

PREVALENT DRUG-ABUSE-RELATED MENTAL HEALTH PROBLEMS AMONG SECONDARY SCHOOL STUDENTS IN ILORIN METROPOLIS, KWARA STATE, NIGERIA

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ABSTRACT

The study examined prevalent drug-abuse-related mental health problems among secondary school students in Ilorin Metropolis of Kwara State. The influence of the variables of gender, age, school type, and parental occupation was also examined. The study was a descriptive survey research. The population comprised all the secondary school students in Kwara State. Two hundred students were used as the sample. A validated questionnaire with a reliability coefficient of 0.84 was used to collect data. One research question and four hypotheses guided the study. Data was analysed using percentage, mean, t-test, and analysis of variance. Hypotheses were tested at the 0.05 level of significance. The findings in the research question revealed that having excessive fear, mood swings, sleeping too much or too little, withdrawal from peers, unable to complete daily tasks, among others, were the most prevalent drug-abuse-related mental health problems. More prevalent ones are feeling of frustration; feeling of anger, feeling of guilt and loss of interest in many activities while feeling of sadness; feeling confused; feeling of loneliness; having low energy; alcohol or drug use dependence; displaying disastrous behaviours; having suicidal thought; depression; and mental ill-health were least prevalent of drug-abuse-related mental health problems among the students. Findings showed that there was no significant difference in the prevalence of drug-abuse-related mental health problems based on age. There was no significant difference in the prevalence of drug-abuse-related mental health problems based on school type. There was a significant difference in the prevalence of drug-abuse related mental health problems based on gender, and there was a significant difference in the prevalence of drug-abuse related mental health problems based on parents' job status, such as being a civil servant, self-employed, unemployed, retired, and others. Based on the findings of this study, it was recommended that stakeholders in secondary education should sensitize the students on the mental health problems associated with drug abuse, school counsellors should give psycho education to the students and encourage them to consult with the health care providers for drug-abuse-related mental health problems noticed among them.

KEYWORDS: Prevalence, Drug Abuse, Mental Health, Student.

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1. INTRODUCTION

Mental health is one of the important aspects of every individual that enables him/her to function effectively in society. Population of people with mental health problems here and there could be a disaster. Mental health refers to a state of mental well-being that enables individuals to cope with stresses in life activities with the ability to realise one's potential, learn well, and work well (Medical News Today, 2024). Mental health relates to the ability to express one's emotions in a manner that allows peaceful co-existence with others. It connotes conducting one's mental and emotional activities in a proper manner that creates a conducive atmosphere for peaceful living. Mental health is used to describe a range of issues that affect a person's cognitive, social, and emotional abilities. Nordgyist (2017) refers to mental health as the cognitive, behavioural, and emotional well-being, which reflects on how one thinks, feels, and behaves, and can be the yardstick to indicate the absence of mental disorder. World Health Organisation (WHO), (2018) stated that mental health involves, among other things, subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualisation of one's intellectual and emotional potential. The WHO further defined mental health as 'a state of well-being in which the individual realizes his or her own abilities with which he or she can cope with the normal stresses of life, and live and work productively and fruitfully. Australia, H. (2024) submitted that examples of mental illness include depression, anxiety disorder, and schizophrenia.

Ill mental health could result from one's lifestyle, such as indulgence in drug and substance abuse. Drug poses health problems when they are misused through self-administration, overdose, and overuse. A drug is a substance that, when taken, changes the state and functions of the body (UNODC, 2018). Drugs can be taken orally, sniffed through the nostrils, through injection, or as ointments, as noted by Ngesu, Ndiku & Masese, 2018 and Ndirangu, 2017). Drugs and substances impact the brain because they are chemical substances capable of

altering emotions and the state of mind. Kabiru(2019) discovered that drug abuse and misuse have led to mental problems among users. These mental health problems are sometimes not given prominence due to ignorance, except when they escalate to madness. Volkow et al. (2020) stated that drug abuse could lead to increased risks of physical health problems such as liver damage, cardiovascular issues, respiratory diseases, and infectious diseases such as HIV/AIDS and hepatitis. Siddiqui et al. (2022) argued that drug and substance abuse strain interpersonal relationships.

