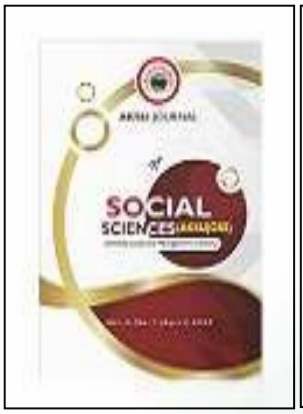


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Understanding Drug Addiction in Young Adults: A Case Study of Causes, Knowledge, and Effects in Warri Metropolis, Delta State, Nigeria

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Abstract

Drug addiction is a complex neurobiological disorder, which affects a person's brain and behaviour in a way that they lose the ability to resist the urge to use drugs. Promoting healthful living of young adults is very crucial because they are the leaders of tomorrow. The survey research design method was adopted and delimited to five areas namely Effurun, Ubeji, Ajamimogha, Ugboroke and Iyare in Warri Metropolis of 150 respondents randomly selected for this study. Questionnaire made up of 20 items whose reliability was 0.74 was used for data collection. Data analysis was done using percentage and chi-square test at 0.05 level of significant. The findings from the study revealed that there is significant relationship in the knowledge and causes of drug addiction and there is significant relationship in the types of drugs addiction and effects among young Adults in Warri Metropolis. Conclusion was drawn based on the findings that Parental supervision, Teachers, Community leaders, religious leaders and stakeholders in Health Education should organize proactive practical programmes on the consequences of drugs abuse and addiction for young adults in Warri metropolis. Recommendations was made that Parents, religious leaders, community leaders and Teachers in collaboration with school management should continue to be deliberately and actively involved in drugs education from primary to tertiary level of education. School management in collaboration with PTA and government should also try to make funds available for the effective rehabilitation of drugs addicted young adults in our communities'.

Keyword: Drugs addiction, causes and effect knowledge, young adult.

Introduction

The COVID-19 pandemic has significantly contributed to an increase in drug abuse and addiction, particularly among young adults. The 'stay at home' restrictions left many individuals idle and vulnerable, exacerbating substance use issues. A common misconception is that drug addiction stems from weak morals or lack of willpower; however, research highlights that addiction is a complex disease, often requiring more than determination to overcome. The pandemic, coupled with prolonged disruptions such as the Academic Staff Union of Universities (ASUU) strikes, intensified drug abuse rates, as the resultant idleness facilitated greater

experimentation and dependency (National Institutes of Health, 2018). Drug abuse and addiction have thus become a global crisis, mirroring the scale and impact of COVID-19 itself.

Data from Nigerian Drug Statistics (2019) indicate that cannabis is the most commonly used and trafficked drug in Nigeria. Despite COVID-19 lockdowns and travel restrictions, illicit drug trade persisted, as demonstrated by the seizure of 6,465.23 kilogrammes of cannabis trafficked from Kano to Kogi (National Institutes of Health, 2018). While global drug use prevalence stands at 5.6%, Nigeria's rate is alarmingly higher at 14.4%, equating to approximately 14.3 million people (Nigerian Drug Statistics, 2019). Such figures underscore the urgent need for comprehensive community engagement and government intervention, especially considering the profound impact on the nation's youth, the prospective leaders of tomorrow.
The prevalence of psychoactive substance use in Nigeria is striking, with one in seven individuals aged 15–64 using at least one such substance, compared to the global average of one

in twenty (National Institutes of Health, 2018). Further, one in five drug users in Nigeria suffers from drug use disorders, significantly above the global rate of one in eleven. Nigeria is also ranked fifth worldwide for suicide, averaging six cases monthly, with substance abuse identified as a major contributing factor (National Institutes of Health, 2018). Opioid overdose is a leading cause of sudden deaths among youths. Notably, one in four drug users is female, and women's involvement in substance abuse, such as the use of codeine-containing cough syrups, poses additional risks, given their critical role in child development (National Drug Law Enforcement Agency [NDLEA], 2009). This study, therefore, seeks to assess the causes, knowledge, and effects of drug addiction among young adults in Warri Metropolis, Delta State.

