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EDITORIAL

I received with a sense of another call to selfless service for our great association as the new Editor-in-Chief of Nigerian School Health Association Journal after serving a six year tenure as President of Nigerian School Health Association. Although, I am coming in as Editor-in-Chief from the Journal's 30th volume, record shows that I've being involved in the production of the journal for more than 15years either as Journal Secretary or Managing Editor.

Each volume of Volume 30 Number 2, 2018 offers in-depth theoretical and empirical analysis of issues mainly on mental health and, by extension, all health matters that can be taught and promoted at any level of health education as a subject, that is, from early childhood to tertiary level of education.

This edition contains articles in the areas of mental health related issues and emotional health, family instability, psychoactive substance abuse, pre-marital pregnancy, mental stress and illness, general well-being and personal hygiene. All papers are worth reading. *Walker's* paper on contribution of economic recession to mental disorders, and *Nkere et al* paper on stress management in workplace and communities are very educative.

It is essential to state that the views expressed in each edition of *NSHA* are strictly those of the authors. All contributors to the present and past editions of *NSHJ* are appreciated, as well as assessors, without whom the yearly publication of the journal would not have been possible.

Prof. O.A. Moronkola, JP, FNSHA
Editor-in-Chief

KNOWLEDGE AND ABUSE OF PSYCHOACTIVE SUBSTANCES AMONG COMMERCIAL DRIVERS IN IBADAN, OYO STATE, NIGERIA

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Abstract

This study examined knowledge and abuse of psychoactive substances among commercial drivers in Ibadan, Oyo State, Nigeria. A descriptive survey design was used for this study. One hundred commercial drivers were sampled from commercial motor parks in Ibadan. The instrument used for the study was a self-developed questionnaire which was appropriately validated by experts and cronbach alpha was used to establish the reliability. Two research questions were raised to guide the study. Data were analysed using descriptive statistics of mean and standard deviation. Results showed that commercial drivers in Ibadan do not have knowledge of psychoactive substance and they indulge in abuse of psychoactive substances. It was therefore recommended that drug education with greater emphasis on negative effects of psychoactive substances should be organized regularly for commercial drivers in Ibadan metropolis.

Key words: *Knowledge, Abuse of psychoactive substance, Commercial driver, Drug education*

Introduction

Road traffic accidents are caused by human, road and vehicle related factors. Human factor is of particular interest in this study. Driver's behaviour, visual and auditory acuity, decision making ability and reaction time are all indices of human factor. Indices of human factor are the products of mental processes. Driving of vehicle and any automobile device require good visual and auditory function of the driver. Essentially, psychoactive substances alter mental processes. Thus, substance abuse is greatly implicated in the causation of automobile accidents.

Psychoactive substance is any substance, natural or chemical other than foods, which when taken, changes mood, behaviour, feelings and alter psychological state of the mind of an individual (Abikoye, 2012). Substances can be in form of drugs or chemical. Commonly used and abused psychoactive substances are cigarettes, locally brewed drinks (*ogogoro*) kolanut, cannabis, herbal-alcohol mixture and alcohol. According to Dennis-Atwi, (2003) drugs that are abused and which have attracted both local and international concern include tobacco, marijuana, heroin, cocaine and valium. Psychoactive substances are used by different individuals for such reasons as curiosity, availability and social pressures. Ajibade and Adefolaju (2017) noted that commercial road transport workers often hardly had time to rest, they therefore usually augment their strength with the use of psychoactive substances such as distilled spirits and local alcoholic beverage and concoctions like *ogogoro*, *burukutu*, palmwine, beer, marijuana, cocaine, heroin, etc.

Studies have shown in various countries of high prevalence of psychoactive substance abuse and resultant fatal automobile crashes. The National Highway Traffic Safety Administration in United States of America (USA) documented in a study among

fatally injured drivers that 18% tested positive to psychoactive substances, and that 4.2% of people in USA drive under the influence of psychoactive substances (National Highway Traffic Safety Administration (NHTSA, 2009). In Nigeria, indiscriminate consumption of cannabis and other illicit drugs were established to be rampant among youths in Benin City, Lagos, Abuja and Onitsha (Moudu, 2008, Oshodi, Aina and Onajole, 2010).

