

## **Patterns of Substance Abuse among Cadets in Nigeria Police Academy, Wudil, Kano State**

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### **Abstract**

*The study examined patterns of substance abuse among Cadets in Nigeria Police Academy located in Wudil, Kano State. The objectives were to find out the predisposing factors of substance abuse, commonly abused substances, methods of abuse and the consequences of substance abuse by the Cadets. The gateway theory, Social learning theory and Availability–Proneness theory provided guide to the study. The study employed the snowball sampling technique to gather information from Cadet substance abusers. A questionnaire was used to gather information from the Cadets while purposive sampling technique was used to solicit qualitative information from Police officers and lecturers in the academy. The data generated were presented with frequency and percentage tables and the in-depth interview was analyzed through constant comparative technique. Findings indicate that the predisposing factors of substance abuse among the Cadets are to reduce stress, to be social, peer influence and curiosity; the commonest substance/drug abused by the Cadets are alcohol, cough syrup, marijuana and tramadol. The male Cadets abuse substances more than the female Cadets. The major sources of substances abused are commercial motor cycle riders (Okada), Academy clinic and commandant market. The study also revealed that substance abuse affects Cadet's health, academic performance; discipline and relationship with fellow cadets and other members of the academy community. Based on the findings, the use of K9 sniffing dogs on Cadets, periodic checking in the hostels, constant drug test without notice and provision of guidance and counselling services to the Cadets among others were recommended.*

**Keywords:** Cadets, Counselling, discipline, Health, Peer influence, Performance, Substance

### **Introduction**

Many social problems currently confront the Nigerian society. These include rape, prostitution, examination malpractice, alcoholism, drunkenness, armed robbery, kidnapping and substance abuse. The phenomenon of substance or drug abuse is on the increase in Nigeria (NDLEA, 2014). Substance abuse has become a major concern of health practitioners, social workers criminologists and government in many parts of the World today. This is because of the problems abusers have posed to the society. Substance abuse is a

major public health problem all over the world. In 2011, it was estimated that 167 to 315 million people aged 15 – 64 years globally had used an illicit substance in the preceding year (UNODC, 2013). There are varieties of symptoms that are usually exhibited by drugs or substance abusers. Some symptoms exhibited by drug abusers are sleeplessness, drug dependence, shabby or unkempt appearance, red eyes, unusual appearance such as wearing of dark glasses, continuous licking of sweet, spraying of perfumes to reduce odour of drugs, loss of memory, mental disorders, excessive sleeping, depression, loss of interest in academic work or employment and violence as well as disobedience to constituted authority ( Odivwri, 2016).

The abuse of substances is not carried by adults, children, cult groups alone but also by students. Studies of substance abuse have shown that much consumption of these substances take place in primary, secondary and especially in tertiary institutions ( Umukoro, et al, 2021 Eneh and Stanley, 2004; Okoza et al, 2009; and Adeyemo, et al, 2016 ). It is noted that much of substance use take place in schools (Okoza and Aluede, 2009) and poor knowledge of the adverse effects of the in take of the substances is a causative factor for the increase among students ( Eneh and Stanley, 2004). The consumption of alcohol may precede the use of other illicit substances. Alcohol considered a gateway substance because they are the initial substance used before other ones such as marijuana and cocaine ( Omigbodun and Babalola, 2004). In the study of drug abuse prevalence among students of the University of Benin, (Adeyemo, et al, 2016) found that there is gender difference in substance abuse and that the male students tend to abuse substances than their female counterparts.

The above scenario is a graphic description of how substance abuse in the larger society and tertiary institutions manifest itself. However, our focus is on a police institution specialized for the training of future police officers. The mission of the Nigeria Police Academy is to produce the ideal superior police officer who is equipped with knowledge and skill to face the challenges of policing in an increasing complex Nigerian society and a technologically sophisticated world. On the other hand, the vision of the Academy is a model security training institution, internationally respected for the quality and efficiency of its training and the excellence of its standards. It is in this wise that the objectives of the institution are summarily are to : provide a broad and balanced curriculum of security and academic training; develop in each cadet the physical attributes and skills necessary to meet a commissioned officers standard, prepare cadets to earn degrees in disciplines in which the interest are to the needs and aspiration of Nigeria; provide through a scheme of systematic training, an incorruptible disciplined and virile Police leadership with sound social commitment and bias for good public relations that are defined by the ideals of unity, honour and service to the country and develop a national, regional, and international focus and collaborative linkages such that the services of the Academy can be made available to and benefit from similar institutions within and outside the nation (POLAC Student Handbook, 2015).

