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DRUG ABUSE AND IMPLICATIONS FOR COUNSELING AMONG SECONDARY SCHOOL STUDENTS IN OBUDU LOCAL GOVERNMENT AREA, CROSS RIVER STATE

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Abstract

The study investigated drug abuse and implications for counseling among secondary school students in Obudu Local Government Area, Cross River State. To achieve the purpose of this study, four hypotheses were formulated to guide the study. The survey research design was adopted for the study. A sample of two hundred (200) students was randomly selected for the study out of the population of 2012 using simple random sampling technique. The used for data collection was the "Drug Abuse and implications for counseling among Secondary School Student Questionnaire (DAICSSSQ)". The Pearson product moment Correlation Analysis was used to test the hypotheses of the study at 0.05 level of significance. The study found that tobacco, alcohol, cannabis and Tramadol significantly relate to the implications for counselling among Secondary Schools Students in Obudu Local Government Area, Cross River State. Based on the findings, it was recommended among others that the Government should provide more employment opportunities for school counselors and review existing drug laws to include stiffer penalties for offenders. Allocation of funds to drug – related agencies should be increased to better the fight against the abuse of drugs.

Keywords: Drug abuse, Counseling, Students, Implications, and Impact.

Introduction

Globally, drug and substance abuse are an ever-expanding problem and is recognized as a threat with serious effects on people's health, security, social-economic and cultural welfare. In Nigeria, students have consistently shown that there is considerable prevalence of drug and substance use; with varying preference rates found for both overall and specific drug abuse. Someof these commonly abused substances include tobacco, cannabis, tramadol, alcohol, cocaine and heroin (Abdulmalik & Adedokun, 2009). The term drugs abuse is defined as any substance that when absorbed into a living organism may modify one or more of its physiological functions. Theterm is generally used in reference to a substance taken for both therapeutic and abused purposes (Baker, 2002).

A report by United Nation Drug Control Program (UNDCP, 2018) showed that 60% ofstudents abuse drugs. A survey by National Council Against Drug Abuse (NACADA. 2019) showed that substance abuse is widespread. It affects the youth mostly although, it cuts across all social groups. Many young people especially the unemployed have resulted to using drugs like heroin and cocaine which are injectables. This has been a major contributor to the spread of 1IIVAIDS and other diseases due to the fact that they share syringes. Other substances like alcohol can lead to risky sexual behaviors as they affect judgment and decision making. A drunkard is unable to assert himself or herself especially when it comes to saying no to unprotected sex thus resultingto exposures to sexually transmitted infections.

Drug abuse has been a part of human history for a long time. The body, National Council Against Drug Abuse (NACADA), maintained that what is different today is increased availability of a wide variety of substances and the declining age at which experimentation with these substances take place (WHO, 2019). Leary (2020) concurring with WHO that the concern now is the incidence, extent, prevalence, potency and diversity of designer drugs, the health effects of long term use/abuse and government legislation.

Drug abuse has negative impact on the education of secondary school students. The overall health of the user is affected negatively and behaviors associated with drug abuse predispose theabuser to crime and contagious diseases including HIV/AIDS (CDC, 2020). Drug abuse has thus become a national concern in Nigeria, given its impacts on education and future leadership, innovations and human resources. Secondary school students are particularly at risk given that they are in their formative years of education, career development, social skills and identity formation. Students are using alcohol in particular, at a rate that is causing concern to the society.Despite the National Agency for Food and Drug Administration and Control (NAFDAC) and other organization-based interventions, drug abuse is on the rise with over 40% of students abusing various types of drugs. Drug abuse appears to be a well-entrenched behavior among secondary school students. In shopping centers and other public spaces,

students who have dropped out of school because of drug abuse, can be found loitering and participating in other forms of criminal activities. Even in secondary schools, students who abuse drugs are responsible for deviant behaviours that disrupt normal school activities and programs. Despite the activities of the school counsellors, there are still many students who abuse drugs (WHO, 2020).

Counselling is a term usually used together with guidance which focus on assisting individuals attain self-understanding and direction, although attempts have been made by various authors to define the term separately. While Ezeji (2018) sees counselling as the help given by a person to another in making choices, adjustment and in solving problems, Okeke (2013) observed that counselling as a helping relationship involving the counsellor and the client, in which the counsellor uses his professional knowledge and skills to assist the client attain proper developmentand maturity, improved functioning and ability to cope with life's problems. Counselling is also defined according to Eze (2012), as an inter-personal relationship between a professionally trained individual (counsellor) and a troubled individual (counselee) or individuals (counselees) wherebythe former utilizes his professional skills to help the latter to be able to solve his educational, vocational and personal social problems.

Based on various facts presented above, counseling is a process of utilizing professional skills by a person (counsellor) to assist another (client) in a person to person relationship to achieve the resolution of general life problems, in order to attain proper development and functioning. General life problems here, refers to all aspects of the individual's life which include; personal, social, educational and vocational among others, as no single individual is said to be free from trouble or problem. Counseling is therefore designed to help individuals/students in their differentproblems and concerns, so that they grow up well adjusted individuals capable not only of living productive lives,-but are also prepared to contribute their quota to the development of their society.Gibson (2018) stated that counseling services prepare students to assume increasing responsibilityfor their decisions and grow in their ability to understand and accept the results of their choices.

It is against this background that the researcher seeks to study drug abuse and implicationsfor counseling among secondary school students in Obudu Local Government Area, Cross River State. The dimensions of drug commonly abused to be considered in this study include alcohol, tramadol and cannabis.

Statement of the problem

It is evident that, drug abuse is still a problem in Nigerian secondary schools despite the various measures taken to curb it. Drug abuse menace has strangled youthful population both secondary school students and non-students reducing them to dummies, zombies and drooling figures as well as wasting their lives at the age which they are most needed in the society. Althoughthe youth have been educated on the dangers of drug abuse, most of the secondary school studentshave little or no knowledge of how dangerous the vice is (Ngesu, 2018).

Drug abuse leads to many problems in schools especially vices like cultism, stealing, rape

lighting, poor academic performance and other violence. The government has tried in fighting theactivities of the cultists by establishing security services like the police that intervene promptly whenever there is any misunderstanding in the school as a result of students' restiveness which most times is influenced by drug abusers. It is possible that students who abuse drugs while in school play a big role in influencing acts like strikes as they are under the influence of drugs. Notwithstanding, the school counselors also are suspected of not doing their counselling job as the rate at which drug abuse is increasing in the secondary schools is alarming. It has been noted that students face a number of drug abuse related problems during adolescence (Amakos, 2019). Since secondary school students are in the adolescent stage, the need for effective guidance and counselling becomes compelling. Thus there is need to establish the effectiveness of services fromschools counsellors and students. It is against the aforementioned background that this study is conducted.