The physical problems resulting from substance abuse include liver cirrhosis, peptic ulcer, tuberculosis, hypertension and neurological disorder; while social problems are broken homes, increased crime rate, sexual offences and homicide. Substance abuse could also lead to narrowing of blood vessels, headache, loss of appetite and nausea. Moreover, it could aggravate or cause sinusitis, bronchitis, cancer, strokes, heart attack and death. Nearly 61 percent of lung diseases, particularly tuberculosis resulting into death are attributable to smoking (WHO, 2011 and Mba, 2008). Alcohol contributes 25% to the total explanatory power of sexual-risky behaviour among adolescents which exposes them to a higher risk of Human Immune virus/Acquired Immune Deficiency Syndrome (HIV/AIDS) and other sexually transmitted infections (Dennis-Atwi, 2003). Some commercial vehicle drivers and commercial motor cycle riders often smoke cannabis, drink alcohol and alcohol based herbal mixtures before embarking on a journey to energize themselves; unfortunately they get the reverse feeling as this practice usually leads to impaired mental function such that the ability of the user to make accurate judgment when driving vehicle is affected (Demehin, 2014).

Intra-city commercial drivers convey people from one place to another within the town. They are often observed to be consuming drugs at will to energize them. Majority of commercial drivers who consume herbal concoction hardly know the contents until it is detected at the point of accident or violence. Psychoactive substances are sold around motor parks which gives unlimited access to drugs. Odeh (2012) reported that an average commercial driver in Nigeria drives high on frequent indulgence in alcohol and substances. This perhaps explains reason behind the high rate of road accidents and violence associated with the drivers.

Knowledge is an understanding gained through experience. Udoh (2016) described knowledge as facts, information, skill and understanding an individual acquires through education. Knowledge in most time influences attitude which ultimately determine behaviour. Knowledge is an important aspect of life that should be given recognition considering its influence on attitude and behaviour. Thus, acquisition of knowledge of psychoactive substance abuse and its effect on mental processes is necessary for commercial driver in order to stem the tide of indiscriminate use of substances with its negative consequences of accident occurrence and violence.

Abuse of psychoactive substance among commercial drivers has been ascertained as a major cause of road traffic accident in Nigeria. Lasebikan and Baiyewu (2009) reported in a study that road accidents involving long distance commercial drivers in Ibadan were associated with psychoactive substance use. A preliminary investigation by the researchers regarding psychoactive substance abuse among commercial drivers in Ibadan, Oyo State showed high prevalence of substance abuse. It is doubtful if the commercial drivers have the knowledge of substance they consume regarding its effect on mental processes. This study was designed to investigate knowledge and abuse of psychoactive substances among commercial drivers in Ibadan, Oyo State, Nigeria.

Methodology

A descriptive research design was used in this study to explore the knowledge and abuse of psychoactive substances among intra-city commercial drivers in Ibadan, Oyo state Nigeria. The study population were members of National Union of Road Transportation Workers (NURTW).

A sample size of 100 intra-city commercial drivers from two Local Government Areas (LGAs) in Ibadan metropolis who hold the registered member card and attend meetings regularly were selected. The technique of selection was in two stages: In the first stage simple random technique was used to select two LGAs from the five existing LGAs that made up the Ibadan metropolis using fish bowl without replacement method. At the second stage, in each of the selected meeting place using attendance register as sample frame, the required numbers of respondents were selected by a systematic random sampling method.

A self-developed questionnaire was used to obtain information from the respondents. The questionnaire was divided into three sections: section A was on demographic characteristics of the respondents which consist of age range. Section B was used to elicit information on the respondents' knowledge of psychoactive substances and it contains 11 items. Section C is on abuse of psychoactive substances and it contains 10 items. The measure of internal consistency was determined using cronbach Alpha. Reliability co-efficients of 0.84 and 0.87 were obtained for knowledge and abuse of psychoactive substances respectively.

During the administration of the copies of the questionnaire, the researchers first explained the purpose of the research work and need to respond to the items of the instruments with utmost truth. The researchers used the opportunity to create a good level of familiarity with the respondents. The researchers gave the overview of the research, with the emphasis on the objectives of the study to the respondents before the administration of the questionnaire. The copies of the questionnaire forms were given to the respondents to fill by the researchers with the help of trained research assistants. Instructions on how to fill questionnaire were explained to the respondents and they were encouraged to ask questions where they feel the question is not clear. The copies of the questionnaire form were collected, checked for completeness, correctness and coded. The data were analysed using the Statistical Package for Social Sciences (SPSS 20.0) software.