The above stipulated objectives cannot be achieved in an atmosphere dominated by substance abuse by Cadets since they are to provide safeguard against crime. However, it is observed that since the commencement of degree academic programmes in the Academy, many cases of drug and or substances abuse have been reported and some Cadets have been discharged, lost their lives through accidents due to over indulgence while on holidays. The prevalence of substance by some Cadets usually constitute disciplinary problems to the Academy such as scaling of face, beating of junior Cadets, non- participation in activities like parade and lectures and poor academic performance. Apart from this, substance abuse affects health of students and may constitute strain relationship between fellow cadets; between the cadets who are addicts and their police instructors and the lecturers and the entire Academy community.

Therefore, as future officers who are to police anti-social behaviours and solve social problems in which drug and drug abuse is part of, they should be properly tutored in this regard and maintain high sense of discipline. They are expected to be trained without any scar or trace of anti – social behaviour characteristic of the larger society. It is against this background that the study examined the patterns of substance abuse in the Nigeria Police Academy, Wudil, Kano State.

### **Objectives of the Study**

The objective of the study is to examine substance abuse among Cadets in Nigeria Police Academy, Wudil but with particular reference to finding the predisposing factors of substance abuse among Cadets in the Police Academy, identify the common substances abused by the Cadets; identify and explain the sources of the substances abused by the Cadets; investigate the various methods used by the Cadets in the abuse of substance and to examine the consequences of substance abuse on the Cadets in the institution.

### **The Study Area**

The Nigeria Police Academy is located in kilometre 42 on Wudil – Maiduguri road in Wudil, Kano State. The Academy occupies about 512 hectares approved for the Academy ( Polac, 2018). The Nigeria Police Academy was established in 1988 following the realization of the need to upgrade the quality of the Police Force from what it was then. As Nigerian society become complex, the challenges of law enforcement, criminal justice administration, public and national security have become demanding. There was urgent need to develop a police force that is manned by officers with the highest possible educational and professional training who can favourably compete with their counterparts from other parts of the World. Since then, the Nigeria Police Academy has been running two specialized courses, namely; Cadet Inspectors and Cadet ASPs.

However, with land availability, infrastructure, facilities and supporting staff and in order to attain standard by some other countries abroad, it was decided to upgrade the Academy to a degree awarding institution. The Federal Government of Nigeria finally up graded the

Nigeria Police Academy, Wudil to a degree awarding institution and as 37<sup>th</sup> Federal University and 124<sup>th</sup> University in Nigeria while academic activities were scheduled to take place in April, 2012. Nevertheless, the first batch of students reported for academic activities on 22<sup>nd</sup> September, 2013. (Polac Cadet Handbook, 2015).

### **Brief Literature Review**

The concept of substance abuse and drug abuse are used interchangeably. The World Health Organization (WHO) (2006) defines substance abuse as excess use of chemicals of normally prescribed dosage and frequently even with knowledge that they may cause serious problems and eventually lead to addiction. Cherly and Gert (2003) refers to substance abuse as the use of all chemical, drugs and industrial solvents that can produce dependence. According to the National Agency for Food and Drug Administration and Control (NAFDAC) (2004) substance abuse refers to the excessive and persistent self-administration of chemical substances, drugs and organic materials without regards to the accepted medical or social patterns of usage.

Several factors contribute to substance use among youths, adolescents and students. Students often assert that they use drugs like marijuana, alcohol and Chinese capsules to generate boldness, stay calm and study well but research findings reveal that those who use these drugs are descending the steep slope of mental and social disorder (Orubu, 1980). Anumonye (1980) in his study of drug abuse among young people in Lagos concluded that the factors that precipitate drug abuse among both Nigerians and other nationalities are defective personality, that is, changes in the pathologies of the individual; wide spread belief in the magic of medicine, enjoyment of induced euphoria and excitement, lack of alternatives for various cultural changes, dissatisfaction and disillusionment of young persons, search for sharpened perception, especially by most lovers and self-medication of primary psychological disorders. Odivwri (2016) attribute drug abuse to factors such as peer group influence, perceived benefits of drugs, environmental factor, socio-economic problems, curiosity, availability of drugs as well as the negative role of the mass media.

