

The Effectiveness of School-Based Substance Abuse Prevention Program on Secondary School Students Behavioural Intention towards Benylin with Codeine Usage in Katsina, Nigeria.

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Unpleasant youthful activities are widespread in Nigeria to the extent that they have been giving a lot of concern to the society, government and other stake holders in Nigeria. In primary schools, peers engage in organized crimes and disrupt normal academic programs. In secondary schools and most Nigerian universities, the activities of secret cults are known to have been source of threat to lives and properties. Outside the campuses, a lot of ritual killings are taking place. The objective of this study is to find out the effectiveness of Enlightenment campaign program on Behavioural Intention between the groups of students towards the usage of Benylin with Codeine. A stratified random sampling procedure was used in selecting the sample. 900 respondents were selected from 9 randomly selected private secondary schools in Katsina state, Nigeria. Using one way (ANOVA), the results revealed that there were statistical significant differences at $p < .05$ between the five groups compared, with regard to the effectiveness of substance abuse preventive program. Study results demonstrated the effectiveness of a substance abuse prevention program.

Keywords: substance abuse, substance abuse prevention, behaviour.

Introduction

Substance use prevention in schools is a top priority in most countries and various well designed studies have shown that preventive programs are likely to reduce illegal substance usage in youths and adolescents (David, Lorraine, & Sacha, 2008; Cuijpers, 2002). Substance abuse

prevention has been made part of the educational curriculum for all youths in the age of 12 to 18 in most countries, in some countries; schools are slanting by law to run a specific program or message about substance usage, others countries have adapted a simple reference in the national curriculum that attention has to be paid to health promotion in general, including substance abuse prevention. The reasons for this high priority for the prevention programs is that substance abuse by adolescents is a major public health concern in most countries and the political will to address this problem, until now, there have been no objective criteria available for deciding which program is effective and which one is not, this makes it very difficult for schools as well as for policymakers and institutions that grant funds for such programs to make a well-founded choice among the available programs which include, Life-Skills Training, the programs of project Northland, project STAR, or the "Healthy Schools and substance" project. (Gottfredson, & Wilson, 2003; Faggiano et al., 2008).

The rationale of school-based substance abuse prevention programs are to prevent, or at least reduce youth's and adolescents use of a different kind of drugs, including licit drugs such as alcohol and tobacco as well as illicit one's such as cocaine and marijuana (Lakhanpal & Agnihori 2007; Cuijpers, 2002; Gottfredson & Wilson, 2003). It has been well established in other studies that school-based substance abuse preventive programs can result in significant increase in knowledge about substances and in improved attitudes towards substance usage. Well designed preventive programs are also capable to reduce the use of substances significantly (Faggiano et al., 2008; Ennet et al., Ringwalt, 2003). More recent school-based substance abuse preventive programs have projected to train a comprehensive core of social skills, thought to exert a protective effect on adolescents' substance usage. These skills include communication, assertiveness, goal setting, problem solving, and effective coping with anxiety, and others (Faggiano et al., 2008; Peleg et al., 2001). Schools use a large number of different strategies to reduce or prevent youth's and

adolescents substance usage. All schools use rules and policies to discourage substance possession and usage. Some schools employed or provide preventive lessons in the form of curriculum instruction. Many schools employ interventions directed at students as well as at organizational or environmental arrangements such as curriculum and instructions, behavioural and recreational programs, counselling, adjustments in schedules, architectural features, and instructional or classroom management practices. Reviews of research on school-based substance abuse prevention have concluded that some forms of school-based programs are effective while others are not effective, (Gottfredson & Wilson, 2003; Ennett et al., 2003).