Drug abuse has become an integral part of the social and economic life in some countries, so much so that it is threatening the survival of the nations, as argued by Oshodi (2013). In some countries of the world, particularly the underdeveloped and developing countries, drug and substance abuse have been taken to be a normal way of life, which people might not see as anything wrong, yet they are a source of worry to society. For example, some of the people who abuse illicit substances and hard drugs such as cocaine, marijuana, cannabis, just to mention a few have a lot of woes because some develop mental health problems, indulge in addiction, commit criminal activities, incur charges and overdose fatalities (Jonston et al., 2020).

Drug and substance abuse are common among adolescents and emerging adults, as noted by the World Drug Report, 2018, which found that drug use and the associated harm are highest among young people compared to older people, explaining the reason why criminal acts are common among these age groups. Drug abuse among secondary school students has been on the increase in recent times, particularly among students in senior secondary school. A case in point is a secondary school in Ilorin South of Kwara State, noted for drug abuse and cultism, which led to frequent searches by the police for the perpetrators, a scenario that caused panic among inhabitants in the area. Drug abuse among secondary school students might be caused by peer

influence, parental neglect, curiosity, harsh school conditions, among other causes. This is in line with Ecological System Theory propounded by Urie Bronfenbrenner in 1979 that explains how individuals develop and grow within the context of their environment. The theory believes in the idea that an individual is influenced by multiple levels of the environment, such as the family, peers, the school, and the broader society and culture. Therefore, if there are cases of drug abuse in one or more of the multiple levels of the environment, the individual turns to it.

Drug abuse during the adolescent stage poses a great threat to adolescents and society in general due to the mental health problems associated with it. Collishaw (2015) discovered that mental health problems among adolescents have been increasing worldwide, and they affect 10 to 2 percent of adolescents. A study by Bakken (2018) in Norway affirms that mental health problems among adolescents are on the increase. Mental health problems have a lot of consequences, and it is a global problem as noted by National Agency for Campaign against Drug Abuse Authority (NACADA) (2016) that stated that it has become a global problem that poses a threat to the political, economic, and social stability and security of many countries; disrupting education management and programmes. Common mental health challenges among secondary school children could include emotional disorders, depression, anxiety, excessive irritability, frustration or anger. Sometimes the mental health problems negatively affect their cognitive functioning and decision making, according to Barnett et al. (2019), which might impair their studies, academic performance, social relationships, entrepreneurship skill development, and general well-being. With the mental health problems, the students might not be able to develop and acquire knowledge and entrepreneurship skills which is a welcome development in Nigeria to solve massive unemployment problems bewitching the nation.

This study hangs on the theory of Ecological System Theory introduced by Urie Bronfenbrenner in 1979.

The theory explains how individuals develop and grow within the context of their environment and is therefore influenced by environmental factors. The environment is constituted of the family, peers, the school, the broader society, and culture. The key principles of Ecological System Theory include reciprocal relationships, which are the beliefs that individuals influence and are influenced by their environment using interaction with the environment. Systems interact and influence one another. Secondary school students operate within an environment that may influence them; hence, environments that harbour drug abuse might influence them to abuse drugs, which might lead to mental problems.

Statement of the Problem

"Mental health issues seem to be on the rise in society, driven in part by the growing prevalence of drug abuse and its accompanying psychological effects." Drug abuse in Kwara State has become a problem that casts a gloomy shadow on the entire state, especially among secondary school students. The National Drug Law and Enforcement Agency in 2025 lamented the percentage of increase in drug abuse in Kwara State, which is 14 percent. This might have led to suicide and attempted suicide cases, dropping out of school, and depression, which are attributed to mental health problems reported among secondary school students and undergraduates in Kwara State. With mental health problems, the students might not be able to prosper academically and live a healthy life. In a similar study in the University of Port Harcourt, Nigeria, Nkporbu and Alex-Hart (2019) examined the prevalence and pattern of mental illness among school-age children seen at the University of Port Harcourt teaching hospital: a six-year study. Out of 7,856 patients seen in the Neuropsychiatry Clinic within the period under review, 408 (5.2%) were children aged between 5 to 18 years. Males were higher with 232 (56.9%). The most prevalent mental illnesses were anxiety disorders, 58 (14.2%), depressive illnesses 46 (11.3%), schizophrenic illness 44 (10.8%), mental and behavioural abnormality secondary to substance