Purpose of the Study

The purpose of the study was to investigate drug abuse and implications for counselling among secondary school students in Obudu Local Government Area, Cross River State. Specifically, the study sought to:

1. Find out the extent to which tobacco abuse relate to the implication for counselling among secondary school students in Obudu.
2. Examine the extent to which alcohol abuse relate to the implication for counselling amongsecondary school students in Obudu.
3. Ascertain the extent to which cannabis abuse relate to the implication for counselling among secondary school students in Obudu.
4. Find out the extent to which tramadol abuse relate to the implication for counselling amongsecondary school students in Obudu.

Research Questions

The following research questions were formulated to guide the study:

1. I low do tobacco abuse relate to the implication for counselling among secondary school students in Obudu?
2. How does alcohol abuse relate to the implication for counselling among secondary schoolstudents in Obudu?
3. How does cannabis abuse relate to the implication for counselling among secondary students in Obudu?
4. How does tramadol abuse relate to the implication for counseling among secondary school students in Obudu?

Research Hypotheses

The following research hypotheses were formulated and tested at 0.05 level ofsignificance:

1. There is no significant relationship between tobacco abuse and the implication for

counselling among secondary school students in Obudu.

2. There is no significant relationship between alcohol abuse and the implication for counselling among secondary school students in Obudu.
3. There is no significant relationship between cannabis abuse and the implication for counselling among secondary school students in Obudu.
4. There is no significant relationship between tramadol abuse and the implication for counselling among secondary school students in Obudu.

Significance of the Study

The findings of this study will be useful to the school administrators, students, parents, school counsellors, the society and researchers.

To the school administrators, they will be exposed to the dangers of drug abuse on studentsin the secondary schools. This will help them in the promotion of awareness on the dangers of drugs and how they affect an individual, the family and the society at large, therefore discouragingstudents from abusing drugs. The students will also benefit from this study as it will also expose them on the dangers of patronizing illicit drugs. It will also provide the information needed by students in order to weigh the value of the guidance and counselling services which the school offers them. This will make them restrain from drug abuse.

Parents too will also benefit from this work as it will expose them to the dangers drug abuse can cause to their children. As a result, they will guide against their children moving with peers that abuse drugs and also educate their children more on why they should not abuse drugs. It will also help parents to know the effect of guidance and counselling programs in shaping the future of their children. It is envisaged that the study will benefit school counsellors, students, researchers, policy makers and administrators by making relevant information available about guidance and counselling programs on substance abuse of drug addicts. It will help school counsellors with information and criteria with which to evaluate their guidance and counselling services.

Ultimately, the society will benefit from the findings of this study in creating a drug free society for social, economic and political development in line with sustainable development goals.This may assist the students in identifying the sources of drugs so that they can take remedial measures.

Finally, it is also hoped that the study will serve as a resource material for further researchers who wished to carryout research on related topics to this study.

Literature Review

Tobacco abuse and implication for counselling among secondary school students

Tobacco use has become a rapidly growing problem worldwide as well as in many developing countries. It is projected that over the next 50 years close to 450 million deaths wouldbe caused by tobacco use. While it has been established that many smokers start before the age of18 years, of serious concern, is the increasing trend in smoking prevalence amongst students and

youths and the likelihood that many of these young people who begin to smoke at an early age, will continue to do so throughout adulthood (Buckner, 2013).

Furthermore, the years of potential life lost attributable to tobacco related diseases will continue to increase if we do not target interventions to prevent smoking or tobacco abuse initiationamong secondary school students. Factors associated with increasing uptake of smoking behavioramong students include low self-esteem, stressful life events, friends who smoke, advertisement and living with a smoker. The patterns of tobacco use however vary from region to region and interventions for tobacco control also differ. In developed countries systematic data collection procedures are available for documenting the prevalence and pattern of tobacco use but these procedures are sub-optimal in developing countries. Hence, there is lack of adequate research to guide policy and interventions (Braun & Clarke, 2019).

Although, studies examining tobacco abuse among students have been documented in Nigeria, these are skewed towards describing pattern of use amongst in-school students in urban areas. However, many of the factors associated with adverse health behaviors which may include smoking initiation and persistence are known to be commoner amongst out-of-school students because of their aggregation in areas lacking adult supervision. The term "out-of-school youth" isused to define several groups of young people: those who have dropped out of school, those who never attended school, or those who participate in non formal school programs. These youths are a diverse group who may have completed elementary school (but lack basic skills to progress to high school or vocational training), dropped out or never started school. Those who drop out of school may fail to acquire fundamentals of basic education and life skills (Bolin & McClintic, 2017).

Generally speaking, tobacco is one of the commonly abused agricultural products especially in developing countries like Nigeria. It is processed from the plant Nicotiana, which is of different species, with the commonest being Nicotiana tabacum. Tobacco products are processed from the leaves of these plants either entirely or partly. It contains Nicotine, which is ahighly addictive psychoactive ingredient. It is often used in the form of cigarettes or cigars, beingsmoked, chewed, sucked or snuffed. Tobacco is known by different names in the different ethnic groups of Nigeria; as it is called Taba in Hausa, Ewe Taba in Yoruba and Utaba in Igbo language.In the past, most tobacco products were consumed in pipes, cigar or inhaled into the nostrils as snuff (Adekeye & Olowookere, 2017).

Tobacco smoking was believed to be harmless and helpful in tension reduction. However, awareness on the dangers of tobacco smoking to human health began in the 1960s following a research by the then Surgeon General of the United States. This discovery was followed by a reduction in the smoking pattern in adults, as most adults who smoked, reduced the number of cigarettes smoked per day. Over time, the tobacco usage has shifted from adults to adolescents. Ahigher percentage of tobacco smokers indulge in the act before the age of 18 years. Today, an overview of the use of tobacco products amongst young people in several countries has shown thatthe issue is of equal burden both in developing and developed countries (Ifijeh & Addeh, 2017). There are several factors which influence tobacco use

amongst adolescents and these include religious and cultural norms, wide availability of various tobacco products, strategies and policieson tobacco use and tobacco industry behavior at promoting tobacco use. The advertisement, promotion and marketing strategies employed by tobacco industries seem to have more impact onadolescents than adults. Cigarette smoking is on the increase in Nigeria and other African countriesand this is fast becoming apparent amongst adolescents and students of secondary schools in thesesocieties. Due to recent trends in production, availability and consumption of tobacco in the secondary schools, there is a need to carefully quantify current levels and patterns especially among adolescents in Nigeria (Megeid, 2017).