However, Johnson et al (2017) noted that the main reasons for student use of substances are to boost confidence and to read for examination. To them, peer group influence is on the top of the list. Student behaviour is heavily tied to the peer culture. If some members of a peer group use substances, there is high probability that an individual in that group will experiment and ultimately become a user. Curiosity and desire for adventures may also contribute to experimentation with drugs. Because these substances give a feeling of excitement, such students find it difficult to do without them. In some cases, some students use substances when they are under stress or feel frustrated. Consequently, they resort to smoking and drinking to gain momentary escape from reality (Ubangha, et al, 2013). In analyzing factors influencing substance abuse among undergraduate students in Osun State, Yusuf (2010) noted that various reasons were given by students, which include to feel happy,

excited and friendly especially to members of the opposite sex, for sexual excitements, for mental alertness and for better visual and auditory experience.

Odivwri (2016) identified the commonly abused drugs and or substances to include alcohol, barbiturates, amphetamines, narcotics, inhalants / solvents, hallucinogens like Indian hemp or marijuana and tranquilizers such as valium or Librium Different methods are adopted in the abuse of drugs. Odivwri (2016) citing Oloyede (2002) identified the routes through which drugs are administered to include oral , which involve the intake of drugs by swallowing or chewing with the aid of liquid such as water or soft drinks like beer, codeine; injection which involve the use of syringe to inject the drugs directly into the veins like heroin; inhalation, which involves the intake of drugs that exist in gaseous or volatile forms into the body through the nasal passage; snorting or sniffing which entails the process of inhaling non-gaseous drugs through the nose like cocaine and lizard droppings and mixture with food / drink such as soup, stew or porridge or with soft drinks or beverages.

Studies have shown that students in Nigeria get their supply of drugs and substances from peers, relatives, local grocery shops and chemists ( Dada, 2012). With specific reference to students, they use the aforementioned methods in abusing substances, but to avoid detention, other methods or devises are now used. These include the use of perfumes, chewing gums, continuous cleaning of faces with handkerchief which has been soaked some liquid drugs and always excusing self to attend toilet where the abuser quickly inhale any likely substance (Odivwri, 2016).

The abuse of drugs and or substances has serious consequences on abusers in particular and the society in general. Young people who persistently abuse substances often experience an array of problems. Most abusers may experience health related problems. According to Odivwri (2016) these include mental disorders, liver cirrhosis, brain cancer, nervous system damage, heart diseases, chronic bronchitis, gastro-intestinal disorder and the likes. It is the increase in drug abuse that is partly responsible for uncontrollable sexual misbehavior of people, which in turn has increased the prevalence of HIV / AIDS in the country. People who abuse tobacco suffer from different cancers like cancer of the mouth, throat ( NAFDAC, 2006 ).

Odivwri (2016) argues that drug addicts create disciplinary problems in both schools and the larger society. According to him, most students who use drugs and abuse drugs often creates disciplinary problems for school authority. These include stealing, disrespect for constituted authority, cheating in examination, truancy or absenteeism, fagging and lack of interest in academic work. This may in turn leads to drop out and expulsion from school. On the larger society, drug addicts constitute nuisances for the smooth running of the society. Closely related to the above is that mis-use of drugs by youths and students propel them into engaging in criminal and anti- social activities such as rape, armed robbery, kidnapping, drug trafficking and prostitution. It is on record that most armed robbers, militants and kidnappers

arrested by law enforcement agencies are known to be under the influence of drugs (Odivwri, 2016 : 23).

