

CONTROLLING DRUG ABUSE AND VIOLENCE AMONG ADOLESCENT CHILDREN THROUGH PLANNED GUIDANCE PROGRAMME: IMPLICATION FOR PARENTS AND TEACHERS

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ABSTRACT

In the world today, adolescent children or youths are considered to be a veritable tool for achieving socio-economic development because they constitute the active population. But in some places especially in Nigeria youths are used as instruments of destruction because parental, biological curiosity and so many other factors predisposes them to drug abuse and later to violence. This paper examined how guidance programme can be use to control high rate of drug abuse and violence among adolescent children. The paper further discussed the concept of adolescence, drug abuse and violence and paper finally recommended that there should be home front conuselling and that parents should live an examplary life for their children to emulate.

Keywords: Drug Abuse, Violence, Adolescent children, planned Guidance program, parents and Teachers

INTRODUCTION

Most human problem arise from cite situations and significantly affect the development of individuals from psychological perspective. Problems of adjustment are explained to be the result of the nature of psychosexual development of the individual (i.e stages of the individual either inform of success or failure which result into personality).

Sambo (2009) asserted that “problem of adjustment exist in all societies and it result into a number of moral decadence such as crime, violence, vandalism, stealing and consumption of alcohol and drug abuse which has the direct evolvment of youths and children as it enshrine in the Nigerian constitution recognizes that an individual below the age of seven is in capable of committing a crime, and an individual between seven to twelve years should be able to know what he ought not to do that is if he can be proved, he does not know he is not criminally responsible for his acts. But individuals between the age of twelve and 17 is regarded as a juvenile and while he may be responsible for his acts, or omissions, he is treated especially under the law by the children and young person’s act instead of criminal procedure act.

The Concept of Adolescence:

Adolescence is the most important period of human life Chauhan (1989). Although he further argued that adolescence was an origin of Greek word, where “adolescere” was said to connotes “to grow to maturity”. So many psychologists gave their clear understandings of the concept of adolescence. Some scholars believe that adolescence period is considered to be the period of individual’s great ideals.

Dorthy, . in Chanhhan (1989): sees adolescence as a process rather than a period, “a process of achieving the attitudes and beliefs needed for effective participation in the society”. It is also considered to be the transitional period between childhood and adulthood.

Whatever it will be said on adolescence, many believe that it is the period where an individual’s greater expansion on all facets of developmental characteristics like physical, moral, intellectual, social and emotional spear headed. Individuals at this period show significant changes in their life time and if not properly guided and conuselled, the society suffers series of atrocities and crimes of various degrees that is why psychologists shows keen interest on the study of adolescent psychology so that solutions to the problems at this stage is taken care – off, in order to avoid not only committing crimes but to properly mould adolescents behaviour for achieving socio-economic development because strength of individuals at this stage in all the developmental characteristics grows very rapidly and can be use by bad eggs to commit so many violence or crimes.

Drug Abuse and Violence:

Drug abuse is one of such problems that have been the major thread to the peaceful co-existence of all and sundry in our contemporary society, there by destroying the socio-political and economic dignity as well as integrity of dependence on life.

Garba, (2003): stated that “the danger of drug abuse to have been identified as a state of periodic or chronic intoxication, detrimental to the individual and society”.

Drug abuse in this context can be seen as the excessive or constant use of any substance or drug that can lead to abuse (misused).

Youths constitutes one of the most deadly because faced by Nigerian society today because of their engagements in drug abuse and violence. Drug abuse and violence have been identified as social vices that must be wipe out.

A number of researches have shown that the causes of drug abuse originates from various angles including ill training from parents at home, un-conducive school environment, corrupt community and an alcoholic community. Self mal-adjustment resulting from poor personality, is also considered to be a cause of drug abuse among youths.