Most cigarette smokers take up the habit during adolescence and the majority of current and new users of cigarettes are found in the developing world. There is a link between this and higher levels of nicotine dependence in the future. The unsuspecting adolescents are at risk and counsellors who are willing and ready to give counselling to students are taken for granted. Students of secondary schools pay negative response to counselling and this result to difficult in their change in attitude towards tobacco abuse. Although, many studies have been conducted on this topic, there is still a need to know the perception of secondary school students to cigarette smoking. Preventing tobacco abuse in students may be an easier task than helping adults break thehabit of smoking and overcome its ill effects. The much of the work is left in the hands of the counsellor and most of them in the secondary schools do not take their counselling job serious andthis affects the extent to which students of secondary schools abuse tobacco. About one-third of the world's male population smokes tobacco (WHO, 2019). A study of Italian high schools in two cities: Naples and Capua found a prevalence of 24.2% and 23.8%, respectively and was related to age both cases. In a 12 country study comprising Barbados, China, Costa Rica, Fiji, Jordan, Poland, the Russian Federation, South Africa. Sri Lanka, Ukraine (Kiev), Venezuela, and Zimbabwe, findings showed that tobacco abuse among students in the surveyed age group ranged from 10% to 33%7. Of 1130 secondary school studentsaged 12 to 17 years who participated in a study of Kenyan, a total of 31% had experimented withsmoking, and 55% reported having friends who smoked. The rates of lifetime smoking were statistically significantly higher in urban than in suburban students. In respect to this, only few students accepted that they visit the school counsellor while the most populous of the students responded that they refuse to visiting counsellors for the fear of been exposed or the counsellor may know their secret (WHO. 2020).

This is similar to the reports of another Kenyan study of 5,31 I secondary school studentsin Nairobi. The prevalence of ever-smokers of tobacco was 32.2% and the overall rate of ever-smoking by gender among the students was 38.6% of males and 17.9% of females. A study among 1.200 secondary (post-primary) school female students in Anambra State, South east of Nigeria, found that the smoking prevalence was 7.7%. Smoking tobacco was started at the mean age of 12.6 ± 3.8 years. In 2002, a study of adolescents in rural and urban communities in Osun State in Nigeria found a 3.0% tobacco prevalence rate, with lifetime use of tobacco occurring significantly more commonly among the males. The majority of

respondents were initiated into tobacco abuseal a very early age (14 years) and were daily users. A study conducted among students in Ilorin showed a prevalence rate of 4.8% for tobacco smoking amongst 1200 students within the age rangeof 10-19 years. The prevalence of tobacco smoking amongst female secondary (post-primary) schools in Anambra State was 7.7%. Among senior secondary school students in Ibadan, Nigeria a prevalence of 3.4% was found with mean age of 14.2 years. In a 2005 multistage, school-based study, amongst 2000 students in government and public schools in Western Nigeria found the prevalence of cigarette smoking to be 4.9% for boys and 3.9% for girls. About 14.3% of these children (13-15 year-old Nigerian students) have already tried cigarette smoking. Since a numberof youths start smoking before the age of 18, they have become the primary source of new customers for the big tobacco company that is obligated to replace consumers who have passed onor quit (Patrick & Lee, 2018).

In January 2008 studying determinants of tobacco smoking among senior secondary schoolin Igbo Ora, a rural community in southwest Nigeria, researchers revealed a prevalence of 9.4% for ever smokers and 5.1% for current smokers. This study set out to determine the prevalence oftobacco abuse, assess the knowledge of the students regarding the health effects of cigarette smoking and to determine the factors influencing cigarette smoking among senior secondary school students in Eguare, Ekpoma. All these studies indicated that secondary school students are indulged in tobacco abuse and this has made them misbehave and even achieve academically poor **in school. Counsellors today find it difficult to counsel students who are tobacco abusers, reasonsbeen that, the abusers have refused to respond to counselling and may not want to visit the counsellor for counselling so that they can be free from this menace (Patoon, 2018). Apart from the non-responsiveness of secondary school students to counselling, most secondary schools lackschool counsellors. This also contributes to the high implications of tobacco abuse amongsecondary school students in Nigeria (Ratcliffe, 2004).

Alcohol abuse and implication for counselling among secondary school students

Alcohol is a colorless flammable liquid found in wine, beer, spirit and other drinks as a by-product of the fermentation of yeast, sugars, and starch. It has also been described as a drug with a depressant effect on the central nervous system. It is primarily metabolized by the liver through biochemical pathways. The health and social consequences of alcohol abuse are quite worrisome. It encompasses wide spectrum clinical and psychological outcomes including intoxication, dependence and increased risk of physical injury to the person and other members ofthe society, disruption of family life, mood disorders and schizophrenia (Buckner & Henslee, 2018).

Furthermore, alcohol abuse has been linked to a number of medical conditions, affecting different systems, including the cardiovascular, respiratory and endocrine (especially diabetes) systems. It has also been implicated in immune suppression and other metabolic disorders most importantly obesity, anemia, and malnutrition. It is also a known risk factor for a couple of malignancies; with some previous workers attributing 20%-30% of the

etiological agents of thesecancers to alcohol. Other outcomes include homicide, suicide, increased risk of automobile accidents, violence, high risk of sexual behaviors, and reduction in quality of life. This makes it the third largest risk factor for disease and disability globally (Carliner & Hasin, 2017).

Despite the deleterious effects of alcohol abuse, it one of the most common drugs consumed globally by secondary school students after caffeine. This makes it a global health challenge must especially in secondary schools. However, the patter of alcohol consumption and abuse vary depending on the studied population; 69.5%, 52.7%, 37.3%, and 29.3% in Europe. America, Western Pacific Region, and Africa respectively. In Nigeria, different studies put the prevalence of alcohol use at about 9.2%-65%. The result of this trend has also reflected on fatal outcomes; the WHO puts the percentage of death directly associated to alcohol use at 4%. Up to 51% of secondary school students have consumed alcohol at one point in time (Courtenay, 2000).These alarming figures have been attributed to lax policies to regulate alcohol, ease of access andlack of implementation of a minimum drinking age by government and breweries and social media.The later finding is worrying as there appears to be a surge of alcohol abuse among youths and students, with the age of onset of alcohol consumption decreasing dramatically in Nigeria and other countries (Dahl & Demant, 2017). One study described alcohol as the most widely used substance in adolescence. With the established burden of alcohol abuse, the aim of this study was to describe the prevalence, and impact of alcohol abuse on students in selected secondary schools in southwest Nigeria. Accordingto the World Health Organization (2019), substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. It is now a major Public Health challenge all over the world. Complications of substance abuse by students and young people aregrave including: increased odds of engaging in risky sexual behavior, personality disorders, sexual violence, criminal tendencies and drug dependence among others.

