substance other than foodstuff which when taken, influences or modifies the body's physiology. Ekennia (2005), defined drug use as the illegal administration of drug narcotics, chemical and other substances to the detriment of the individual, society or both. Some commonly used drugs by secondary school student are marijuana, cocaine, heroin, caffeine, alcohol, distilled illicit gin, pills etc. Drug use occurs when an individual takes a drug without medical or professional

advice or direction. Drug use and addiction are used interchangeably. Drug use according to the New Columbia Encyclopedia is "the chronic or habitual use of any substance to alter the state of body of mind for other than medical warranted purpose". Oji (2008), defined drug use as "a state of periodic or chronic intoxication, produced by the repeated consumption of drug". It is also habitual and discriminate use of drug frequently out of a Perceived need. It is also the administration of any medical substance (drug) in a manner that deviates from prescription of medical doctor or approval medical or social patterns within a given culture.

There are various categories of drug used by secondary school students that make them become drug addict and behave differently from the normal and acceptable way. These include the following drugs: Stimulants, Barbiturate, Depressant, Analgesics, Hallucinogens, Sedative and Psycho-Active drugs. The most widely used stimulant is caffeine, which is present in coffee, tea and cola drinks. Most popular examples of stimulants include cocaine, amphetamines, nicotine (found in tobacco). These drugs increase the body activities, mental alertness and wakefulness. It increases sexual desire in some users. Large doses of stimulants produce confusion, nervousness, sleeplessness and heart palpitation (Breslau, 2001).

Similarly, there are many significant reasons to examine the parenting styles as correlate of drug use among adolescents. Many studies have shown a strong relationship between the quality of parenting and the development of relatively high levels of self-esteem, behavioral control, and resistance to peer pressure by children and adolescents (Mba, 2008). Evidence has been found to suggest that initiation of drug use during childhood

greatly increases the risk of use and abuse during adolescence and throughout life. Nnachi (2007), concluded that parental behaviors are significant precursors to disruptive behavior, vulnerability and succumbing to peer pressure and drug use by children and adolescents. Therefore, the present study is an effort to evaluate salient parenting styles as it correlates the use of drug among adolescents in Onitsha urban of Anambra State, Nigeria.

### Research Questions

The following research questions were formulated to guide this study:

1. What are the effects of parental substance use on their children drug use?
2. What is the influence of authoritative parenting on their children drug use?
3. What is the influence of different parenting skills on their children drug use?

### Methods

The study was a descriptive survey carried out in secondary schools in Onitsha Urban of Anambra State, Nigeria. It has a population of thirty- six thousand, five hundred and thirty-four (36,534) students from all public

secondary schools in Onitsha urban. Sample of 500 students was drawn from twenty-two public secondary schools in Onitsha urban using purposive sampling. The main instrument used for data collection was a self-developed validated questionnaire from the 10 selected public schools out of twenty- two. The questionnaire was divided into two sections namely A and B. Section A dealt with information on demographic data of respondents while section B was constructed on four point likert scale of likert point as follows: strongly agree 4points, agree 3points, disagree 2points and strongly disagree 1point. A value of 0.88 was obtained using Pearson product moment correlation for which the researcher took the instrument as reliable for the investigation. The researcher administered the questionnaire to these ten public secondary schools in Onitsha Urban by hand. A total of 500 copies were distributed, duly completed and returned. The research questions were answered using weighted mean and standard deviation with decision point of 2.50. Hence, items with mean of 2.50 and above were accepted. Items of mean value of less than 2.50 were rejected.

### Results

**Research Question 1:** What are the effects of parental substance use on their children drug use tendencies in Onitsha urban of Anambra State?

**Table 1: Responses on Parental Substance Use on their Children Drug Use**

S/N	Item	SA	A	D	SD	Mean	Std Dev	Decision
1	Adolescents with parents who use drugs are more likely to abuse drugs.	183	149	96	74	2.88	1.06	Accepted
2	Parental substance abuse interrupts a child's normal development and places them at higher risk for emotional, physical and mental health problems.	179	155	87	79	2.87	1.07	Accepted
3	Parent who use drugs or alcohol to cope with intolerable thoughts or feelings, such as severe anxiety or depression teach their children indirectly to do so.	133	228	100	39	2.91	0.88	Accepted

4	Adolescent of parent who does not use drugs are like to follow their example	147	121	161	71	2.69	1.04	Accepted
5	Parents who abuse drugs are more likely to be involved with domestic violence, divorce, unemployment, mental illness and legal problems; their ability to parent effectively is severely compromised.	168	171	99	62	2.89	1.01	Accepted

All the items in table 1 yielded the mean scores above 2.50 and were therefore accepted. This indicated that, adolescents whose parents use drugs are more likely to

abuse drugs. It can therefore be concluded that parent's substance use effect their children negatively.

**Research Question 2:** What is the influence of authoritative parenting on their children drug use in Onitsha urban of Anambra State?

**Table 2: Responses on Influence of Authoritative Parenting on their Children**

S/N	Item	SA	A	D	SD	Mean	Std Dev	Decision
1	Parents who enforce limits are less likely to have adolescents engaged in drug use	220	104	97	79	2.93	1.12	Accepted
2	An adolescent whose mother is authoritative is less likely to use drug	134	165	102	99	2.67	1.07	Accepted
3	Authoritative parents are warm and communicative, but they also exert appropriate control.	165	137	100	98	2.74	1.12	Accepted
4	Maternal authoritative styles contribute to preventing drug use	156	131	111	102	2.68	1.12	Accepted
5	Adolescents who do not engage in drug use are often connected to authoritative parents via their friends, even if their own parents are not authoritative.	179	151	80	90	2.84	1.10	Accepted

All the items in table 2 yielded the mean scores above 2.50 and were therefore accepted. This indicated that authoritative

parenting enforce limits and exert appropriate control and are less likely to have adolescents engaged in drug use.