Behavioural Intention

Behavioural Intention is the key factor that leads to behaviour, which was described as what a person decide toward performing a particular behaviour, attributable to his attitudes, subjective norms, and perceive behavioural control known as self-efficacy (Ajzen, 1991; Huang, et al., 2012; Tavousi, et al., 2009). And for the purpose of this study, privet secondary school students in Katsina state, were used to find out the effects of school-based substance abuse prevention program through the respondents behavioural intention with regard to the usage of Benylin with Codeine, and it was measured on a 4 point Likert scale, following this statements, (I intend to take Benylin with Codeine, I expect that I will take Benylin with Codeine, strongly disagree to strongly agree). Higher scores indicating stronger Behavioural Intention to take Benylin with Codeine. (Francis et al., 2004; Litchfield et al., 2006).

Research Design

The study was a simple survey that was carried out to investigate the effectiveness of School-Based program on substance abuse prevention on the behavioural intention of the respondents towards the usage of Benylin with Codeine. The respondents were grouped in to 5

different groups, group 1 are the respondents that attend the program every week, group 2 are the respondents that attend the program once in two weeks, group 3 are the respondents that attend the program once in a month, group 4 are the respondents that attend the program once in a term and group 5 are the respondents that never attend the program.

Research Objective

To find out the difference on the effects of Enlightenment Campaign Program on the Behavioural Intention between the groups of students towards the usage of Benylin with Codeine.

Research Question

Is there any significant difference on the effects of Enlightenment Campaign Program on respondent's Behavioural Intention towards the usage of Benylin with Codeine between the five groups?

Hypotheses

H₀1. There is no significance difference on the effects of Enlightenment Campaign Program on respondent's Behavioural Intention towards the usage of Benylin with Codeine between the five groups compared.

Methodology

The participants of this study were 900 students selected using a stratified random sampling from 9 private secondary schools within the 3 geographical zones in Katsina state, Nigeria aged 14-18years. A short questionnaire containing 5 items on behavioural intention was adapted and was administered to the respondent's base on Theory of planned behaviour. (Francis, et al., 2004; Ajzen, 2002). The items were pilot tested before it was administered. The respondents were asked to agree or disagree on the statements on the effectiveness of Enlightenment Campaign program on Benylin with Codeine prevention organized by Drug free club in their schools on a four point likert scale

ranging from agree to strongly disagree. Higher scores indicating stronger Behavioural Intention to take Benylin with Codeine. The data was analyzed using one way between groups analysis of variance, (ANOVA).

Results

One-way between-group's analysis of variance (ANOVA) was conducted to test the H_0 , above. Levene's test of homogeneity of variance in (Table 1.1) generated as part of the analysis indicates a significant, value of .001; indicating that the assumption of homogeneity of the variance was violated.

Table 1.1 The Levene's Test of Homogeneity of Variances on the Effects of Enlightenment Campaign Program on Substance Abuse Prevention on Behavioural Intention towards the usage of Benylin with Codeine

Levene Statistic	<i>df1</i>	<i>df2</i>	<i>p</i>
26.249	4	895	.001

Because of the violation of the assumption of homogeneity of the variance as shown in Table 1.1 above, the robust Test of Equality of Means using the Welch and Brown- Forsythe F-ratation was considered and presented in Table 2.2

Table 2.2 The Robust Test of Equality of Means Table on the effects of Enlightenment Campaign Program on respondent's Behavioural Intention towards the usage Benylin with Codeine

	Statistic ^a	<i>df1</i>	<i>df2</i>	<i>p</i>
Welch	128.239	4	437.135	.001
Brown-Forsythe	154.524	4	714.202	.001

a. Asymptotically F distributed.

The output generated in Table 2.2 above indicates a significant difference in the behavioural intention between the five groups [$F(4,437.135) = 128.239, p = .001$] for Welch and [$F(4,714.202) = 154.524, p = .001$] for Brown-Forsyth statistics respectively; indicating significant difference in the mean score of the effects of the enlightenment campaign program on respondents behavioural

intention to take Benylin with Codeine between the five groups. Thus because of the significant difference as indicated in Table 2.2 above, the means plot of the differences on the effects of enlightenment campaign program between the five groups was presented in figure 1.1 below.