abuse (MABD) 43 (10.5%), bipolar affective disorders 37 (9.1%), while conversion disorders was the least with 3 (0.7%).

Students who are involved in drug abuse are at risk of experiencing mental health problems, which cause psychological distress that may impact their academic performance, mental well-being, and entrepreneurship skill development. Other researchers, such as Nkporbu and Alex- Hart (2019) and Johnston (2020) have researched prevalence and patterns of mental illness among school-age children. Shim, Y. R. (2022) investigated mental health education, awareness, and stigma. Westberg, K. H. (2022) investigated mental health problems among people- a scoping. To the researchers' knowledge, no study has been carried out on the prevalent mental health problems among secondary school students in Kwara State. This is the gap in the literature the study intends to fill. The study is significant because it examined prevalent mental health challenges among secondary school students in Ilorin Metropolis. By so doing, adequate intervention programmes through seminars and sensitisation could be made to minimise mental health problems.

Objectives of the study

The objectives of the study are to investigate prevalent drug-abuse-related mental health problems among secondary school students in Ilorin Metropolis of Kwara. The study also examined the influence of age, gender, school type, and parents' job status on drug-abuse-related mental health problems among the students.

Research Question (1)

1. What types of prevalent drug-abuse-related mental health problems can be observed among secondary school students in Ilorin Metropolis of Kwara State?
2. Would there be a difference in the prevalence of drug-abuse-related mental health problems among secondary school students based on gender?

3. Would there be a difference in the prevalence of drug-abuse-related mental health problems based on age?
4. Would there be a difference in the prevalence of drug-abuse-related mental health problems based on school type?
5. Would there be a difference in the prevalence of drug-abuse-related mental health problems based on parents' job status?

Research Hypotheses

The following null hypotheses were formulated and tested in this study:

1. There is no difference in the prevalence of drug-abuse-related mental health problems among secondary school students in Ilorin Metropolis of Kwara state based on gender.
2. There is no difference in the prevalence of drug-abuse-related mental health problems among secondary school students in Ilorin Metropolis of Kwara State based on age.
3. There is no difference in the prevalence of drug-abuse-related mental health problems among secondary school students in Ilorin Metropolis of Kwara State based on school type.
4. There is no difference in the prevalence of drug abuse-related mental health problems among secondary school students in Ilorin Metropolis of Kwara State based on parents' job status.

2. METHODS

The descriptive survey method was adopted for the study. The population for this study consisted of all secondary school students in Ilorin Metropolis of Kwara State, while the target population consisted of senior secondary school students in public and private secondary schools in Ilorin Metropolis of Kwara State. A Sample of 200 senior secondary school students, 100 from public secondary schools and 100 from private secondary schools, was selected

through a multi-stage sampling procedure. Purposive sampling technique was used to select schools that participated because it enabled the researchers to select schools where students were noted for drug and substance abuse. The students who were screened through an interview for drug abuse were used. The cluster sampling technique was used to select participants on the basis of public and private schools. A simple random sampling technique was used to select participants from the public and private schools that participated. The stratified sampling technique was employed to classify respondents into characteristics of gender, age, and school type.