Types of Drug Abuse used by Youths:

There are so many types of drug abuse that are commonly used by our youths today. Idiege et al (2009), gave the below drug abuse use by youths and they include:

- i. Alcohol
- ii. Tobacco
- iii. Cannabis – Manjuana, hashish
- iv. Stimulants (Cocaine, cow leaves, synthetic stimulants)
- v. Inhalants (Superglue, gasoline cleaning fluids)
- vi. Depressants (Barbiturates, benzodiazepenes, etc).

Ifeoma (2012) identified the following drug abuse use by our youths:

- a. Narcotics
- b. Sedatives
- c. Tranquilizers
- d. Stimulants
- e. Hallucinogens

Tine (2013) also provide locally made drug abuse use by adolescent children and they includes:

- i. Zakami (in Hausa)
- ii. Solution
- iii. Blue (Use for dying clothes)
- iv. Gadagi (in Hausa)
- v. Gutter and so on

Violence:

In the world today, many believe that drug abuse lead to violence. This is because intake of drug abuse can lead to so many things which include violence and crime. For instance Daily trust (2014) reported that teen female bomber believed to be aged between 17 and 19 attacked some states in Northern Nigeria”.

Many believed that the perpetrators were given certain intoxicant before they used them for the attack. This is to tell you how adolescent children were used as yardstick for destruction of lives and properties. A person or an individual in his normal sense cannot engage himself/herself in a hostardly act like suicide bombings not only in Nigeria. In many parts of the world that are facing violence or insurgency youths are always used as means of destruction or achieve political and economical reasons.

Civil unrest in Congo, South Sudan, Liberia and so many African countries used children between the age of 12 – 20 as either rebels or instruments to achieve political and economical benefits.

In Nigeria, especially in 2014 alone Daily Trust (2014) reported that “female suicide bombers who operated in Kano & Gombe causes so many casualties ranging from lost of lives and properties”.

In fact violence among youths cannot be over emphasized use of intoxicants and other hypnosis or charms on our adolescent children has now become the order of the day. They are being used as instruments of destruction and therefore, much is to be done at primary level that is home & school before the situation gets out of hand. If it is not tackled at grassroots level, then violence and many crimes will continue to cripple the political and economical institutions in Nigeria.

Causes of Drug Abuse & Violence:

Drug abuse in Nigeria are caused by so many factors. Idiege et al (2009) gave the followings as factors that causes drug abuse:

- i. Biological factor (from parents)

- ii. Psychological factor (Mal-adjustment)
- iii. Social factor (influence of peer group)
- iv. Environment factor (community)
- v. Personal factor (individual himself)

Ifeoma (2012): gave the followings as causes of drug abuse & violence.

- i. Experiment and curiosity
- ii. Mass media and advertisement
- iii. Curiosity and desire to experiment for sex enjoyment
- iv. Urbanization
- v. Ignorance of the dangers of illegal drug use by someone.
- vi. Ambition

Garba (2005), identified the use of drugs during celebrations, curiosity, emotional pressure, effect of previous use of drugs and drug dependency.

Ayodike et al (2012): identified unemployment as another notable factor that causes drug abuse.

Guidance Programme for Preventing Drug Abuse & Violence:

We have treated the causes and the ills of drug abuse and violence to any nation. The following guidance and counselling programme should be strictly adhered to in order to avert the situation to enable the youths or adolescent children develop properly and become useful to themselves and the society at large.

Planning stages:

1st Stage: Pre Contemplation Stage: Are those who often said to be “denial” it appear that progress in the change cycle requires acknowledgement of the problem, its consequences and an accurate assessment of possibilities for change and how it might occur.

2nd Stage: Contemplation Stage: Contemplators facilitate between the pros & cons of their problem behaviour and between the pros & cons of making changes in it. They are deciding whether to change but have no taken steps to do so.

3rd Stage: Preparation Stage: These are the people on the edge taking action to change and may have made a try in the past. In order to progress a commitment to take action and to set goals in need.

4th Stage: Action Stage: At this stage people are already engage in explicit activities to change.