Conceptual Clarification

Drug Addiction

Drug addiction is recognised as a chronic, relapsing disorder marked by compulsive drug seeking and use, despite adverse consequences (Akannam, 2008). Prolonged drug use induces changes in brain structure and function, undermining self-control and increasing susceptibility to powerful urges to use drugs. As a result, individuals attempting to stop may experience relapse, a return to drug use after a period of abstinence, highlighting the persistent nature of addiction and the potential need for ongoing or alternative interventions. Although initial drug use is typically voluntary, the resultant brain alterations can be long-lasting, placing individuals in recovery at sustained risk of relapse, even after extended periods of abstinence.

Most addictive substances target the brain's reward circuit by elevating dopamine levels, which produces euphoria and reinforces drug-taking behaviour (National Drug Law Enforcement Agency [NDLEA], 2009). Over time, the brain compensates by reducing dopamine receptor responsiveness, resulting in diminished pleasure or "tolerance." Individuals may increase their drug intake to recapture the original high, but these neural adaptations also impair the ability to derive enjoyment from previously pleasurable activities. Prolonged drug use further disrupts brain systems governing learning, decision-making, memory, and stress regulation. Despite awareness of these detrimental effects, individuals with addiction often find themselves unable to cease drug use, underscoring the complex and persistent nature of the disorder.

Causes of drugs addiction

No one factor can predict if a person will become addicted to drugs. A combination of factors influences risk for addiction. The more risk factors a person has, the greater the chance that taking drugs can lead to addiction. Tracy (2021) and Erumi (2016) listed the followings as the major causes of drugs addiction.

Biological factors: The genes that people are born with account for about half of a person's risk for addiction. Gender, ethnicity, and the presence of other mental disorders may also influence risk for drug use and addiction.

Environmental factors: A person's environment includes many different influences, from family and friends to economic status and general quality of life. Factors such as peer pressure, physical and sexual abuse, early exposure to drugs, stress, and parental guidance can greatly affect a person's likelihood of drug use and addiction.

Developmental factors: Genetic and environmental factors interact with critical developmental stages in a person's life to affect addiction risk. Although taking drugs at any age can lead to addiction, the earlier that drug use begins, the more likely it will progress to addiction. This is particularly problematic for teens. Because areas in their brains that control decision-making, judgment, and self-control are still developing, teens may be especially prone to risky behaviours, including trying drugs.

However, most addictive substances stimulate the brain's reward circuit by releasing large amounts of dopamine, reinforcing pleasurable yet unhealthy behaviours and encouraging repeated use (National Drug Law Enforcement Agency [NDLEA], 2009). Over time, the brain adapts to this excess dopamine, diminishing the initial high and leading to tolerance, whereby individuals consume larger quantities to achieve the same effect. Addiction risk is shaped by a complex interplay of genetic, environmental, and developmental factors, with increased risk linked to multiple contributing elements. Like other chronic illnesses such as diabetes or heart disease, drug addiction is not typically curable but can be effectively managed. Individuals in recovery may remain vulnerable to relapse throughout their lives. Evidence suggests that integrating pharmacological treatments with behavioural therapy tailored to the patient's unique substance use patterns and co-occurring issues offers the best prospects for sustained recovery (NDLEA, 2009).

Statement of the Problem

Erumi (2022) defines substance or drug abuse as the process of mixing alcohol with local herbs or dry leaves of some fruits and plants to enhance performance or get 'high'. She stated that the use of substances or drug abuse usage begins to supersede everything else; and a person will not feel "normal" without it, the desire to use drugs or alcohol outranks everything else that would otherwise make a person feel good; therefore; substance or drug abuse develops into drug addiction. Drug addiction, however, is always prefaced by substance abuse. Both abuse and addiction have numerous consequences on a person's overall health and being.