Counsellors in secondary schools have explained their experience in response to students' utilization of counselling services in secondary schools. Globally, the harmful use of alcohol alone has been estimated to result in 3.3 million deaths each year and at least 15.3 million persons worldwide have been documented to be suffering from drug use disorders. In 2008, 155 to 250 million people all over the world were estimated to have used psychoactive substance with alcohol being the most commonly abused substance. World Health Organization estimated that 0.7% of the global burden of disease in 2004 was due to tobacco abuse, with the social cost of illicit substance use being in the region of 2% of Gross Domestic Product (GDP) in those countries which have measured it (Dayer & CoIlart, 2019).

More than 2.6 million young people aged 10 to 24 die each year in the world and studentsare among this population. These deaths are mostly due to preventable causes such as alcohol abuse. In fact, not less than 14% of adolescent girls and 18% of boys aged 13-15 years in low-andmiddle-income countries are reported to have been taking alcoholic drinks. This problem is even more grim in some countries in the Western Pacific region of the WHO as more than

50% of girlsaged 10-19 and more than 80% of boys aged 10-19 had ever consumed alcohol. This precarious situation is also prevalent in Nigeria as previous studies had revealed high burden of substance abuse among students (Adamson & Frinoshp, 2015).

For instance, Aldridge and Williams (2013) reported that about two-thirds of in-school adolescents in Osun State Nigeria had used substances in both rural (65.7%) and urban areas (66.0%) respectively. Also, Shenton (2004) revealed that 69.3% of secondary school students in Igboora, South-west Nigeria were current users of at least one of the illicit drugs and mostly alcohol. Alex-Hart in a study among secondary school students in Port Harcourt, Southern Nigeriaalso revealed that 30.6% of their respondents had ever taken alcoholic drinks before the survey while the lifetime use of alcohol among students in Ibadan, South West Nigeria was 15.3%.

Shildrick (2002) study among secondary school students in Oshogbo, South West Nigeria also reported 20.3% as the prevalence of alcohol abuse among the respondents and this prevalence areas a result of the non-utilization of counselling services in secondary schools. Most secondary schools do not have counselling facilities, come to talk of employing counsellors. This has gone along way in influencing massive secondary school students in the abuse of alcohol (Simons & Carey, 2000).

Many factors have been identified to be responsible for drug abuse among young people and students, these include: experimental curiosity, peer pressure, poor socio-economic condition at homes and the need for extra energy for daily activities among others. Also several theories havebeen propounded to explain why people and students abuse drugs. Such theories include; personality theory which says that people with low self esteem and poor impulse control are at higher risk of drug abuse. However, the learning theory says that drug abuse occur as a result of conditioning, social or instrumental learning. While many studies have been conducted in Nigeria on alcohol abuse, the menace of this social anomaly has remained unabated particularly among theyouths who are students (Anyanwu & Ojinnaka, 2016).

Cannabis abuse and implication for counselling among secondary school students

Studies conducted in Western societies revealed that cannabis is increasingly used among secondary school students and out-of-school populations for recreational and other purposes (Banneth & Holloway, 2017). Given the increase in the prevalence rates of recreational cannabis abuse in Western countries, some researchers have concluded that it has become normalized (Banneth & Holloway, 2017). Others claimed, it is still a sub-cultural phenomenon (Sandberg, 2012). In the Nigerian context, little is known about recreational drug use and even less is knownabout the motives for taking cannabis or whether it has become normalized. What is known is that cannabis is an illicit drug that is largely considered a social evil (Dumbili, 2020).

The government also uses repressive (war on drugs) measures to regulate it (Duru & Iwu,2017). Despite the negative perception of cannabis and the government paternalistic approachto drug regulation, available data show that cannabis remains the most-used illegal

drug in Nigeria(United Nations Office on Drugs and Crime (UNODC) (2018). Given these conflicting views (i.e.,cannabis as social evil vs. the most-used or abused drug), there is a need to explore users' perspectives to facilitate the understanding of how context-specific norms shape motivations for cannabis abuse and how such mediate the normalization of the drug. Such an exploration lends itself to qualitative methodologies, especially because available data on cannabis use are mainly from quantitative surveys (Dumbili, 2020) that "can tell us little about the more qualitative motivations and interpretations that young people hold with regard to cannabis abuse (Shildrick, 2002). Given that, socio-cultural factors predict substance use (Blevins & Stein, 2018), research in non-western contexts such as Nigeria becomes extremely crucial in furthering knowledge on the motivations and normalization of cannabis use, that are currently dominated by Western scholarship.

Ongoing evidence showed different motives (e.g., enhancement and social) for using cannabis (Giora & Hamilton, 2013). In additional to other motives, cannabis is taken to enhance creativity and facilitate social relationships. As Kertesz (2017) stated, the choice of drugs individual's lake is often motivated by the results they expect to get. Conformity and enhancementmotives are among the reasons that predicted cannabis use among Canadian adolescents. Among US young adults, activity enhancement and conformity to group norms also motivated cannabis use (Bresin & Mekawi, 2019). Another study involving young adults in the US found that self- enhancing motives such as relaxing, getting high and experimentation motivated cannabis use (Brady & Clinto, 2016). Furthermore, it was reported that conformity to group norms and social enhancement reasons motivated the simultaneous use of cannabis and alcohol (Comean & Loba, 2020) also found that social and enhancement motives increased the frequency of cannabis abuseand associated problems among emerging secondary school students. To Holloway & Gorden (2014), the use of cannabis and other illicit substances is increasing because they are socially acceptable and accommodated in most contemporary contexts.

Another important factor that motivates cannabis (and other drugs) use is gender identity construction. Abundant evidence showed that the performance of masculinity/femininity influences how men and women use cannabis and other drugs (Bresin & Mekawi, 2019). For example, men who adhere to the dominant masculinity norms such as risk-taking, dominance andpursuit of status (Connell & Messerschmidt, 2005), often engage in more frequent cannabis abuseand also take larger quantities than women who adhere to traditional femininity (Carliner & Hasin,2017).

Nigeria is a multi-ethnic/cultural and religious country and in the North, Islam predominates, Christians and Moslems coexist in the West. Southern and Eastern regions are mainly Christians, although some adhere to traditional religion (Dirisu & Elsey, 2019). Notably, these socio-cultural/religious factors shape the perception and use of psychoactive substances in Nigeria (Dumbili, 2020). In a study of 350 secondary school students in Northern Nigeria, Shehuand Idris (2008) found that, the prevalence of cannabis use was 9.4 percent. The study further showed that attending social events and peer pressure influenced cannabis use and

users had pooracademic performance than non-users. A 9.4% prevalence rate is relatively high (compared to studies in other regions we identified/reviewed)

This supports more recent evidence, which shows that drug use is prevalent in Northern Nigeria (UNODC, 2018). Socio-economic deprivation, poverty and displacement (due to Boko Haram insurgency) have been speculated to be responsible. In another survey of 402 secondary school students in Lagos State, Western region, Duff & Erickson (2012) reported that, they used licit and illicit drugs and mostly cannabis. The study showed that the lifetime use of cannabis was4.4%. In Abakaliki, Eastern Nigeria and Duff & Erickson (2012) found that, aside from licit drugs,students used cannabis and the prevalence was 5.2 percent. While the prevailing culture in EasternNigeria (where we elicited data) condones adult males' alcohol use, women/young people are notsupposed to drink. Similarly, while cannabis use is disapproved in all regions, its use is widespreadin Eastern Nigeria due to high rates of drug smuggling/availability and experimentation (Dumbili,2020). A more recent national survey involving 4078 secondary school students found that, in addition to other drugs, 7.5 percent had used cannabis (Mageid, 2017). Another national survey byMiotto & Rawson (2017) on drugs use among 15-64-years Nigerians reported that cannabis was the most-used illicit drug, with 6.6% lifetime prevalence.