**Research Questions 3:** What is the influence of different parenting skills on their children's drug use in Onitsha urban of Anambra State?

**Table 3: Responses on the Influence of Different Parenting Skills on their Children's Drug Use**

S/N	Item	SA	A	D	SD	Mean	Std Dev	Decision
11.	The extent and nature of parental contact limits an adolescent's access to an opportunity for connection with antisocial and drug-using peers and contexts not supervised by adults.	161	170	80	89	2.80	1.08	Accepted
12.	Parents' presence and interest in the adolescent's life reduce their tendency of drug use.	193	129	93	85	2.86	1.11	Accepted
13.	Adolescents that perceived their mothers as non-authoritative had greater chances of using drugs	184	165	52	99	2.87	1.12	Accepted
14.	Adolescents of uninvolved parents have low self-esteem which makes them vulnerable to drug use.	163	154	90	94	2.77	1.10	Accepted
15.	Permissive parents show warmth but do not exert control, they have tendency of having adolescent who use drugs.	146	157	100	97	2.70	1.09	Accepted

All the items in table 3 yielded the mean scores above 2.50 and this indicated that the extent and nature of parental contact, interest in the adolescent's life reduce their tendency of drug use. Therefore, it can be deduced that different parenting skills determine the were accepted. presence and use. It can adolescent's response to the use of drugs.

**Discussion**

The result presented in table 1 sought to find out the effects of parental substance use on their children drug use. The study found that adolescents whose parents use drugs are more likely to abuse drugs. This finding support by Cohen (2009), who upheld children with parents who abuse drugs are more likely to abuse drugs or alcohol than other youngsters. As kids see their parents turning to drugs or a bottle in an effort to cope

with daily life, they are more likely to engage in the same behaviour.

The findings in table 2 dealt with the influence of authoritative parenting on their children drug use. Based on the analysis, it was found that parents who enforce limits are less likely to have adolescents engaged in drug and alcohol use, juvenile delinquency or other antisocial behaviour. This finding is in support of Bunker (2006), who submitted that children with authoritarian parents are often unhappy and fail rather than succeed. The parents set strict rules and boundaries but tell children the reason for the rules. Parents who use this style encourage children to be independent but within set boundaries (Oilman and Godman, 2008). Parents talk to the children and have a discussion with the children. Children with authoritative parents are often socially adept, responsible, self-reliant and has low drug abuse tendencies.

The result presented in table 3 examined the influence of different parenting skills on their children drug use in Onitsha urban. It was found that the extent and nature of parental contact, presence and interest in the adolescent's life reduce their tendency of drug use. This finding also corroborates that of Jackson, Henricksen, & Dickenson (2007), who opined that children whose parents do not set clear rules against or do not monitor substance use by children could be at greater risk for drug use. Parenting that is relatively low in warmth and high in hostility predicted greater risk of drug use by adolescents (Johnson and Padina, 2001). In contrast, positive feedback, encouragement, and physical affection from parents predicted lower risk of drug use by adolescents (Jackson, 2007).

### **Summary**

The study investigated the parenting styles as correlate of drug use among adolescents in

Onitsha Urban of Anambra State. Three possible factors were studied and it was discovered that adolescents whose parents use drug are more likely to abuse drugs. Authoritative parenting enforces limits and exerts appropriate control on their adolescents which makes them less likely to engage in drug use. The extent and nature of parental contact, presence and interests in the adolescent's life reduces their tendency of drug use. Adolescents of parents with non-authoritative parenting styles have greater chance of making use of drug. Also permissive parenting gives the child the liberty to abuse and use drug.

### **Conclusion**

From the outcome of analysis of the data presented in this study, the researcher established a number of factors as regards parental factor as correlate of drug use among secondary school adolescents. The result of the analysis of data presented in this study confirmed that adolescents whose parents use drugs are more likely to abuse drugs. Authoritative parenting enforces limits and exerts appropriate control on their adolescents and this makes them less likely to have adolescents engaged in drug use. The extent and nature of parental contact, presence and interest in the adolescent's life reduce their tendency of drug use. Adolescents of parents with non-authoritative parenting styles have greater chance of making use of drug. Also permissive parenting gives the child the liberty to abuse and use drugs. Parent's knowledge about their secondary school adolescent's use of drugs and their response helps in rehabilitating them.

### **Recommendations**

Based, on the analysis of the study, the following recommendations were drawn; The ministries of education should see clearly to the effectiveness of their

educational programme. The federal, state and local government should also be able to see clearly those areas that the teachers who are teaching in schools need assistance so as to advice concerned parents on their role in reducing drug usage by secondary school adolescents.

The government should provide information on physical and psycho-social risks of drug abuse, risks of overdose, infectious diseases, driving problems, and cardiovascular, metabolic, and psychiatric disorders. Education needs to be combined with other interventions such as brief interventions in order to be effective through the provision of information about the damage that substance use can cause to health, families and the wider community and where to seek help and support. This includes raising awareness among parents and targeting young people.

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