Considering the fact that some common disorders like depression, anxiety, paranoia, psychosis and long-term drug addiction develops into collapsed veins, kidney failure, respiratory problems, liver failure, heart attack, stroke, cancer, HIV/Aids (from sharing needles) and hepatitis B and C (from sharing needles). In addition, those who struggle with addiction inevitably build tolerances that cause them to use larger amounts of substances in order to achieve the same effects. There is a scenario in Warri metropolis where some young adults have been rushed to the hospitals only to discover that it is due to drug addiction. Thus, this study sought to find out causes, knowledge and effects of drugs addiction among young adults in Warri metropolis in Delta State.

Research Questions

The following research questions were answered:

1. Do Young adults have the knowledge of drugs addiction in Warri Metropolis?
2. Do Young adults in Warri Metropolis knows the effect of drug addiction on the body?
3. What are the types of drugs addiction common among young adults in Warri Metropolis?
4. What are the causes of drugs addiction among young adults in Warri Metropolis?

Research Hypotheses

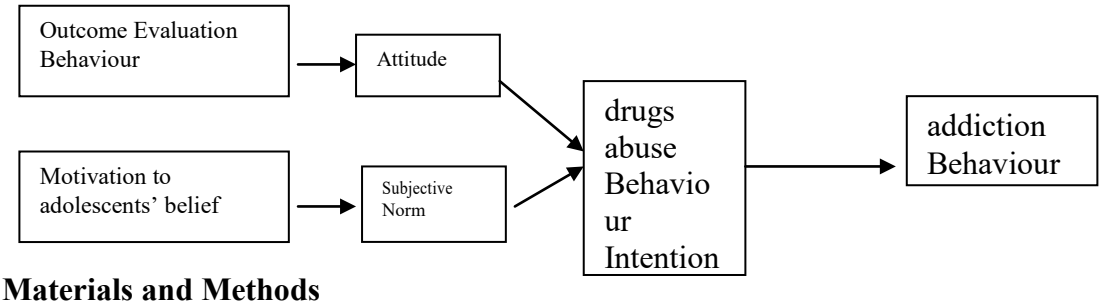
1. There is no significant relationship between knowledge and causes of drug addiction among Young Adults in Warri Metropolis.
2. There is no significant relationship between types of drugs addiction and effects among young adults in Warri Metropolis.

Theoretical framework

The Theory of Reasoned Action (TRA), conceptualised by Ajzen and Fishbein in 1973, posits that individuals are generally rational decision-makers, acting in accordance with their preferences and intentions (Ajzen & Fishbein, 1980). According to TRA, intentionality is central to behaviour; actions not under volitional control fall outside its explanatory scope. The model identifies two primary determinants of intention: personal attitude towards a behaviour and the influence of subjective norms, or perceived social pressure. Intention, defined as a cognitive readiness to act, is considered the most immediate predictor of behaviour. Intention itself is shaped by attitudes, subjective norms, and perceived behavioural control, reflecting an interplay of personal evaluations and social influences in decision-making.

TRA further hypothesises that attitudes and beliefs shape behaviour indirectly by influencing intentions, which are the proximal drivers of action. Behavioural attitudes reflect an individual's positive or negative evaluations of an activity, shaped by beliefs about its consequences and their subjective value. Similarly, subjective norms represent perceived social pressures and are derived from normative beliefs—expectations held by significant others or groups—and the individual's motivation to comply with these norms (Ajzen & Fishbein, 1980). In the context of health-related behaviours, such as safer drug use or risk-reducing sexual practices, TRA's application becomes more complex due to the multidimensional nature of such behaviours. Risk factors like drug addiction may influence a variety of strategies, including inconsistent condom use or increased number of sexual partners, which are not always directly correlated, thus challenging the predictive utility of TRA in these scenarios.