**Theoretical Framework:** Three theories adopted for the study are the Gateway theory, Social Learning theory and Availability – Proneness theory. The Gateway theory was put forward by Kandal (1975) to explain the stages that individual pass through in the process of becoming a drug addict. According to him, people start using alcohol, tobacco or both before progressing in marijuana and other possibly hard drugs like cocaine and heroin. These initial drugs mentioned are referred to as “gateway drugs.” Gateway drugs are drugs that apparently lead to the abuse of other substances (Firshein, 2013). The theory suggest that all things being equal, an adolescent who uses or experiments with one drug is likely to use other drugs in later life. In this connection, alcohol, tobacco and marijuana are often considered gateway drugs (Odivwri, 2014).

The strength of this theory in providing explanation to drug or substance abuse is that no person can abuse drug if there has not be experimentation at early stage with other drugs previously. This is because it is the experience of the early effects of drugs previously abused or consumed that provide impetus to subsequent consumption of others. To this effect, Odivwri (2014) in his study of substance abuse among tricycle riders in Kano metropolis discovered that they had experimented with other substances like kola nuts, tobacco and alcohol before use of other drugs or substances like marijuana, gadagi, Zagami, benelyn syrup and other stimulants like glue and lizard droppings The theory is applicable in explaining the abuse of substances by Cadets in the academy as some had taken to abuse of drugs before joining the academy.

The Social Learning theory is often associated with Edwin Sutherland following his theory of differential Association of 1939. The basic tenet of the theory is that deviance and crime are learned in intimate, face to face interaction with significant others or people to whom one is close. Social Learning theory holds that behaviour is molded by reward and punishment or reinforcement. Past and present rewards and punishments for certain actions determine the actions that individuals continue to pursue. Reward and punishment structures are built into specific groups. By interacting with members of certain groups or social circles, people learn definitions of behaviours as good or bad. Social Learning theory is quite applicable to drug use and abuse. The theory proposes that the use and abuse of psychoactive substances can be explained by differential exposure to groups in which use is rewarded. These groups provide the social environments in which exposure to definitions, initiations of models and social reinforcements for use or abstinence from any particular substance take place. The definitions are learned through imitation and social reinforcement of them by members of the group with whom one is associated (Akers and Sellers, 2004).

In the Academy, Cadets form groups and these groups tend to influence the behaviour of others through imitations or trying to belong. The substance abuse behaviour is therefore learnt from their friends or groups. This is because some Cadets who are known to be quiet

suddenly develop some different negative behaviour, indicating that there is underlying influence somewhere. The female Cadets are not left out in the act. Some female Cadets have boyfriends who are addicts and due to the closure between the two parties, they influence the partners, leading to increase in number of likely abusers.

Another theory adopted is the availability – proneness theory. It was first put forward by Smith in 1974. The theory holds that individuals tend to abuse drugs because the drugs are easily available in the environment and so they have easy access to it. The concept of availability refers to the set of physical, social and economic circumstances surrounding the case or difficulty of obtaining drugs, especially with reference to their costs and the amount of physical efforts required to obtain them (Smith, 1974). The availability- proneness theory of drug abuse involves the proposition that drug abuse occurs when a prone individual is exposed to a high level of availability and vice versa. Siegel (1998) noted that national survey in the United States reveal that the increase in substance abuse among various categories of abusers is attributable to the availability of the drugs. In similar vein, NDLEA (2001) identified the major cause of drug abuse in Nigeria to its availability hence its desire to fight the supply, particularly destruction of marijuana farms, seizure of dangerous drugs and mounting of surveillance at border posts and on highways. The basic idea behind the theory is that no matter the desires or previous habit of an individual, there can be no drug abuse, for only available drugs can be used and abused. The availability – proneness theory has explained that the cadets develop the behaviour of abusing substance due to their easy access to them.

## **METHODS**

A total of seventy eight (78) respondents were selected from the total population of the students. The sample size consisted of 78 cadets, five (5) police officers and five (5) principal officer of academic cadre. The study adopted stratified sampling technique by dividing the institution into faculty and departments. The faculties are Humanities, Law, Science and Social and Management science. The departments were selected through simple balloting. The names of the departments were written in pieces of paper and put into a bag. The names were then picked randomly until the required eight departments were got. Snow balling technique was used because drug addicts are difficult to locate. The researcher as an insider first identified Cadets that abuse substance and asked them to genuinely help to identify others who abuse substances. The researcher had to convince the students that their identity would not be revealed before they could volunteer required information and based on my membership of the Academy disciplinary committee where many cases of drugs / substance abuse had been handled. The female Cadets respondents were more difficult to reach. For the qualitative data, the ten (10) persons selected were done through purposive sampling. Purpose sampling was employed because they are in position to provide relevant information to the behaviour of the Cadets since they constantly deal with them.