Among secondary students, Adekeye & Olowookere (2017) stated that, besides other licit drugs, cannabis was the most-used illicit substance. According UNODC (2018), cannabis was themost used illicit drug with 10.8% prevalence. One factor that has been blamed for the rise in cannabis use in Nigerian secondary schools is easy availability/access and this is an important factor that shapes drug normalization. Even though counsellors try to counsel some students whowished to utilize the counseling services, yet the rate of cannabis abuse is high. In fact, most counsellors of secondary schools find it difficult to arrest the situation since the students involvedare not ready to comply with counselling.

Tramadol abuse the implication for counselling among secondary school students

The 21st century Nigeria has witnessed changing trends in the pattern of psychoactive substance use with tramadol HCL emerging as a candidate drug in various parts and regions of thecountry (Ekendahl & Karlsson, 2020). In Nigeria, the use and abuse of tramadol has become a problem of National mental health and psychiatric significance. This is because the use and abuseof tramadol have been associated with psychosocial, economic and medical complications (Nazarzadah & Carson, 2014). Calabar, Cross River State, like other parts of the country has its own share of the National drug abuse epidemic, and has exhibited changing trends over time withtramadol usage trends and patterns increasing with time (Shiner & Newburu, 2017). Based on Anecdotal clinical records and experience, the emergence of the opiod-based analgesic; tramadolamong drug abusers admitted in Neuropsychiatric Hospital with the last ten (10) years presents a major concern in mental Health care and in the society, as the number of patients admitted in Neuropsychiatric facilities have seen an increase and are students of secondary schools (Salm- Reifferscheidt, 2018).

Tramadol is a centrally acting analgesic with strong opiod agonist properties as well as inhibitory effects on the reuptake of adrenaline and serotonin. It was initially thought to have minimal addictive potentials when compared to other opiod analgesics but the unfolding scenariosare contrary (Yunusa & Adamu, 2017). Though, not included in the essential drug list of the country, it is often prescribed for acute and moderate pains that are not responsive to other non- narcotic analgesics by clinicians. It is often used off-label for other purposes such as premature ejaculation and for its euphoric effects and muscular enhancement (Yunusa & Adamu, 2017).

The detrimental effects of tramadol which include, induction of seizures and Parkinson- like symptoms, development of classical opioid withdrawal syndrome and psychiatric symptoms such as aggressiveness, hostility, mania mental and behavioral disorders are seen displaced among students of secondary schools (Gibson, 2018). Tramadol is associated with increased tendency of being addictive and it is more accessible and cheaper to buy than heroin and other opioidsor psychoactive drugs. Its availability without prescription makes it easy to obtain and some peopleconsider it a treatment for sexual dysfunctions such as weak erections and delay orgasms.

The National Drug Law Enforcement Agency (2015), reports that, 3.2 million people overthe age of 18 in Nigeria, used tramadol for non-medical reasons in their life time. The prevalence of Tramadol Abuse is54% and over 65% of tramadol users were within 18-37 years of age, whilethe average age of onset of use was 24 years (Eze, 2012). The major mode of initiation into tramadol use was peer influence and 63% used over 200mg per day. The primary reasons for tramadol abuse was reported as relief of tiredness, stress and pain 48%,prolonging of sexual enhancement and intercourse 40% and compulsive urge was 12% (WHO, 2020). Socio-demographic characteristics reveals that males constituted over 83% of tramadol users and the reasons for the male predominance was attributed to socio-cultural influences, but recently, females have also been reported to abuse tramadol. The detrimental and addictive effects of tramadol abuse have been revealed by the influx of patients presenting in emergency centres of psychiatric and mental Health facilities with cases of suicide attempts, acute schizophrenia, mentaland behavioral disorders secondary to its compulsive addiction.

Tramadol abuse is becoming prevalent and a current trend with an increase in proliferationof youths and young adults indulging in the abuse. Despite the awareness on the detrimental effects and psychiatric comorbidities elicited by tramadol abuse, people do not in any way desist and refrain from the abnormal usage of tramadol which can be described as an unhealthy habit (Baker, 2002). The rise in the incidence of criminal activities, violence and conflicts, as well as antisocial behaviors among secondary school students in our society. tertiary institutions and secondary schools have been correlated or attributed to substance abuse such as tramadol which they use to get high and over energetic (Baker, 2002). The rise in the incidence of criminal activities, violenceand conflicts, as well as antisocial behaviors among secondary students in our society, tertiary institutions and secondary schools has been correlated or attributed to substance abuse such as tramadol which they use to get high and over energetic

(Baker, 2002).

Parents, law enforcement agencies, social and mental health institutions have regularly organized sensitizations and educational programs to counsel and enlighten the youths and students on the consequences of drug abuse, especially tramadol abuse and the need to abstain from its use without proper recommendation or prescription by a health expert but this has not proved to yield a positive turn around because the number of students arrested by Law Enforcement Agencies acting under the influence of tramadol and most alarming, the number of patients admitted to the Neuropsychiatric hospital with emergency psychiatric manifestations dueto tramadol abuse have shown a geometric increase over the past few years. This is as a result of none or poor counselling services offered to students and their lack of responsiveness to utilizingcounselling services (Okeke, 2013).