Fig 1: Theory of Reasoned Action Source: Ajzen and Fishbein, 1973.



Materials and Methods

This study employed a descriptive cross-sectional survey research design, selected for its suitability in gathering the required information about the causes, knowledge, and effects of drug addiction among young adults in Warri Metropolis, Delta State. As Erumi (2016) notes, survey designs are effective in capturing essential facts about individuals and their behaviours. The study population consisted of purposively and randomly selected young adults from five distinct areas within Warri Metropolis. To ensure content validity, the research instrument was reviewed and approved by three Health Education experts and one Counselling Psychology specialist. A multi-stage sampling technique was used: initially, five public areas were chosen through simple random sampling; subsequently, 30 young adults from each area were randomly selected using a fish bowl method without replacement. In total, 150 young adults participated in the study, providing a representative sample for meaningful analysis.

Analysis and Discussion of Findings

This was concern with presentation and analysis of data collected in the study based on the research questions and hypotheses generated. This was done using percentages and chi-square method of analysis as shown below in the following tables.

Table I: Distribution of Respondents Personal Data

Variable	Option	Respondents	Percentage	Total
SEX	Male Female	79 71	52.7% 47.3%	150
AGE	30-39 Years 25-29 Years 19- 24 Years	43 86 21	28.7% 57.3% 14%	150
	TOTAL	150	100%	150

In table I above, the data analysis reveals the distribution of respondent's personal data, From the analysis above, it was found that out of' the total 150 respondents, 52.7% (79) were male while 47.3% (71) were female students. 28.7% (43) of the respondents were within 30-39 years, 57.3% (86) were within 25-29 years and 14% (21) were 19-24 years.

Research Question 1: Do young adults have the knowledge of drug addiction in Warri Metropolis?

Table 2: Analysis of Young adults' knowledge of Drugs addiction

S/N	Item	Strongly Agreed (%)	Agreed (%)	Disagree (%)	Strongly Disagreed (%)	Total
1.	Drug addiction is a complex neurobiological disorder, which affects a person's brain and behaviour in a way that they lose the ability to resist the urge to use drugs.	42 (28%)	78 (52%)	23 (15.3%)	7 (46%)	150
2.	Drug addiction is a chronic, progressive brain disease that requires integrated treatment of the mind, body, and spirit. Without treatment, brain changes can be long-lasting, and the disease can be fatal.	22 (14.6%)	67 (44.7%)	55 (36.7%)	6 (4%)	150
3.	Drugs addictions are characterized by craving, compulsion, an inability to stop using the drug and lifestyle dysfunction due to drug use.	40 (26.7%)	66 (44.2%)	34 (22.6%)	10 (6.7%)	150

The analysis presented in Table 2 highlights the knowledge of drug addiction among young adults in Warri Metropolis. The data reveal that 80% of respondents recognise drug addiction as a complex neurobiological disorder that impairs brain function and behaviour, leading to an inability to resist drug use. Additionally, 59.3% agreed that drug addiction is a chronic, progressive brain disease requiring integrated treatment, while 40.7% disagreed. Furthermore, 70.7% acknowledged that drug addictions are marked by cravings, compulsion, inability to

cease usage, and lifestyle dysfunction, with 29.3% dissenting. Overall, the majority agreement across items indicates a substantial awareness of the complexities and consequences of drug addiction among young adults in Warri Metropolis. The high level of knowledge may reflect either personal involvement with substance use or familiarity with affected individuals within their community.

Research Question 2: Do young adults in Warri Metropolis know the effect of drug addiction on the body?