The main instruments of data collection for the study were questionnaires and in-depth interview. The questionnaires were used for the quantitative data while in-depth interview was employed for the qualitative data. The quantitative data gathered from the field survey were processed in tables, percentages using Statistical Package for Social Sciences (SPSS) version 21. The in-depth interview responses was assembled, transcribed and analyzed via qualitative analysis. Gutter man Split-Half model reliability coefficient of 0.852 was obtained. Since the reliability coefficient from the study is closer to 1, the instrument is reliable and internally consistent with the study.

### **Data Presentation and Analysis**

**Table 1: Distribution of Cadet Respondents by Faculty**

<b>Faculty</b>	<b>Frequency</b>	<b>Percentage</b>
Law	18	23.10
Science	12	15.4
Humanities	21	26.9
Social and Management Science	27	34.6
<b>Total</b>	<b>78</b>	<b>100</b>

Table 1 above indicates that four (4) faculties participated in the patterns of substance abuse among the Cadets of the Academy. 23.1% of the cadet respondents are from the Faculty of law; 15.4% of the Cadet respondents are from the Faculty of Science; 26.9% of the Cadet respondents are from the Faculty of Humanities while 34.6% of the Cadet respondents are from the Faculty of Social and Management sciences. The highest numbers of respondents are from the Faculty of Social and Management sciences. This is understandable because the researcher is quite familiar with the Cadets within the faculty that can easily volunteer information on the matter under analysis.



**Table 2: Predisposing Factors of Substance Abuse among Cadets**

<b>Factors</b>	<b>Frequency</b>	<b>Percentage</b>
To reduce stress	21	16.5
Peer group influence	18	14.2
To be bold/social	25	19.7
To study or increase Intelligence	8	6.3
Curiosity	16	12.6
The substances are available	12	9.4
Cadets have lots of money	9	7.1
Parental influence	10	7.9
Others	8	6.3
<b>Total</b>	<b>127</b>	<b>100</b>

*Total exceed 78 because of multiple responses.*

Table 2 shows the predisposing factors of substance/drug abuse among Cadets. Most of the Cadets take drugs/substances for social reasons or being bold (19.7%); 16.5% of the cadets gave the reason of reducing stress; 4.2% attribute it to influence of peer groups while 12.6% pointed out curiosity. The lesser reasons include availability of substance (9.4%), Cadets having lots of money to spend (7.1%). Other factors or reasons outlined by cadet include for self-enjoyment, for group acceptance, to manage hunger, to keep cool and to serve as a substitute for non-availability of sexual partner. Some of the reasons adduced by the Cadets are in conformity with the findings of the studies of Adeyemo, Ohaeri and Okpala (2016); Johnson, et al (2017), Odivwri (2016) and Yusuf (2010).

A Counselling Lecturer in the Academy captured the whole scenario in an IDI interview when he stated thus:

Those cadets who abuse substances or drugs do that to feel happy, excited and friendly, particularly to members of the opposite sex. Some may take drugs for mental alertness, better visual and auditory experience.

A Police officer in an IDI interview explained the factors that motivate Cadets to abuse substances/drugs as basically inner impulses of the Cadet per se and the environment. He asserted that:

The Cadets are from different socio-economic backgrounds. Some have experienced substance abuse at home before joining the Academy and cannot drop the habit. We cannot also rule out the influence of peer groups.