5th Stage: Maintenance Stage: This stage involves the continued use of behaviour change activities for a long time after the action stage has begun. After this, the problem might be considered resolved.

Conuselling Strategies to Control Drug Abuse and Violence among Adolescent Children or Youths:

There are techniques in conuselling strategies which should be followed to help counsellor client learn more effective self benefiting behaviour patterns.

Akinboye (1987), suggested the following conuselling strategies:

- i. The school guidance & conuselling programme should extend beyond school and reach parents, guardians and society. Idowu (1999), argued that “the counsellor cannot afford the luxury of sitting down in office expecting to get a client. He should therefore reach out to others in making himself as their helper. The parents pressure on drug abuse among youths in the society demands the help of counselling and counsellors. Especially the present situation where by violence and drug abuse is at its peak. Parents do needs the assistance of counsellor to reach out to them in the larger society.
- ii. Parents and guardians should be adviced or conuselled not allow their children or wards to be influenced by their peer groups. Idowu (1999): Observed that, youths consider modeling to an importance means of learning drug abuse, youths imitate their peers and heroes. It is therefore very important to organize seminars and workshops for parents on how to counselled them on the dangers of influence of peers on drug abuse.
- iii. The youths should be talked to during “career day” organized by a professional counsellor on the issue of drug use and drug abuse. This can take the services of an officer from NDLEA to be invited by a counsellor.
- iv. The school guidance and counselling personnel working together with the administration should monitor the behaviour and attitude of children in school to fish out those involved in drug abuse and violence so that treatment can be employed.
- v. Behaviour modification techniques can be used to help drug abusers change their attitudes from erratic to normal. (Behaviour modification is an approach in which attempt is made to change a behaviour by

- modifying the environment in which it appears. Okoli, (2002), In this respect therefore, the counsellor should organize concert to depict the bad effects of drug abuse and addiction of drug.
- vi. Individual counselling techniques could be adopted as a strategy for providing reality therapy to enable the drug abuser a certain pros and cons of their problem area and between the pros and cons to think of making changes in it. The counsellor discusses freely, with the drug addict thereby enabling both to understand each other fully, this will subsequently make the drug abuser to take a stand.
 - vii. Assertiveness techniques: After gradual avoidance of drug abuse, the client should ascertained and made declaration that he calls off.
 - viii. Follow up services: The counsellor should follow up all the activities in logical process and make sure the client is honest and dedicated through effective communication channels.

Recommendations

1. Parents should live an exemplary life for their children to emulate and later for basic needs of their wards to prevent them for indulging in social vices that may lead to drug abuse and violence, in addition they should learn to accept facts about their children and act upon it objectively.
2. School authorities should carefully warn and counsel drug abuser against the destructives effect of drug addiction like violence.
3. Educational counsellors should employ the extensive use of individual and social counselling techniques for the treatment of identified drug users in schools and be regularly provided and incorporated into the curricular.
4. Home front counselling by counsellors to provide guidance.
5. Parents and Teachers should always watch the activities of their children as utmost priority especially if the attend the age of adolescence because it is critical and dangerous stage of human development, that if not properly monitored they might be influenced by bad eggs.
6. Community drug team should be set to both rural and urban areas to enlighten the community on the dangers of drug abuse among adolescent children.
7. Entrepreneurship programme should be established so that our adolescent children can acquire skills that will make them independent and self reliant.
This will divert their mind towards doing positive things not negative things.

Conclusion:

Drug addiction and violence is becoming a phenomenon that needs to be tackled to a standstill. Nigeria is bedevilled with a lot of political and economical problems. Likewise security challenges and many are attributing these problems to lack of employment to our teaming youths, which makes them to engage in committing all sort of crimes and violence. Youths are the bedrock of the development of any nation because they constitute the working class and the active population of any nation. If they have problems, then that nation has problems as well. Therefore, if their problems are solved then that nation or country will not have any problems. I believed that if their problems are tackled, Nigeria will not face any security challenges.

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