Results

Demographic characteristics of the respondents

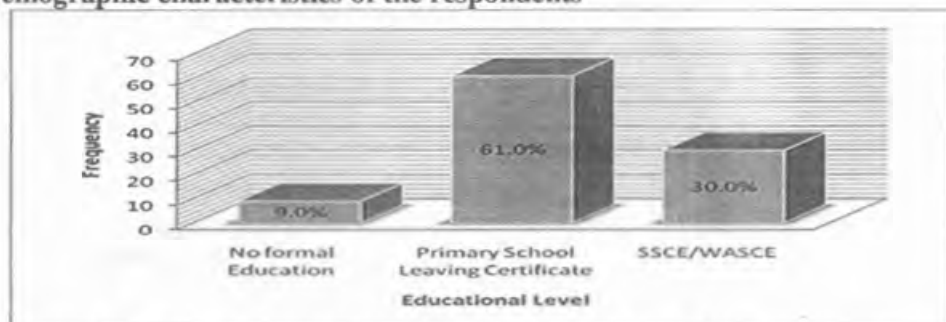


Figure 1: Bar chart illustrating educational level of the participants

Figure one shows that 9 (9.0%) participants had no formal education, 61 (61.0%) obtained Primary School Leaving Certificate, while 30 (30.0%) possessed SSCE/WASCE. This means that most of the respondents had Primary School Leaving Certificate.

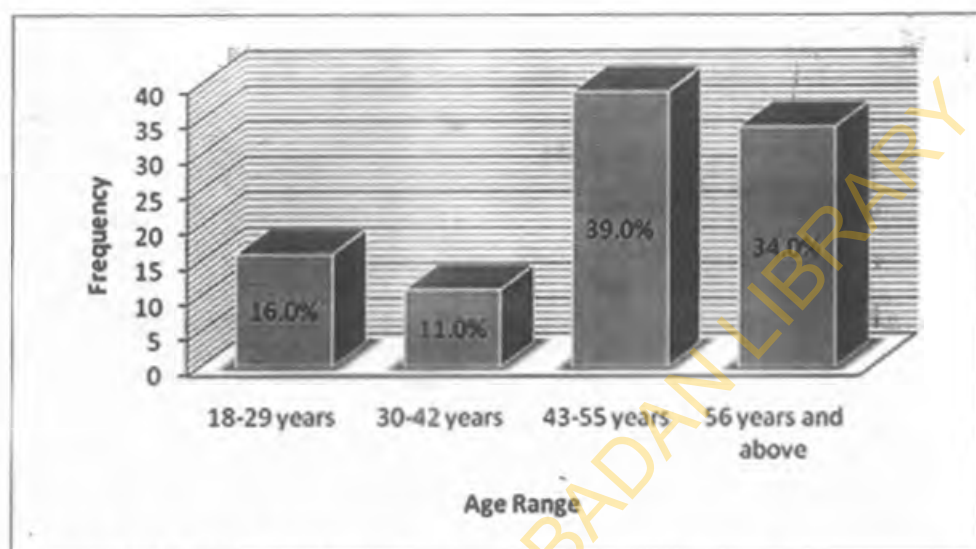


Figure 2: Bar chart illustrating age range of the participants

Figure two shows that 16 (16.0%) respondents were in the age range of 18-29 years, 11 (11.0%) were between 30-42 years, 39 (39.0%) were in the age range of 43-55 years, while 34 (34.0%) respondents were over 56 years. This means that most of the respondents were in the age range of 43-55 years.

Research Question 1: Do intra-city commercial drivers in Ibadan Metropolis have the knowledge of psychoactive substances?

Table 1: Responses of respondents on knowledge of psychoactive substances

Statement	Response				Mean	SD
	SA	A	D	SD		
Psychoactive substances (hard drugs) include alcohol, tobacco, indian hemp, cocaine and heroin	20 20.0%	13 13.0%	19 19.0%	48 48.0%	2.05	1.19
All psychoactive substances (hard drugs) can alter my mood.	9 9.0%	20 20.0%	32 32.0%	39 39.0%	1.99	0.98
Psychoactive substances (hard drugs) are any chemical other than foods, which are consumed to enhance mood or behaviour.	3 3.0%	19 19.0%	41 41.0%	37 37.0%	1.88	0.82
Chemical substance that causes depression is in psychoactive substance.	9 9.0%	18 18.0%	39 39.0%	34 34.0%	2.02	0.94
Cocaine is a type of psychoactive substance which its effect can result in depression.	12 12.0%	17 17.0%	41 41.0%	30 30.0%	2.11	0.97

Research Question 2: Do the intra-city commercial driver in Ibadan Metropolis abuse psycho-active substance?