**Table 3: Commonly Abused Substances**

<b>Substances</b>	<b>Frequency</b>	<b>Percentage</b>
Alcohol	15	19.2
Codeine	8	10.3
Cough Syrup	10	12.8
Marijuana	7	9
Tramadol	12	15.3
Tobacco	3	3.8
Kola nut	2	2.6
Spirit	7	9
Ephedrine	3	3.8
Chinese Capsule	2	2.6
Rephenol	6	7.7
Others	5	6.4
<b>Total</b>	<b>78</b>	<b>100</b>

Table 3 shows the common substances abused by cadets. The table indicates that alcohol (19.2%), cough syrup (12.5%) and tramadol (15.3%) are the frequently abused substances. This is followed by codeine (10.3%), marijuana (9%), spirit (9%) and rephenol (7.7%), tobacco (3.8%) and Chinese capsule (2.6%). The other substances specifically mentioned include Coffee, Shisha, Nicotine and numerous locally brewed herbal bottled drinks that intoxicate.

The findings support Johnson et al (2017), Odivwri (2016) and Adeyemo, et al (2016) that students commonly abuse drugs/substances such as alcohol, tobacco, marijuana, tramadol, tom-tom mixed with lacasera soft drink and cough syrup for various reasons.

**Table 4: Sources of Substances Abuse by Cadets**

<b>Source</b>	<b>Frequency</b>	<b>Percentage</b>
Through Peers	22	28.2
Through Motorcycle Riders (Okada)	29	37.2
From Home	12	15.4
Mess	7	8.9
Commandant Market	8	10.3
<b>Total</b>	<b>78</b>	<b>100</b>

Table 4 above shows the various sources through which the Cadets obtain substances abused. The table indicates that the main sources of substances abused are commercial motorcycle riders (37.2%) and through peers (28.2%). Other sources are from Cadets are from homes (15.4%), mess (8.9%) and market (10.3%).

On the issue of sources of distribution of substances abused by Cadets, a senior non-academic staff asserted that:

The main source is Okada riders from Wudil town. Some staff members close to the Cadets also serve as agents. That of home is minimal because the Cadets are usually subjected to search at the gate on resumption except officers in charge compromising where cases are found. The mess may be source of alcohol.

The above observation was corroborated by a police officer in an IDI. He stated thus:

We try to prevent the issue of substance abuse. That is why returning Cadets are thoroughly searched at the gate. But unfortunately they still obtain substances/drugs from outside the Academy via Okada riders and through some staff, sometimes from the Academy clinic. In this case, Cadet may pretend to be sick and having cough. When cough syrup is prescribed, they go ahead to mix it with other drugs or substances which stimulates them.

Another Police Officer confirmed in an in-depth interview that:

Cadets do get drugs when granted pass to go out. Some get them when resuming for the semester. Sometimes members of staff do get drugs for cadets. There was an instance where a member of staff was accused by a cadet caught with cannabis for getting drugs for them. Again, they use bike men and visitors who enter the Academy from time to time.

**Table 5: Methods of Substance Abuse**

<b>Method of Abuse</b>	<b>Frequency</b>	<b>Percentage</b>
Drinking	24	30.8
Smoking	19	24.1
Sniffing/Inhaling	13	16.7
Injecting	2	2.6
Mixed with Foods/Drinks	12	15.4
Others	8	10.3
<b>Total</b>	<b>78</b>	<b>100</b>

Table 5 shows the methods used by cadets to abuse substances/drugs. The commonest methods of abusing substances among the cadets are drinking and smoking which constitute 30.8% and 24.1% of the cadet respondents respectively. This is followed by sniffing or inhaling (16.7%) and mixed with foods and drinks (15.4%). Injecting is the least method used by the cadets as it forms only 2.6% of the total respondents. The above findings is in line with Odivwri (2016) assertion that students/youths use different methods of substance abuse which he stated include drinking, smoking, sniffing, injecting, mixed with food like porridge or stew or in the form of concoctions like monkey tail.

The methods adopted by Cadet substance abuser was rightly captured by an officer in an in-depth interview. He responded thus:

The Cadet substance abusers use different methods. Some mix tom-tom inside lacasera drink; some soak marijuana (India hemp) inside cup of water and drink. Generally, most of them drink stimulants and alcohol. To avoid being caught, they lick sweets but we can still detect through their eye and mood.

