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DRUG ABUSE IN TERTIARY INSTITUTION

“Take some pills!, pop some pills!, it is just a pill, its nothing serious, you will feel good”. This deceitful words led to the miserable end of many youth in our society today.

First of all what is a drug? A drug can be defined as any chemical or biological substances, which when taken into the body by any means what so ever alters the functions of the person or user. If it changes the functioning for good then it is called to as a drug.

While drug abuse on the other hand, refers to the use, especially by served administration of any drug in a manner that deviates from an approved medical or social pattern within a given culture or society simply put, drug abuse is abused when it is taking without medical prescription. It involves indiscriminate use of any drug.

According to world health organization (2002) the drugs commonly abused include cannabis sativa,( marijuana or Indian hemp), cocaine, heroine, morphine, opium, tobacco, alcohol etc. The sale and consumption of these drugs has cause a hole in the heart in Nigerian society and in the international community, let us take alcoholism as a case study. Alcohol belongs to the category of psychoactive drugs that depress and at the same time stimulate the functions of the central nervous system and the issue of alcohol use and abuse among undergraduates in Nigeria tertiary and institution of higher learning has been a great concern to all sundry. The abuse of alcohol seems to make it addictive and the partakers are referred to as all who lies. It involves drinking to an extent which exceeds the norms of the society and which adversely affects the drinkers health, relationship with others and economic functioning. It is the belief of WHO that, alcohol through legal in many countries can be an even bigger threat like cannabis cocaine and heroine. Some of the reasons why people especially youth abuse drug are;

Social structural influence, this particular factor is associated harshness life. In this case, life itself is one big hell of hand ball to kick. Academic frustration, rivalry, poverty, family problem, inherent physical deformities, widening gap between the rich and the poor make life one long stretch of mental future. Hence, to summon up courage to face such situations and the task ahead, “University undergraduates find solutions in smoking, drinking, drug taking of all sorts on the firm conviction that these drugs provide euphoria release, great spur and a monetary escape from reality because of this, taking drugs becomes a habit to face life.

Peer group influence, the peer group is second only to the parents in socializing the child. Parents and peer group seem to almost extent almost equal importance by the time children are well grown up into adolescence. Thus, the peer group provides the developing child with a broad range of behaviors and cultural and subcultural values meanwhile a peer group compose of individual who are equals. Accounts for why undergraduate take and abuse drugs, some may reasons thus “if grown up take pills, use tobacco and get drunk, why should I not enjoy myself smoking marijuana or take drugs? They imagine that drugs are keys to enjoying life more fully .

The need to feel high, many youths in tertiary institution use drugs to change or alter the way they feel “ to feel happier or better, to avoid Pains ,stress or frustration”. They want to forget or remember to be accepted or be sociable sometimes to escape from burden or real life situations, This is the stereotype which is presented and always watched by a child favors drugs taking, the child will imbibe the culture of drug taking.

Here are some of the measures if put in place would combat drug abuse in tertiary institution;

First, measures should be taken to stop the normal access to these drugs. There are some drug selling channels that are not meant to be in the system eg hawking/peddling of drugs etc the right channels ought to have been patent medicines stores, community pharmacies, private and public hospitals, wholesales importers and pharmaceutical companies there should be an effective channel of distribution to ensure, smooth distribution of safe, effective and affordable drugs throughout the country.

Second, there should be open rally camping in public places like motor parks, NYSC campus, secondary schools, university and other institution of learning because these are where we have youths population, in order to enlighten youths on the dangers of drug abuse and the ills it comes with it. Awareness should be created to safeguard the health of Nigeria against avoidable hazard.

Third, campaigns should be made against the use of hard drugs at federal, state and local levels. Aggressive extinction of all sources of these hard drugs including the farms where they are planted by joined force of the united nation organization

Finally, treatment and rehabilitation should be sort when an individual finds it hard to quite drugs, in other words when one becomes a drug addict. Drug addiction is a complex illness feature which affects the brain and is hard to refrain from but through rehabilitation drug addicts can be saved from drug addiction and they would be able to leave their normal life once again.

In conclusion drug abuse is a dreadful diseases in our society and a dreadful diseases requires a critical treatment and the treatment to this disease are the measures stated above, if this measures are followed to the letter, then we would boast of a society free from drug abuse.