Table 2: Responses of respondents on abuse of psychoactive substance abuse

Statement	Response				Mean	SD
	SA	A	D	SD		
I take hot drink before driving	6 6.0%	50 50.0%	25 25.0%	19 19.0%	2.43	0.87
I smoke only cigarette before driving.	24 24.0%	38 38.0%	11 11.0%	27 27.0%	2.59	1.13
I take "paraga" and "opa-eyin" before I drive.	19 19.0%	29 29.0%	22 22.0%	30 30.0%	2.37	1.11
I only drink alcohol when I need to energize myself behind the wheel.	24 24.0%	37 37.0%	21 21.0%	18 18.0%	2.67	1.04
I take any available substance that will make me high.	13 13.0%	40 40.0%	24 24.0%	23 23.0%	2.43	0.99
I take alcoholic herbal mixture	24 24.0%	41 41.0%	18 18.0%	17 17.0%	2.72	1.02
My frequency of drug use is increasing	23 23.0%	38 38.0%	23 23.0%	16 16.0%	2.68	1.00
I enjoy tobacco in any form before driving	21 21.0%	33 33.0%	26 26.0%	20 20.0%	2.55	1.04
I smoke marijuana while driving	22 22.0%	14 14.0%	39 37.0%	25 25.0%	2.56	1.09
I must take ethanol (ogogoro) before driving	28 28.0%	32 32.0%	9 9.0%	21 21.0%	2.57	1.20
						Weighted Mean=2.56 Criterion=2.50

Table 2 showed that 56 (56.0%) respondents agreed that they often take hot drink before driving, while 44 (44.0%) disagreed. Furthermore, 62 (62.0%) respondents agreed that they often smoke cigarette only before driving, while 38 (38.0%) did not. Besides, 48 (48.0%) respondents agreed that they often take 'paraga' and 'opa eyin', while 52 (52.0%) did not. Moreover, 61 (61.0%) respondents agreed that they often drink alcohol only when they need to energize themselves on the wheel, while 39 (39.0%) did not. Also, 53 (53.0%) respondents agreed that they often take any available substance that will make them high, while 47 (47.0%) did not. It was further shown that 65 (65.0%) respondents agreed that they often take alcoholic herbal mixture, while 35 (35.0%) disagreed. In addition, 61 (61.0%) responded that, there was increase in frequent use of drug, while 39 (39.0%) did not. Besides, 54 (54.0%) respondents agreed that they often enjoy tobacco in any form before driving, while 46 (46.0%) disagreed. Besides, 36 (36.0%) respondents agreed that they often smoke marijuana while driving, 64 (64.0%) disagreed. Also, 60 (60.0%) respondents reacted that they must often take ethanol (ogogoro) before driving, while 40 (40.0%) disagreed. In totality, the table showed that the obtained mean value of 2.56 was greater than the criterion of 2.50. It could therefore, be inferred that, there was a high prevalence of psychoactive substances abuse among intra-city commercial drivers in Ibadan Metropolis, Oyo State Nigeria.

Effect of heroin consumption can results in depression.	4	14	31	51	1.71	0.86
	4.0%	14.0%	31.0%	51.0%		
Psychoactive substances can cause liver problem like cirrhosis.	9	10	44	37	1.91	0.91
	9.0%	10.0%	44.0%	37.0%		
Abuse of psychoactive substances can results in violent reaction	18	10	43	29	2.17	1.05
	18.0%	10.0%	43.0%	29.0%		
Abuse of psychoactive substances could result in mental illness.	5	13	33	49	1.74	0.87
	5.0%	13.0%	33.0%	49.0%		
Psychoactive substances can cause accident which could lead to loss of body part and even death.	13	22	38	27	2.21	0.99
	13.0%	22.0%	38.0%	27.0%		
Psychoactive substances abuse could make victims lose job.	13	12	42	33	2.05	0.99
	13.0%	12.0%	42.0%	33.0%		
						Weighted Mean= 1.99
						Criterion= 2.5

Table 1 showed that 33 (33.0%) respondents agreed that psychoactive substances include alcohol, tobacco, indian hemp, cocaine and heroin, while 67 (67.0%) disagreed. In addition, 29 (29.0%) respondents agreed that all psychoactive substances can alter their mood, while 71 (71.0%) disagreed. Besides, 22 (22.0%) respondents agreed that psychoactive substances are any chemical other than foods, which are consumed to enhance mood or behaviour, while 78 (78.0%) disagreed. Moreover, 27 (27.0%) respondents agreed that chemical substances that causes depression is in psychoactive substances, while 73 (73.0%) disagreed. Furthermore, 29 (29.0%) respondents agreed that cocaine is a type of psychoactive substance which its effect can results in depression, 71 (71.0%) disagreed. Also, 18 (18.0%) respondents agreed that effect of heroin consumption can result in depression, while 82 (82.0%) disagreed.