**Table 6: Consequences of Substances Abuse on Cadets**

<b>Consequences</b>	<b>Frequency</b>	<b>Percentage</b>
Poor academic performance	15	19.2
Withdrawal from activities	10	12.8
Health problems	8	10.3
Poor social relationships	3	3.8
Cause disciplinary problems	21	26.9
Absenteeism from lectures	11	14.1
Sexual misbehaviour	4	5.1
Others	6	7.7
<b>Total</b>	<b>78</b>	<b>100</b>

Table 6 shows the likely consequences of substances abuse on Cadets. The table indicates that 26.9% of Cadet Respondents identified disciplinary problems as a consequence of abusing substances, 19.2% identified poor academic performance, 14.1% pointed out absenteeism from lectures while 12.8% were of the opinion that the consequence of substance is withdrawal from activities in the Academy. This implies that the identified consequences above are the most prevalent. However, very few Cadets are of the opinion that substance abuse can lead to health problems (10.3%), poor social relationships (3.8%), and sexual misbehaviour (5.1%). Those respondents who do not agree with these consequences constitute 7.7%.

The above findings collaborates the findings of Yusuf (2010) and Adeyemo, et al (2016) in which they found out that students who abuse drugs/substances experience an array of problems including academic difficulties, health related problems, including mental health, poor peer relationships and involvement in social vices such as stealing, bullying, secret cult activities. For Orubu (1983), those students who abuse drugs are descending the steep slope of mental and social danger.

The issue of effects of abuse of substance on the abusers within the Academy was clearly espoused by both Police officers and civilian staff. A police officer reacting to this in an in-depth interview stated that:

The likely effects of drug/substance abuse on the abusers include mental disorder, neurological imbalance, poor academic

performance (results) and not being able to concentrate on academic activities.

Another Police officer collaborated the observations above by his colleague. According to him:

Those Cadets who abuse drugs constitute disciplinary problems. They do not take part in day- to-day Academy activities like classes, muster and tattoo parade and even drills. Even when they take part, they either go late or less effective.

However, a senior lecturer in one of the departments in the Academy was very assertive and disturbed about the trend and cases of substance abuse and the consequences. He opined that:

Generally, drug/substance abuse is quite dangerous. It can lead to untimely death of abusers. But with respect to the Cadets in the Academy those who abuse substances are likely to suffer from psychological imbalance, perform poorly in academic work, and constitute disciplinary problems such as beating of junior Cadets, scaling of fence and not obeying rules and regulations as well as influencing innocent Cadets negatively.

### **Discussion of Findings**

The study revealed that the main motivating factors for the abuse of substance are to be bold or social, to reduce stress, the belief that it could aid study or increase intelligence, peer group influence, the availability (easy access) to drugs and family or parental influence. Other factors mentioned include curiosity, supervision of some problems; some students have too much money to spend and just to be popular.

The study revealed that the substances commonly abused by Cadets include alcohol, cough syrup, marijuana (Indian hemp), tobacco, tramadol, spirit, solution and rephynol. Out of these, alcohol, cough syrup and tramadol top the list. The study also revealed that the aforementioned drugs are abused using several method such as drinking, smoking, inhaling and mixed with food or drink. However, the least of the methods among them is that of injecting.

The study also revealed that major source of obtaining the substances are through peers, motorcycle riders within the academy, the mess, commandant market, through the assistance of some staff and from home as they return from vacation. Some cadets also pretend to be sick (having catarrh) and on recommendation of cough syrup from the Academy's clinic eventually mix it other drugs to take. The issue of both legal and illegal sources of the drugs is of serious concern as the various channels of distribution have revealed. This is why scholars like Anumonye (1980) and Ogunremi and Rotimi (1979) have pointed out that there are several channels of distribution of illicit drugs which include indiscriminate sale of pharmaceuticals by pharmacists, indiscriminate prescription

of drugs by doctors in private clinics and hospitals, open markets, chemist shops and underground agents.

The study clearly revealed multifarious effects not only on the Cadets but also on the Academy. From the responses of the Cadets, Police officers and civilian staff, it is obvious that substances abuse affect the Cadets in terms of ill-health, poor academic performance, poor social relationships with fellow Cadets and other members of the Academy community, absenteeism from lectures, tattoo, muster parade and the likes. They also constitute disciplinary problems such as beating junior Cadets, scaling of fence and not participating in some essential activities within the Academy. Implicitly, involvement of cadets in substance abuse creates administrative problems. When Cadets are caught, sometimes, chain of reaction and implications of some people mentioned by Cadet may further generate anxiety and bad blood among officers and between officer and civilian staff.