The instrument for data collection was a researcher-designed questionnaire titled “Prevalent Drug-Abuse-related Mental Health Problem Questionnaire (PDAMHPQ)”. The instrument consisted of two sections (A& B). Section ‘A’ consisted of respondents’ demographic information, such as gender, age, school type, and parents’ job status, while Section ‘B’ consisted of 20 items on drug-abuse-related mental health problems designed after a four-point Likert-type scale of SA (Strongly agree)= 4 points, A (Agree) =3 points, D (Disagree) = 2 points, SD (Strongly disagree) = 1 point. The instrument was validated and a reliability of 0.84 was obtained through test test-retest method of ascertaining the reliability of instruments. The questionnaire forms were distributed to the respondents and retrieved on the spot. The instrument was scored by summing up the item scores and dividing the total by four, thus: $4 + 3 + 2 + 1 = 10 \div 4 = 2.50$. The benchmark, therefore, was 2.50. Items in the questionnaire that scored 2.50 and above were regarded as the most prevalent drug-abuse-related mental health problems among the students, items that scored 2.50 to 2.69 were regarded as more prevalent drug-abuse-related mental health problems, while items that scored below 2.50 were the least prevalent drug-abuse-related mental problems among the students. Data collected were analysed with percentages, mean, t-test, and analysis of variance. Hypotheses were tested at the 0.05 level of significance.

3. RESULTS

Demographic Data

This section presents the results of the data obtained from the respondents in frequency and percentages.

Table 1: Percentage Distribution of respondents Based on Gender

Gender	Frequency	Percentage
Male	109	54.5
Female	91	45.5
Total	200	100

Table 1 shows the distribution of respondents by gender. The table shows that 109 (54.5%) of the respondents were male, while 91 (45.5%) of the respondents were female. This indicates that more male respondents participated than female respondents in the study.

Table 2: Percentage Distribution of respondents Based on Age

Age	Frequency	Percentage
10-15 years	74	37.0
16 years and above	126	63.0
Total	200	100

Table 2 shows the distribution of the respondents based on age. The table reveals that 74 (37.0%) of the respondents were between 10-15 years old, while 126 (63.0%) of the respondents were 16 years of age and above. This indicates that respondents who were 16 years of age and above participated more in this study.

Table 3: Percentage Distribution of respondents Based on School Type

School type	Frequency	Percentage
Private	58	29.0
Public	142	71.0
Total	200	100

Table 3 shows that 58 (29.0%) of the respondents were from private school while 142 (71.0%) of the respondents were from public school. This indicates that respondents who were from public school participated more in the study.

Table 4: Percentage Distribution of Respondents Based on Parent Job Status

Job Status	Frequency	Percentage
Civil servant	38	19.0
Self-employed	112	56.0
Retired	26	13.0
Unemployed	24	12.0
Others	0	0.0
Total	200	100

Table 4 shows the distribution of the job status of the respondents' parents. The table reveals that 38 (19.0%) of the respondents' parents were civil servants, 112 (56.0%) of the respondents' parents were self-employed, 26 (13.0%) of the respondents' parents were retired from service, while 24 (12.0%) of the respondents' parents were unemployed. This indicates that respondents who were self-employed participated more in this study.

Research Question 1: What are the prevalent drug-abuse-related mental health problems among secondary school students in Kwara State?

Table 5: Mean, Standard Deviation, and Rank Order Analysis on the Prevalent Drug Abuse-Related Mental Health Problems among the Respondents

Item No.	As far as I am concerned, drug abuse related mental health problems are:	Mean	S.D.	Rank
9	having excessive fear	2.94	.822	1 st
18	mood swing	2.82	.827	2 nd
3	sleeping too much or little	2.81	1.00	3 rd
4	eating too much or little	2.80	.949	4 th
2	withdrawal from peers	2.80	.689	5 th
8	unable to complete daily task	2.78	.910	6 th
14	having difficulty in relating with family	2.77	.814	7 th
10	feelings of frustration	2.66	.792	8 th