Furthermore, tramadol is easily accessible by these students who can buy large amounts from vendors or chemists who are not current with medical guidelines, thus the easy access to procure the drug at large quantity and at affordable price has also fueled the prevalence and increase its abuse (CDC, 2020). A study by Baker (2002) on "The prevalence of tramadol abuse among students of secondary schools in Calabar, Nigeria, focused on why students abused tramadol. The analysis of his data revealed that tramadol had effect on the social behavior of thepeople in Calabar South, with decreased work performance 77.25%, increase in violence and crime77%, poverty 50.75% and increase accident rate 80.5%. In a study carried out by Shenton (2004),on the prevalence, patterns and reasons behind the sustained use of tramadol in a subpopulation ofdrug users which are mostly students of secondary schools. Clinical and drug related data were extracted from the clinical records of 237 drug users in Federal Neuropsychiatric Hospital, Maiduguri North-Eastern Nigeria. The prevalence of tramadol was over 54.4%, 93% were male students, over 67% used tramadol in combination with other psychoactive substance. 65.1% usedmultiple daily doses. Over 91% of the subjects obtained the drug without prescription. A survey conducted by Patton (2018), using a sample of 988 secondary school students in Ilorin, Nigeria, found the rate of tramadol used to be 18.5%. He asserted that, multiple factors are involved whichact together to cause the menace which include; age, sex. educational qualification, occupation and marital status, poor counselling in secondary schools etc. According to WHO (2019), the most common age of tramadol abuse is 17-30 years. A survey by Buckner (2013) on the clinical parameters of onset of tramadol abuse among students in secondary schools in Lagos, found out that, 28.24 years and over two-thirds of the users were between I 8 and 37years of age. Buckner (2013) stated that 64% of students within the ages of 18-25 years are reported for highest incidence of tramadol abuse. He opined that adolescents and secondary school students are more vulnerable to tramadol abuse than the middle aged and older age groups due to their high levels of exposure,association and interactions. Baker (2002) reported that, the period of major initiation to aggregateor abuse substances peaks between ages 16 and 18 and is completed for the most part of age.

In the study by Sandberg (2012), conducted in Ota, 60 participants of 30 boys and 30 girls 64%

of boys admitted to the use of tramadol, while 20% of girls admitted to the use of tramadol all of which are students of secondary schools. Courtenay (2000) found out that poor academic performance and low academic aspirations significantly influence the onset of tramadol abuse. Ina study by CDC (2020), it was found that, youths who are employed during their secondary schoolyears are more susceptible to abusing tramadol than those who do not work with 6.1%. In a study in Ogun, conducted by Eze (2012), he asserted that, gangsters were found to be more involved in substance related abuse than those in well civilized society. He found out that, most gangsters were found to live majority of their life in the ghetto and shanties which pose challenges to law enforcement agencies to patrol and arrest defaulters the defaulters are secondary school students. WHO (2019), report that tramadol abuse is common among undergraduate or school dropout. Teenagers may experience a drop in grades, may be suspended from school or arrested for drug use. Duru & Iwu (2011) asserted that, people that abuse tramadol and other substances are alcohol abusers (dealers) usually unemployed. According to WHO (2019), the reason for tramadol abuse among youths is the need to survive in other, to cope with challenges oflife that includes hunger, sex drive and altered state etc. In a study carried out by Dayer & Coilart(2019) on tramadol abuse among patients attending an addiction clinic in North-Eastern Nigeria, the primary reasons why subjects abused tramadol on a continuous basis were: to relieve tiredness(28.7%. n=37), to prolong time of sexual intercourse (22.5%, n=29), and compulsive urge (14.7%,n=l9) respectively.

Yunusa & Adamu (2017) opined that, experimental curiosity is one of the factors that is responsible for tramadol abuse thus motivates secondary school students into abusing drugs. Thatthe first experience in drug abuse produces a state of arousal such as happiness and pleasure which in turn motivate them to continue. Peer pressure plays a major role in influencing many adolescentsinto tramadol abuse. This is because peer pressure is a fact of teenage and youth life. As they try to depend less on parents, they show more dependency on their friends. In Nigeria, as other parts of the world, one may not enjoy the company of others unless he conforms to their norms.

Many parents have no time to supervise their sons and daughters. They have little or no interaction with family members, while others put pressure on their children to pass exams or perform better in their studies. These phenomena initialize and increases tramadol abuse. Increasedeconomic deterioration which leads to poverty disempowerment of the people has driven many parents to send their children out in search of a means of earning something for contribution to family income. These children engage in hawking, bus conducting, head loading, scavenging, serving in food canteens etc and are prone to use tramadol so as to gain more energy to work for long hours. Adolescents with personality problems arising from social conditions have been foundto abuse drugs such as tramadol. The social and economic states of most Nigerians are below average (Yunusa & Adamu, 2017).

Poverty is widespread, broken homes and unemployment is in the increase, therefore our youths roam the streets looking for employment or resort to begging. These situations have been aggravated by lack of skills, opportunities for training and re-training and lack of

committed actionto promote job creation by private and community entrepreneurs. Frustration arising from these problems lead to recourse in tramadol abuse. In many countries, drugs have dropped in prices as suppliers have increased. If a drug is stopped, the user experiences what is termed "withdrawal symptoms" pain, anxiety, excessive sweating and shaking characteristics. The inability of the userto tolerate the symptoms motivates him to continue (WHO, 2019).

In the opinion of Patton (2018), the factors responsible for tramadol abuse can be linked to fact that: it creates a morphine-like euphoric effect that can last up to eight hours, it has desired effects similar to other opiates including; feelings of euphoria, feeling numb or detached from one's body, feeling lethargic and heavy, also feeling relaxed and calm. A contributing factor is itsaccessibility and is offer for premature ejaculation in men.

Tramadol is an opioid analgesic used mainly for treatment of moderate to severe pain. It has high potentials for misuse or abuse (WHO, 2019). According to the United Nations Office on Drugs and Crime (UNODC), there are about 35 million users of opioids globally (United NationsOffice on Drugs and Crime. 2019). Out of the 17 million disability adjust life years attributable tosubstance use disorders, opioids contribute up to 12 million (United Nations Office on Drugs and Crime, 2019). In addition to the economic toll, the World Health organization reported that globally, the yearly mortality on account of opioid overdose was between 70000 and 100000 deaths (WHO, 2019).

Studies in Nigeria indicated the use of tramadol cuts across all parts of the country. In Kano. Northern Nigeria, a cross sectional study amongst commercial bus drivers reported that 85.2% of respondents misuse tramadol. Another cross sectional study among 'Almajiris' (street children), in Borno Northern Nigeria, reported a 7% prevalence of tramadol misuse. In Owerri, South East Nigeria, a survey of the use of psychoactive substances amongst secondary school students indicated that 53.4% admitted the use of tramadol (WHO, 2019).

Based on the above, the counselling services in schools seems to yield no positive results as the incidence of tramadol abuse is on a very high increase as revealed in the literature. Most counsellors of secondary schools are even afraid of counselling the students for the fair that some of them are now cultist and may attack them because of the counselling given to them to stop abusing tramadol. 1 hey also feel that, it is impossible to stop this menace since it has gone viral among secondary school students and in the society (WHO, 2019).