The table further revealed that 19 (19.0%) respondents agreed that effect of psychoactive substances can cause liver problem like liver cirrhosis, while 81 (81.0%) disagreed. In addition, 28 (28.0%) respondents agreed that abuse of psychoactive substances can results in violent reaction, 72 (72.0%) disagreed. Besides, 18 (18.0%) respondents agreed that abuse of psychoactive substances could result in mental illness, while 82 (82.0%) disagreed. Besides, 75 (75.0%) respondents agreed that psychoactive substances can cause accident which could lead to loss of body part and even death, while 25 (25.0%) respondents disagreed. Also, 25 (25.0%) respondents agreed that psychoactive substances abuse could make victims lose job, 75 (75.0%) disagreed. In totality, the table shows that the obtained weighted mean value of 1.99 was less than the criterion of 2.50; hence, it could be inferred that intra-city commercial drivers did not have the knowledge of psychoactive substances.

Discussion

This study investigated knowledge and abuse of psychoactive substances among intra-city commercial drivers in Ibadan, Oyo State, Nigeria. The study also provided the details of demographic characteristics of commercial drivers in Ibadan who are the respondents in this study. It was found that 61% of the respondents have Primary School Leaving Certificate. Also, the majority of the respondents in this study were between the ages of 30-42 years and they are all male by gender.

The finding of research question one of the study was that commercial drivers in Ibadan did not have knowledge of psychoactive substance. This means that, the respondents did not have adequate knowledge about meaning, types and effects of psychoactive substance. This may be attributed to the low level of educational background or ignorance. This outcome is in agreement with Lasebikan and Ayinde (2012) who found that drivers in Nigeria have limited knowledge of the harmful consequences of the use of various substances. The outcome of this study is in contrast with the findings of Makanjuola, Aina and Onigbogbo (2014) that the tanker drivers in Lagos had knowledge about the types of psychoactive substances that are available. In the same study, it was further established that the tanker drivers were aware of the consequences of its use or abuse. In spite of their awareness, it was reported that the drivers indulge in abuse of psychoactive substances.

The result of the research question two established psychoactive substance abuse among commercial drivers in Ibadan Metropolis, Oyo State Nigeria. This is obviously as a result of their poor knowledge of substance abuse. It could also be as a result of the fact that psychoactive substance are readily available at motor parks. The outcome of this study is in line with Gadegbeku, Amoros and Lauman (2011) that alcohol and cannabis are the most prevalent psychoactive substances detected among impaired drivers. The result is also in line with the finding of Okafor, Udofia and Onyuku (2016) that drivers and motor park touts consume various psychoactive substances especially in the morning before the commencement of day's activities and after the arrival from a journey.

Conclusion

It has been observed that psychoactive substance use is associated with over speeding, breaking of traffic laws and automobile accidents among intra-city commercial drivers in Ibadan metropolis. Inadequate knowledge and ignorance of the consequence of effects of psychoactive substances have also been observed among intra city commercial drivers in the Ibadan metropolis. Awareness programme will be of benefit as it will discourage the use of psychoactive substances among commercial drivers. Thus, acquisition of knowledge of psychoactive substance abuse and its effect on the body is necessary for commercial drivers. It is a statement of fact that a good knowledge of psycho-active substance could facilitate good attitude and eventually stopping of substance abuse among drivers. This in turn, will reduce incidences of violence and occurrence of accidents thereby putting a stop to carnage on our roads.

Recommendations

Based on these findings and conclusion, the following recommendations were made:

1. An intervention programme in form of drug education should be developed by health educators to educate intra-city commercial drivers on psychoactive substance.
2. Oyo State Ministry of Health in collaboration with NDLEA and other relevant agencies should intensify efforts on enforcing law that prohibit sale of psychoactive substances at motor parks.
3. Adult literacy programme should be organized for commercial drivers without formal education.
4. Motor parks should be provided with health-centers that are well equipped with personnel and drugs to discourage self-medication.

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