17	feelings of anger	2.57	1.02	9 th
13	having feeling of guilt	2.53	.868	10 th
19	Loss of interest in normal life activities	2.50	.924	11 th
12	feelings of sadness	2.42	.999	12 th
16	feeling confused	2.39	.878	13 th
7	feelings of loneliness	2.31	.920	14 th
5	having low energy	2.27	.868	15 th
1	alcohol or drug use dependence	2.16	1.32	16 th
6	displaying disastrous behaviours	2.07	.964	17 th
15	having suicidal thought	2.05	1.15	18 th
20	Depression	2.00	.789	19 th
11	Mental ill health	1.98	.932	20 th

Table 5 presents the mean, standard deviation, and rank order on the prevalent drug-abuse-related mental health problems among the respondents. The table indicated that having excessive, mood swings, sleeping too much or little, eating too much or little, withdrawing from peers, unable to complete daily tasks and having difficulty in relating with family were the most prevalent of the drug-abuse-related mental health problems because their mean scores ranged from 2.77 to 2.94, which were far above the bench mark of 2.50. Feeling of frustration, feeling of anger, having feeling of guilt and loss of interest in normal life activities were regarded as more prevalent of drug abuse-related mental health problems while feeling of sadness, feeling confused, feeling of loneliness, having low energy, alcohol or drug use dependence, displaying disastrous behaviours, having suicidal thought, depression and mental ill health were regarded as the least prevalent of the drug-abuse-related mental health problems among secondary school students because their mean scores were below 2.50 bench mark.

Research question two: Would there be a difference in the prevalence of drug-abuse-related mental health problems among secondary school students based on gender?

Hypothesis One:

There is no significant difference in the prevalent of drug-abuse-related mental health problems among secondary school students based on gender.

Table 6: Mean, Standard Deviation, and t-value of the Prevalent Drug-Abuse-Related Mental Health Problems among the Respondents Based on Gender

Gender	N	Mean	SD	Df	Cal. t-value	Crit. t-value	p-value
Male	109	50.82	8.29	198	2.00*	1.96	.047
Female	91	48.22	10.04				

*Significant, $p < 0.05$

Table 6 shows that the calculated t-value of 2.00 is greater than the critical t-value of 1.96 with a corresponding p-value of .047, which is less than the 0.05 level of significance. Since the calculated p-value is less than the level of significance, the null hypothesis is rejected. This indicates that there is a significant difference in the prevalence of drug abuse-related mental health problems among secondary school students in Kwara state, based on gender.

Research question three: Would there be a difference in the prevalence drug-abuse drug-abuse-related mental health problems based on age?

Hypothesis Two: *There is no significant difference in the prevalence of drug-abuse-related mental health problems among secondary school students in Kwara State based on age.*

Table 7: Mean, Standard Deviation and t-value of the Prevalent Drug-Abuse-Related Mental Health Problems among the Respondents Based on Age

Age	N	Mean	SD	Df	Cal. t-value	Crit. t-value	p-value
10-15 years	74	74	50.78	198	1.35	1.96	.177
16 years and above	126	126	48.96				

Table 7 shows that the calculated t-value of 1.35 is less than the critical t-value of 1.96 with a corresponding p-value of 0.177, which is greater than the 0.05 level of significance. Since the calculated p-value is greater than the level of significance, the null hypothesis is accepted. This indicates that there is no

significant difference in the prevalence of drug-abuse-related mental health problems among secondary school students in Kwara State, based on age.

Research question four: Would there be a difference in the prevalence of drug-abuse-related mental health problems based on school type?

Hypothesis Three:

There is no significant difference in the prevalence of drug-abuse-related mental health problems among secondary school students in Kwara State based on school type.

Table 8: Mean, Standard Deviation and t-value of the Prevalent Drug-Abuse-Related Mental Health Problems among the Respondents Based on School Type.

Table 8 shows that the calculated t-value of 1.08 is

School	N	Mean	SD	Df	Cal. t-value	Crit. t-value	p-value
Private	58	50.74	11.16	198	1.08	1.96	.278
Public	142	49.18	8.27				

less than the critical t-value of 1.96 with a corresponding p-value of 0.278 greater than the 0.05 level of significance. Since the calculated p-value is greater than the level of significance, the null hypothesis is retained. This indicates that there is no significant difference in the prevalent drug abuse-related mental health problems among secondary school students in Kwara state based on school type.