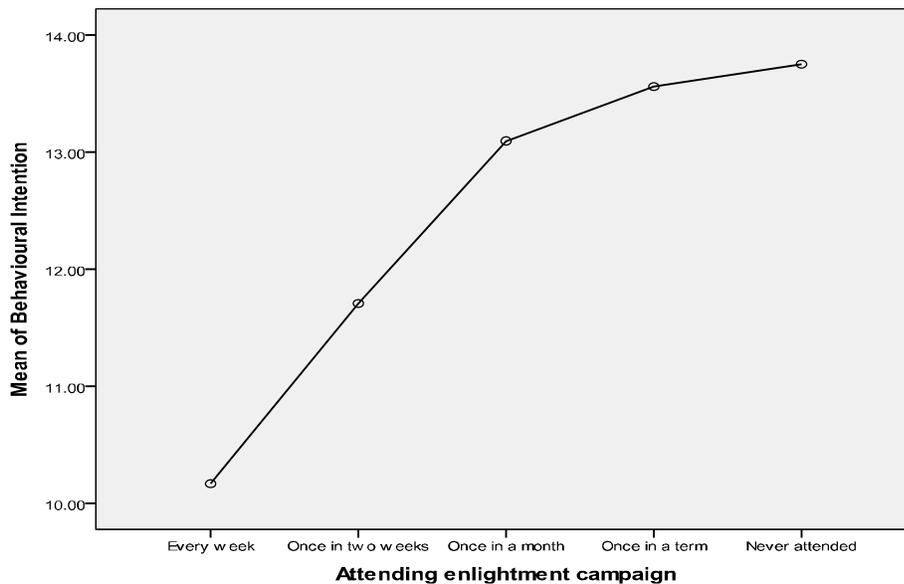


Figure 1.1: The Means Plot of the group's on the effects of Enlightenment Campaign Program on Behavioural Intention of the respondents towards the usage of Benylin with Codeine.

The means plot of the differences with regards to the effects of the enlightenment campaign program on Behavioural Intention towards the usage of Benylin with Codeine between the groups as presented in Figure 1.1, above shows that those that never attend the program was having the highest mean score for the Behavioural Intention to take Benylin with Codeine with 13.752 followed by those that attend the program once in a term with a mean score of 13.560 then followed by those that attend the program once in a month with a mean score of 13.095 followed by those attend the program once in two weeks with a mean score of 11.708 while those that attend the program every week was having the lowest mean score of 10.168. Meaning that group 5 having high Behavioural Intention to take Benylin with Codeine, followed by group 4 with moderate high

Behavioural intention to take the Codeine, while group 3 was having Average Behavioural Intention to take Benylin with Codeine, followed by group 2 with Moderate low of Behavioural intention to take Benylin with Codeine, and group 1 with Low Behavioural intention to take Benylin with Codeine. Meaning that the substance abuse preventive program is effective to group 1, group 2 and group 3 while is not effective to group 4 and 5 in terms of their behavioural intention on the substance abuse prevention program.

Discussion

Worldwide United Nations Office on Drug and Crime (UNODC) leads the international campaign to raise awareness about the main challenges that illegal drugs represents to society as a whole and especially to the youth's and adolescent's, June, 26 each year is accepted globally as international day against drug abuse and illegal drug trafficking. Last year event was held at Kuala Lumpur Malaysia (26, June 2013). The activities usually include workshops, press conference, and public destruction of drug display and often the concurrent lunch of the World Drug Report. Another annual event aimed at raising public awareness on the side effects or dangers of drug abuse.

Conclusion

The results of this study demonstrated the effectiveness of the enlightenment campaign program on substance abuse prevention. Low score of behavioural intention of the respondents that attend the enlightenment campaign program demonstrated the potential to reinforce the respondent's intention not to use drugs, while high scores of behavioural intention of the respondents that attend the program once in a term and never attend the program reinforce them to take Benylin with Codeine.

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