Table 3: Analysis of Drug Addiction effect on the Body

S/N	Item	Strongly Agreed (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)	Total (%)
1.	Cardiovascular disease, Heart rate irregularities, heart attack and Seizures, stroke, brain damage	25 (16.7%)	60 (40%)	60 (40%)	5 (3.3%)	150
2.	Respiratory problems such as lung cancer, emphysema, breathing problems and Gastrointestinal problems	30 (20%)	78 (52%)	32 (21.3%)	10 (6.7%)	150
3.	Abdominal pain, vomiting, constipation, diarrhoea, changes in appetite, Kidney and liver damage	25 (16.7%)	71 (47.3%)	50 (33.3%)	4 (2.7%)	150
4.	Insomnia and disorders of body temperature and sleeping patterns, Malnutrition	20 (13.3%)	82 (54.7%)	40 (26.7%)	8 (5.3%)	150

The data in Table 2 indicate that a majority of young adults in Warri Metropolis possess substantial knowledge of the physiological effects of drug addiction. Specifically, 56.7% acknowledged that drug addiction can lead to cardiovascular disease, heart irregularities, heart attacks, seizures, and brain damage, while 43.3% disagreed. Additionally, 72% recognised the link between drug addiction and respiratory as well as gastrointestinal problems, such as lung cancer and emphysema, while 28% disagreed. Moreover, 64% agreed that effects include abdominal pain, vomiting, kidney and liver damage, with 36% dissenting, and 68% acknowledged insomnia, disrupted sleep, and malnutrition as consequences, while 32% disagreed. Overall, respondents who agreed with the health impact statements were consistently in the majority, suggesting widespread awareness of the adverse bodily effects of drug addiction among young adults, even if this awareness does not necessarily translate into cessation of drug use.

Research Question 3: What are the types of drugs addiction common with young adults in Warri Metropolis?

Table 4: Analysis of the types of drugs addiction associated with young adults.

s/n	Item	Strongly Agreed (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)		Total (%)
1.	**Opioids/narcotics are a group of prescription drugs that relieve intense pain like analgesic (Paracetamol)**	40 (26.7%)	71 (47.3%)	30 (20%)	9 (6%)		150
2.	Stimulants medications increase an individual's activity, alertness, interest, and enthusiasm like caffeine and codeine	37 (24.7%)	72 (48%)	31 (20%)	10 (6.7%)		150
3.	Antidepressants and anxiety medications like zoloft	30 (20%)	48 (32%)	64 (42.7%)	8 (5.3%)		150
4.	Over-the-counter (OTC) medications like pain killer and cough syrup	40 (26.7%)	58 (38.7%)	44 (29.3%)	8 (5.3%)		150
5.	Tranquilizers, also called sedatives like Valium and lexotan	40 (26.7%)	58 (38.7%)	44 (29.3%)	8 (5.3%)		150
6.	Weight loss pills can cause dependence, abuse, and/or withdrawal symptoms	47 (31.3%)	59 (39.3%)	38 (25.3%)	6 (4%)		150

The data analysis reveals that a significant proportion of young adults in Warri Metropolis are knowledgeable about, and potentially addicted to, various classes of drugs. Specifically, 74% identified opioids/narcotics, such as analgesics, as substances of abuse, while 72.7% recognised stimulant medications like caffeine and codeine. Antidepressants and anxiety medications were acknowledged by 52%, and 65.4% indicated addiction to over-the-counter medications such as painkillers and cough syrups. Similarly, 65.4% agreed that tranquilizers, like Valium and Lexotan, are commonly abused, and 70.6% associated weight loss pills with dependence and withdrawal symptoms. The ranking of substances indicates that narcotics (74%) and stimulants (72.7%) are the most prevalent drugs of addiction among young adults in the area. These findings highlight a concerning pattern of substance abuse, with particular emphasis on narcotics and stimulants within this demographic.

Research Question Four: What are the causes of drugs addiction common among young adults in Warri Metropolis?