Research question five: Would there be a difference in the prevalent drug-abuse-related mental health problems based on parent's job status?

Hypothesis Four:

There is no significant difference in the prevalence of drug-abuse-related mental health problems among secondary school students In Kwara state based on parents' job status.

Table 9: Analysis of Variance (ANOVA) showing Prevalent Drug Abuse-Related Mental Health Problems among the Respondents Based on Parents' Job Status

Source	SS	Df	Mean Square	Cal. F-ratio	Crit. F-ratio	p-value
Between Groups	1560.54	3	520.18	6.66*	2.37	.000
Within Groups	15293.81	196	78.03			
Total	16854.35	199				

*Significant, $p < 0.05$

Table 9 shows that the calculated F-ratio of 6.66 is greater than the critical F-value of 2.37 with a corresponding p-value of .000, which is less than the 0.05 level of significance. Since the calculated p-value is less than the level of significance, the null hypothesis is rejected. Hence, there is a significant difference in the prevalence of drug-abuse-related mental health problems among secondary school students in Ilorin metropolis, Kwara state, Nigeria, based on parents' job status. In order to ascertain where the significant difference lies, Scheffe Post-Hoc was carried out and the analysis is shown on Table 10.

Table 10: Scheffe post-hoc, where the significant The difference lies based on the Parents' Job Status

Status	N	Subset for Alpha = 0.05	
		1	2
Self-employed	112	48.31	
Civil servant	38	48.97	
Retired	26	49.38	
Unemployed	24		57.13
Sig.		.968	1.000

Table 10 indicates that respondents whose parents were self-employed, civil servants and retired had the mean scores of 35.97, 36.74 and 37.96 (in subset 1) respectively, while respondents whose parents were unemployed had the highest mean score of 44.17 (in subset 2). This implies that respondents whose

parents were unemployed contributed more to the significant difference than any other group.

4. DISCUSSION

In the research question, the study revealed that secondary school students attested that having excessive fear, mood swings, sleeping too much or too little, eating too much or too little, withdrawal from peers, unable to complete daily tasks, and having difficulty in relating with family were the most prevalent of drug abuse-related mental health problems. Also, feeling of frustration, feeling of anger, having feeling of guilt, and loss of interest in many activities were more prevalent of drug abuse-related mental health problems while feeling of sadness, feeling confused, feeling of loneliness, having low energy, alcohol or drug use dependence, displaying disastrous behaviours, having suicidal thought, depression, and mental ill health were least prevalent of drug abuse-related mental health problems among secondary school students. The findings might be so because the students are in senior secondary school and are expected to know what constitutes normal or abnormal behaviour. Therefore, when students exhibit such behaviour they understand that they are mental health problems that might result due to substance and drug abuse. The finding is in tandem with Smith (2015) who submitted that prolonged substance abuse heightens anxiety levels among students, leading to feelings of fear and apprehension. In support of this finding also Johnson and Brown (2018) found that substance abuse disrupts neurotransmitter balance, which leads to erratic mood fluctuations among students. Consistent with the finding also are (Thompson, 2016; Lee & Williams, 2017) who discovered that students who abuse drugs do have irregular and withdrawal from peer interaction. Similar to the finding is Anderson (2018) who found that male students engaging in substance abuse displayed an increased tendency towards aggression and impulsivity, which may be indicative of underlying mental health challenges. As noted by Ecological System Theory propounded by Urie Bronenbrenner in 1979, individuals develop and

grow within the context of their environment and therefore are influenced by the environmental factors, and these mental health problems might be caused by some factors such as drug and substance abuse which might be common in the school environment and the community in general where the students carry out their activities.