### **Summary**

The study confirmed that some Cadets (both males and females) are actively involved in various forms of substance or drug abuse in the Academy. Most of the abusers are in their prime age falling on the average age of 24.8 years and within the age bracket of 19 – 28 years. Out of the sampled Cadet abusers 66 (84.6%) were males while 12 (15.4%) were females. This implied that the male Cadets abused substances than female Cadets. However, official records have shown that the male Cadets abuse substances and no case of female cadet involvement in substance abuse has been received by the academy so far.

Apart from social drugs like alcohol and tobacco (cigarette) consumed by the Cadets popular illicit drugs taken are marijuana (Indian hemp), tramadol, Chinese capsule, ephedrine, rephenol, assorted herbal bottled liquid drugs and spirit. The identified sources of the substances are the mess, clinic, commercial motorcycle riders (okada), through peers, from Cadet's homes and through staff agents in some cases. It is established that the traditional methods of consumption of illicit substances or drugs had been by smoking and drinking. This, however, had given way to a new dimension which includes inhaling such as solution and mixture with food or drink. A typical example is putting of Tom-Tom into soft drinks before consumption or marijuana leaves into tea.

### **Conclusion**

The study focused on patterns of substance abuse among Cadets in the Nigeria Police Academy, Wudil, Kano State; and findings indicate that there is prevalence of substance abuse among the cadets. The trend is on the increase with varying degrees of consequences which range from poor performance in academic work, constant ill-health, refusal to participate in academic and police drills to likelihood of terminating career due to expulsion. Some of the Cadets have difficulty in stopping the habit of substance abuse as some of them claim they cannot do without drugs and so they cannot stop. Some

Cadets are willing to drop the habit of abusing substances because it is affecting them while some claimed that they cannot drop or stop abusing substances because they cannot do without it.

### **Recommendations**

Based on the findings of the study, the following recommendations are hereby made:

1. New Cadets intake into the Academy should be subjected to drug test at the initial stage and those found wanting should not be admitted. For the older Cadets, there should be periodic checking in Cadet Hostels and they should be subjected to occasional drug test and those found guilty should be expelled so that they will not influence others.
2. One of the best ways of controlling substance abuse in the Academy is the use of K9 sniffing dogs within the Cadet hostels and in midst of Cadets when assembled for one activity or the other at least once a week. The consciousness that they can easily be identified will no doubt reduce or eliminate abuse behaviours.
3. It was discovered that a major channel of distribution of the illicit substances is commercial motorcycle riders popularly known as Okada. To nip this issue in the bud, the Okada riders should be subjected to rigorous search at the gate including children and youngsters, girl hawkers who enter the Academy from the town. Some of them are also couriers.
4. The code of conduct for Cadets in training in the Academy is quite clear on substance/drug abuse. Section 018 of the Student Code of Conduct stipulates inter alia:

No Cadet Officer is allowed to engage in any act of ingestion of alcohol, smoking of cigarettes or any other weed such as Indian hemp and other substances that are dangerous in human health. It follows into Category 'A' offence and the punishment is discharge.

The Academy should have the political and administrative will to enforce it once a Cadet is caught and after investigation and found guilty. This will serve as deterrent to other Cadets.

5. Orientation programme should always be held for newly admitted Cadets and during the weeks of orientation, the Code of Conduct Students handbook should be distributed to every Cadet. They should be well tutored on the issue of substance/drug abuse within and outside the Academy as future officers.
6. There should be strict check in the mess since it serves as a source. They should be ordered not to sell any substances, including alcohol to Cadets.
7. The Guidance and Counselling unit of the Academy should design programmes for identified drug addicts, put them back to their former position and also help to orientate all Cadets on the issue of drug abuse on their health and academic performance.

8. The various religious institutions in the Academy, that is, the chaplains of the Christian and Islamic bodies should from time to time hammer on the danger of substance abuse in their weekly sermon and organize programmes that will help Cadets to see reasons for not abusing drugs.

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