Methodology

This researcher adopted a descriptive research design to answer research questions and Pearso moment correlation coefficient to test for hypotheses. The researcher considered correlational design more appropriate for this research because it seeks to establish what relationship exists between two or more variables. Nwurgu (2006) posited that correlational design seeks to establish what relationship exists between two or more variables. Usually, such studies indicate the direction and magnitude of the relationship between the variables. Thus, this study is correlational because the researcher will gather two sets of data (scores) from the

respondents. The two sets of data will respectively come from career guidance and job aspirations of secondary school students. This design therefore is suitable for this study as it investigates drug abuse and implications for counselling among secondary school students in Obudu Local Government Area, Cross River State. The population of the study is made up of all SSI I students of secondary schools inObudu Local Government Area of Cross River State. As at the time of this research, there were thirty-nine (39) secondary schools which 21 is public schools and 18 are private secondary schools. The study population of SSII students in the public schools stood at two thousand and twelve (2012) (Obudu Local Government Education Authority, 2022). A sample of two hundred (200) students was randomly selected for the study out of the population of 2012 using simple random sampling technique. The used for data collection was the "Drug Abuse and implications for counseling among Secondary School Student Questionnaire (DAICSSSQ)". The Pearson product moment Correlation Analysis was used to test the hypotheses of the study at 0.05 level of significance

General Description of Research Variables

This study is on "Drug abuse and implications for counseling among secondary school students in Obudu Local Government Area of Cross River State, Nigeria". The major independentvariable of the study is drug abuse. The sub-variables of the study are: tobacco abuse, alcohol abuse, cannabis abuse and tramadol abuse. Each of these sub-variables had 5 items and were measured on a four-point Likert type scale. While the dependent variable is implications for counseling which had 5 items. This is presented in Table 1.

TABLE 1

Means and standard deviations of responses on the variables of the study

S/NO	Variable	N	X	SD
1.	Tobacco abuse	200	10.90	**1.64**
2.	Alcohol abuse	200	10.80	**1.72**
3.	Cannabis abuse	200	12.79	**2.23**
4.	Tramadol abuse	200	12.23	**2.04**
5.	**Implication for counseling**	**200**	**12.43**	**1.99**

The results in Table 1 reveals that the mean scores of the variables range from 10.80 for alcohol abuse to 12.79 for cannabis abuse, while the standard deviations of the variables range from 1.64 for tobacco abuse to 2.23 for cannabis abuse. The mean for implication for counsellingis 12.43 while the standard deviation is 1.99.

Presentation of Results

Hypothesis One

There is no significant relationship between tobacco abuse and the implication for counseling among secondary school students. The independent variable is tobacco abuse, while the

dependent variable is the implication for counseling. To test this hypothesis, Pearson Product Moment Correlation analysis technique was applied on the data to correlate the two sets of scores.The result is shown in Table 2.

TABLE 2

Summary of Pearson Product Moment Correlation Analysis of the relationship between tobacco abuse and the implication for counseling among secondary school students N=200

Variable	$\sum x$ $\sum y$	$\sum x^2$ $\sum y^2$	$\sum xy$	r-cal
Tobacco abuse	2180	24300	27628	**0.813***
Implication for counseling	**2486**	**31692**		

* Significant at .05, critical r = .178, df = 198

The obtained r-value was 0.813. This value was tested for significance. The null hypothesisis therefore rejected because the calculated r-value of the 0.813 is found to be greater that the critical r-value of 0.178 at 0.05 probability level, and with 198 degree of freedom. This result means that there is a significant relationship between tobacco abuse and the implication for counseling among secondary school students.

Hypothesis Two

There is no significant relationship between alcohol abuse and the implication for *counseling among secondary school students. The independent variable is alchol abuse, while thedependent variable is the implication for counseling. To test this hypothesis, Pearson Product Moment Correlation analysis technique was applied on the data to correlate the two sets of scores.The result is shown in Table 3.

TABLE 3

Summary of Pearson Product Moment Correlation Analysis of the relationship between alcohol abuse and the implication for counseling among secondary school students

N=200

Variable	$\sum x$ $\sum y$	$\sum x^2$ $\sum y^2$	$\sum xy$	r-cal
Alcohol abuse	2160	23920	27368	**0.759***
Implication for counseling	**2486**	**31692**		

* Significant at .05, critical r = .178, df = 198

The obtained r-value was 0.759. this value was tested for significance. The null hypothesis

is therefore rejected because the calculated r-value of the 0.759 is found to be greater that the criticalr-value of 0.178 at 0.05 probability level, and with 198 degree of freedom. This result mean that there is a significant relationship between alcohol abuse and the implication for counseling amongsecondary school students.

Hypothesis Three

There is no significant relationship between cannabis abuse and the implication for counseling among secondary school students. The independent variable is cannabis abuse, while the dependent variable is the implication for counseling. To test this hypothesis, Pearson Product Moment Correction analysis techniques was applied on the data to correlate the two sets of scores.The result is shown in table 4.

TABLE 4

Summary of Pearson Product Moment Correlation Analysis of the relationship between cannabis abuse and the implication for counseling among secondary school students N=200

Variable		Zx	Ix	Zxy	r-cal
		Zy	Zy^2		
Cannabis abuse	2558		33704	32490	**0.785***
Implication for counseling		**2486**	**31692**		

* Significant at .05, critical r = .178, df = 198

The obtained r-value was 0.785. This value was tested for significance. The null hypothesis is therefore rejected because the calculated r-value of the 0.785 is found to be greater that the criticalr-value of 0.178 at 0.05 probability level, and with 198 degree of freedom. This result means thatthere is a significant relationship between cannabis abuse and the implication for counseling among secondary school students.

Hypothesis Four

There is no significant relationship between tramadol abuse and the implication for counseling among secondary school students. The independent variable is tramadol abuse, while the dependent variable is the implication for counseling. To test this hypothesis, Pearson Product Moment Correlation analysis technique was applied on the data to correlate the two sets of scores.The result is shown in Table 5.

TABLE 5

Summary of Pearson Product Moment Correlation Analysis of the relationship between tramadol abuse and the implication for counseling among secondary school students N=200

Variable	$\sum x$ $\sum y$	$\sum x^2$ $\sum y^2$	$\sum xy$	r-cal
Tramadol abuse	2446	30744	30980	**0.711***
Implication for counseling	**2486**	**31692**		

Significant at 0.5, critical = .178, df = 198

The obtained r-value was 0.711. this value was tested for significance. The null hypothesis is therefore rejected because the calculated r-value of the 0.813 is found to be greater than the criticalr-value of 0.178 at 0.05 probability level, and with 198 degree of freedom. This result means thatthere is a significant relationship between tramadol abuse and the implication for counseling among secondary school students.