Table 5: Causes of drugs addiction common among young adults

s/n	Item	Strongly Agreed (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)	Total (%)
1.	Environment factors like peer pressure, physical and sexual abuse, early exposure to drugs, stress, and parental guidance.	40 (26.7%)	61 (40.7%)	40 (26.7%)	9 (6%)	150
2.	Developmental factors: the earlier that drug use begins, the more likely it will progress to addiction like teenagers.	50 (33.3%)	60 (40%)	39 (26%)	5 (3.3%)	150
3.	Biological factors like genes that people are born with account for about half of a person's risk for addiction.	13 (8.7%)	50 (33.3%)	80 (53.3%)	7 (4.7%)	150

Table 5 above reveals that 40 (26.7%) respondents strongly agreed that Environment factors like peer pressure, physical and sexual abuse, early exposure to drugs, stress, and parental guidance, 61 (40.7%) agreed and 40 (26.7%) disagreed as the causes of drugs addiction. 50 (33.3%) strongly agreed that developmental factors like the earlier that drug use begins, the more likely it will progress to addiction from teenage hood, 60 (40%) agreed and 39 (26%) disagreed and 3.3% strongly disagreed as the causes of drugs addiction. Moreover, 13 (8.7%) strongly agreed that biological factors like genes that people are born with account for about half of a person's risk for addiction, 50 (33.3%) agreed and 80 (53.3%) disagreed. The above table reveals that youngest adults are addicted to drugs as a result of developmental factors (73.3%) which could be due to desire to experiment, explore, satisfy their curiosity as a result of developmental growth stage from teenage hood to adulthood. Environmental factors percentage of 67.4% was a major cause of drugs addiction among young adults in Warri Metropolis. However, 58% disagree that biological factors were not the cause of their drugs addiction in Warri Metropolis.

Hypothesis One: There will be no significant relationship in the knowledge and causes of drugs addiction among Young Adults in Warri Metropolis.

Table 6: x^2 Analysis of significant relationship in the knowledge and causes of drugs addiction

Responses	Observed	Expected	x^2 Cal	x^2 Crit Value	df	Sig. Level	Decision
Strongly Agreed	33	37.5	42.17	7.815	3	0.05	Rejected
Agree	62	37.5					
Disagreed	47	37.5					
Strongly Disagree	8	37.5					
Total	150	150					

The table above shows chi-square analysis of significant relationship in the knowledge and causes of drug addiction among Young Adults in Warri Metropolis. From the chi-square (x^2) analysis above, it was found that the x^2 calculated value (42. 17) was higher than the x^2 critical value (7.815) under degree of Freedom 3 at 0.05 level of significant. Thus, the null hypothesis stated was rejected. This means that there is significant relationship in the knowledge and causes of drug addiction among Young Adults in Warri Metropolis.

Hypothesis Two: There will be no significant relationship in the types of drugs addiction and effects among young adults in Warri Metropolis.

Table 7: x^2 Analysis of significant relationship in the types of drugs addiction and effects

Responses	**Observed**	**Expected**	**x^2 Cal**	**x^2 Crit Value**	**df**	**Sig. Level**	**Decision**
Strongly Agreed	25	37.5	62.72	7.815	3	0.05	Rejected
Agree	72	37.5					
Disagreed	46	37.5					
Strongly Disagree	8	37.5					
Total	150	150					

In table 7 above, it was found from the chi-square (x^2) calculation that the x^2 calculated value (62.72) was greater than the x^2 critical value (7.8 15) at 0.05 significant level under degree of freedom, Thus, the null hypothesis stated was rejected. This means that there is significant relationship in the types of drugs addiction and effects among young adults in Warri Metropolis, Delta State. The findings of this hypotheses shows that types of drugs addiction determine the effects on the body of the users.