The Findings in hypothesis one revealed that there was a significant difference in the prevalence of drug-abuse-related mental health problems among secondary school students based on gender. This implies that the gender of the respondents caused them to differ in their responses on the prevalent drug-abuse-related mental health problems. The finding might be so because of differences in body chemistry between the two genders. It should be expected that males should have more of mental health problems due to their nature. This finding is supported by Anderson (2018), who found a significant difference in drug-related mental health challenges based on gender. In tandem with the finding was Johnson & Brown (2015), who suggested that females were more prone to experiencing heightened anxiety and mood swings in connection with substance abuse.

Hypothesis two revealed that there was no significant difference in the prevalence of drug-abuse-related mental health problems among secondary school students in Ilorin metropolis, Kwara state, Nigeria, based on age. This implies that the expressions of the respondents were not different regarding the prevalent mental health problems among the students based on their ages. The findings might be so because despite their age differences, they are matured enough to know the most common mental health problems among themselves. The finding corroborated with (Miller, 2016) who found that students who engaged in drug abuse express an excessive fear irrespective of their gender. The reason could be that both males and females experience the effects of drug abuse alike.

Further findings in hypothesis three showed no significant difference in the prevalence of drug-

abuse-related mental health problems among secondary school students in Ilorin metropolis, Kwara State, based on school type. This means that the expression of the respondents from private and public schools on the prevalent drug-abuse-related mental health problems was similar. The finding might be so since whether a student is in a public or private secondary school, they are mature enough to know the mental health problems among the students. The finding is in tandem with the finding of Baker (2015) that, regardless of school setting, students who engage in substance abuse exhibit erratic mood fluctuations, depression, and isolation. The reason could be that students from both public and private schools may share similar living conditions and environment.

Findings also showed that there was a significant difference in the prevalent drug- abuse-related mental health problems among secondary school students in Ilorin metropolis, Kwara state based on parents' job status. This means that respondents differed in their expression based on parents' job status. The finding might be so because their parents' job status might have influenced their mind set on mental health on what constitutes mental health problems. The result of Scheffe post-hoc revealed that respondents whose parents were unemployed contributed more to the significant difference found. Mikolajczyk, et al (2009) corroborated the finding by asserting that lack of good job and poor source of income could lead to drug abuse which might result in mental disorders, suicides and suicidal inclinations in some students. Inability of parents to provide for their children is a source of worry to them.

5. CONCLUSION

The study investigated prevalent drug-abuse-related mental health problems among secondary school students in Ilorin metropolis, Kwara State with its counselling implication for entrepreneurial education. It was concluded that drug abuse related mental health problems include having excessive fear; mood swing; sleeping too much or little; eating

too much or little; withdrawal from peers among others. Findings of the hypotheses tested revealed that there were no significant differences in the prevalence of drug abuse-related mental health problems among secondary school students in Ilorin metropolis, Kwara state, Nigeria, based on age and school type, but significant differences were found based on gender and parents' job status.

Counselling Implication

The study revealed that there are drug-abuse-related mental health problems among secondary school students. These mental health problems are capable of marring the ability of the students to develop and acquire entrepreneurship skills to make them less dependent on the government for employment and rather to be employers instead of being employees. The mental health problems caused by drug abuse as perceived by the respondents, include excessive fear, mood swings, sleeping too much or too little, eating too much or little, and withdrawal from peers, among others. Individuals with these mental health issues are not likely to be mentally organised, hence might not be able to manage his or her own business well so as to be a good entrepreneur. What counsellors can do to solve this problem is to conduct a thorough and holistic assessment to understand the individual's drug abuse history, mental health symptoms, and overall well-being and to counsel them against drug abuse. An individualized treatment plan can be more effective in meeting the unique needs of each client. Mental health counsellors can provide psycho education on the relationship between substance abuse and mental health.

6. RECOMMENDATIONS

The study recommended that:

- Mental health counsellors should provide psycho education on the relationship between substance abuse and mental health.
- School management should encourage students involved in drug abuse to consult a healthcare professional, such as a doctor, psychiatrist, or counsellor, who specializes in addiction and mental health.

- Government and school management should establish mental health counselling centres across schools in addressing drug-abuse-related mental health problems among students.

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