Discussion of Findings

Tobacco abuse and the implication for counselling among secondary school students

The null hypothesis stated that there is no significant relationship between tobacco abuse and the implication for counselling among secondary school students in Obudu. To justify this, relationship between tobacco abuse and the implication for counselling among secondary school students in Obudu. This findings is in line with the view of WHO (2019) that most cigarette smokers take up the habit during adolescence and the majority of current and new users of cigarettes are found in the developing world. There is a link between this and higher levels of nicotine dependence in the future. The unsuspecting adolescents are at risk and counsellors who are willing and ready to give counselling to students are taken for granted. Students of secondary schools pay negative response to counselling and this result to difficulty in their change in attitudetowards tobacco abuse. Although, many studies have been conducted on this topic, there is still a need to know the perception of secondary school students to cigarette smoking. Preventing tobaccoabuse in students may be an easier task than helping adults break the habit of smoking and overcome its ill effects. The much of the work is left in the hands of the counsellor and most of them in the secondary schools do not take their counselling job serious and this affects the extent to which students of secondary schools abuse tobacco. About one-third of the world's male population smokes tobacco.

WHO (2020) conducted a study of Italian high schools in two cities: Naples and Capua found a prevalence of 24.2% and 23.8%, respectively and was related to age both cases. In a 12 country study comprising Barbados, China, Costa Rica, Fiji, Jordan, Poland, the Russian Federation, South Africa, Sri Lanka, Ukraine (Kiev), Venezuela, and Zimbabwe, findings showedthat tobacco abuse among students in the surveyed age group ranged from 10% to 33%7. Of I 130secondary school students aged 12 to 17 years who participated in a study of Kenyan, a total of 31% had experimented with smoking, and 55% reported having friends who smoked. The rates oflifetime smoking were statistically significantly higher in urban than in suburban students. In respect to this, only few students accepted that they visit the school counsellor while the most populous of the students responded that they refuse to visiting counsellors for the fear of been exposed or the counsellor may know their secret.

Alcohol abuse and the implication for counselling among secondary school students

The null hypothesis stated that there is no significant relationship between alcohol abuse and the implication for counselling among secondary school students in Obudu. Based on the

study, the result of finding as presented in hypothesis two revealed that there is significant relationship between alcohol abuse and the implication for counselling among secondary school students in Obudu. This result is in line with the view of Aldridge and Williams (2013) reported that about two-thirds of in-school adolescents in Osun State Nigeria had used substances in both rural (65.7%) and urban areas (66.0%) respectively. Also, Shenton (2004) revealed that 69.3% ofsecondary school students in Igboora, South-west Nigeria were current users of at least one of theillicit drugs and mostly alcohol. Alex-Hart in a study among secondary school students in Port Harcourt. Southern Nigeria also revealed that 30.6% of their respondents had ever taken alcoholic drinks before the survey while the lifetime use of alcohol among students in Ibadan, South West Nigeria was 15.3%. Shildrick (2002) study among secondary school students in Oshogbo, South West Nigeria also reported 20.3% as the prevalence of alcohol abuse among the respondents and this prevalence are as a result of the non-utilization of counselling services in secondary schools. Most secondary schools do not have counselling facilities, come to talk of employing counsellors.This has gone a long way in influencing massive secondary school students in the abuse of alcohol(Simons & Carey, 2000).

Cannabis abuse and the implication for counselling among secondary school students

The null hypothesis stated that there is no significant relationship between cannabis abuseand the implication for counselling among secondary school students in Obudu. The finding as presented in hypothesis three revealed that there is significant relationship between cannabis abuseand the implication for counselling among secondary school students in Obudu. This result is in line with the view of Adekeye and Olowookere (2017) that among secondary students, besides otherlicit drugs, cannabis was the most-used illicit substance. UNODC (2018) corroborated thatcannabis was the most used illicit drug with 10.8% prevalence. One factor that has been blamed for the rise in cannabis use in Nigerian secondary schools is easy availability/access and this is animportant factor that shapes drug normalization. Even though counsellors try to counsel some students who wished to utilize the counseling services, yet the rale of cannabis abuse is high. In fact, most counsellors of secondary schools find it difficult to arrest the situation since the studentsinvolved are not ready to comply with counselling.

Tramadol abuse and the implication for counselling among secondary school students The null hypothesis stated that there is no significant relationship between tramadol abuse and the implication for counselling among secondary school students in Obudu. The finding as presented in hypothesis three revealed that there is significant relationship between tramadol abuseand the implication for counselling among secondary school students in Obudu. This result is in line with the view of WHO (2019) that studies in Nigeria indicated the use of tramadol cuts acrossall parts of the country. In Kano, Northern Nigeria, a cross sectional study amongst commercial bus drivers reported that 85.2% of respondents misuse tramadol. Another cross sectional study among 'Almajiris' (street children), in Borno Northern Nigeria, reported a 7% prevalence of tramadol misuse. In Owerri, South East Nigeria, a survey of the use of psychoactive substances amongst secondary school students indicated that 53.4% admitted

the use of tramadol. Based on the above, the counselling services in schools seems to yield no positive results as the incidence of tramadol abuse is on a very high increase as revealed in the literature. Most counsellors of secondary schools are even afraid of counselling the students for the fair that some of them are now cultist and may attack them because of the counselling given to them to stop abusing tramadol.They also feel that, it is impossible to stop this menace since it has gone viral among secondary school students and in the society.

Conclusion

Based on the findings of the study, it was concluded that tobacco, alcohol, cannabis and tramadol significantly relate to the implications for counselling among secondary school studentsin Obudu Local Government Area, Cross River State. This induces the researcher to draw a conclusion that drug abuse correlates with the implications for counselling among secondary school students in Obudu Local Government Area. Cross River State.

Recommendations

Based on the findings of the study, the following recommendations were made.

1. The government should provide more employment opportunities for school counsellors and review existing drug laws to include stiffer penalties for offenders. Allocation of fundsto drug-related agencies should be increased to better the fight against the abuse of drugs.Enforcement activities should be more effective through strengthening the activities of taskforce at Federal, State and local government levels. Nigerian borders should be well protected with surveillance activities by responsible agencies.
2. Intervention measures based on Group-focused Cognitive Behavioral Health Education Program (GCBHEP) should be adopted to improve awareness and behavioral change. Basedon the model, other community-based education awareness in the form of mass campaigns through media houses print and electronic, adverts, flyers, banners, radio jingles, lectures and other programs in religious places and public functions should be created and sustainedto expose students on the dangers of abusing alcohol.
3. Secondary school-based counselling programs aimed at encouraging healthy practices and lifestyle among students would help to prevent cannabis use. There is also a need for periodicreview of the curriculum in schools to introduce topics centered on dangers of cannabis abuse.
4. Parents need to educate their children early enough on the risks associated with drug abusetramadol abuse as this will help them stay away from the drugs.
5. towards drug abuse.

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