Discussion of Findings

First, the study revealed that the majority of respondents (80%) agreed that drug addiction is a complex neurobiological disorder affecting the brain and behaviour, resulting in a loss of self-control and compulsive drug use. Additionally, 59.3% agreed that drug addiction is a chronic, progressive brain disease requiring integrated treatment, and 70.7% identified cravings, compulsion, and lifestyle dysfunction as key characteristics. These findings align with Brown (2022), who described addiction as a chronic, relapsing medical disorder where substance use persists despite negative consequences. Sober College of Studies (2018) also emphasised the neurobiological basis of addiction, noting that the brain's reward system plays a central role in reinforcing continued substance use and dependence.

Second, results showed that 67.5% of respondents identified loss of control, decreased attendance and performance at work or school, and continued problems despite negative consequences as signs of drug addiction. Further, 73.3% agreed that reduced engagement in previously valued activities, and 62% recognised deterioration in hygiene or relationships as indicators. Additionally, 53.3% acknowledged secrecy about drug use and increased tolerance as signs of addiction. These findings support Erumi (2016), who noted unhealthy relationships, withdrawal from responsibilities, and persistent use despite consequences as hallmark symptoms of addiction. The study underscores the importance of recognising social, behavioural, and physical warning signs in identifying and addressing drug dependence among young adults.

Third, the analysis revealed that 56.7% of the participants agreed that cardiovascular disease, heart irregularities, heart attack, seizures, stroke, and brain damage are effects of drug addiction, while 72% cited respiratory and gastrointestinal complications, and 64% mentioned kidney and

liver damage. Additionally, 68% identified insomnia, sleep disorders, and malnutrition as consequences. Sober College Studies (2018) similarly reported that addiction heightens the risk of mental and physical health issues, including depression, anxiety, organ damage, and infectious diseases. The findings illustrate a broad awareness among young adults in Warri Metropolis of the extensive health risks associated with drug addiction, emphasising the urgent need for targeted prevention and intervention strategies in this demographic.

Fourth, results indicated that 67.4% of respondents cited environmental factors—such as peer pressure, abuse, early exposure to drugs, and poor parental guidance—while 73.3% pointed to developmental factors, and 42% noted biological factors as causes of addiction. These findings are supported by Brown (2022), who highlighted the interplay of environmental, biological, and developmental influences on addiction risk. Erumi (2015, 2022) and Oduaran (2000) also found that curiosity, social influences, and stress contribute to drug use among adolescents and young adults. Furthermore, the study established that narcotics (74%) and stimulants (72.7%) are the most commonly abused substances, followed by weight loss pills, tranquilizers, and over-the-counter medications, indicating a significant pattern of addiction and substance preference in Warri Metropolis.

Conclusion

Drug use and addiction are preventable. Results from NIDA-funded research have shown that prevention programs involving families, schools, communities, and the media are effective for preventing or reducing drug use and addiction. Although personal events, environment, peer influence, lack of parental mentoring and supervision and cultural factors affect drug use trends, when young people view drug use as harmful, they tend to decrease their drug taking. Therefore, education and outreach are key in helping young people understand the possible risks of drug use. Teachers, Parents, Communities, Religious leaders and health care providers have crucial roles in educating young people and preventing drug use and addiction.

Recommendations

Based on conclusion drawn, the following recommendations were made:

1. Government should endeavour to equip the health service department/unit and allied drugs agencies on the need to employ all the necessary tools to organise seminars, discouraged drugs users, destroy drugs joints, club, brothels, hideouts of drugs users, barons and farmers in the communities in Warri metropolis.
2. Parents, religious leaders, communities' leaders and Teachers in collaboration with school management should continue to be deliberately be actively involved in drugs education from primary to tertiary level of education. School management in collaboration with PTA and government should also try to make funds available for the effective rehabilitation of drugs addicted young adults in our communities.
3. Children, teenagers, young adults, and Students should be sensitized of the need to say no to drugs and the values of healthy body free from drugs and be encouraged to model zero tolerance for drugs to promote their health status.
4. Government should employ and deploy adequate health educators and allied health professionals to train all staff and school officials professionally daily to engage in incidental teachings of drugs education from primary to tertiary levels of education in our schools.

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