



## Assessment of Social Media Exposure and Substance Abuse among Adolescent Secondary School Students in Delta State, Nigeria

Toyin Odofin (Ph.D)<sup>1</sup>, Igabari, Queen (Ph.D)<sup>2</sup>

<sup>1,2</sup>Department of Guidance and Counselling, Faculty of Education, Delta State University, Abraka, Nigeria

### ABSTRACT

Published Online: May 11, 2023

This study explored the relationship between social media exposure and substance abuse among adolescent secondary school students in Delta State, Nigeria. Two (2) research questions and two null hypotheses guided the study. The study adopted correlational method of ex-post facto research design. The target population of this study comprises of all public secondary school (2) students in the 25 local government areas of Delta State with a sample size of 500 students from the three Senatorial District in Delta State. This sample represents 10% of the population, drawn through the multi-stage procedure and stratified random sampling technique. The instrument used for data collection was an adopted questionnaire, which include social media scale (SMS) developed by Osharive (2015) and Drug abuse scale (DAS) developed by Aleke (2013). The instrument had a reliability coefficient of .78 and .69 for social media scale and drug abuse scale respectively. Correlation was used to answer research questions while the two hypotheses were tested using regression model statistics at .05 level of significance. The findings of the study revealed that there is a significant relationship between social media and substance abuse among adolescent students, and also school type has a significant moderating impact in the relationship between social media and substance abuse among adolescent's students in secondary schools in Delta State. Based on the findings, it was concluded that social media correlated with substance abuse among adolescent's secondary school students; while it was recommended that parents, educators and members of the community should monitor and guide the students on appropriate use of social media in order to reduce its effect on substance abuse by adolescent students.

### Keywords:

Social Media, Substance Abuse, School Type, Adolescents.

### INTRODUCTION

The aim of secondary education is to prepare students for useful living within the society and for higher education. National Policy on Education (2013) affirmed that secondary education is an instrument for national development that foster the worth and development of the individual for further education, work life and general development of the society. It is a common experience to observe that since the introduction of technology, industrial growth and development in the world, series of increasing form of unacceptable behaviour have been so rampant among

*Corresponding Author: Toyin Odofin*

*\*Cite this Article: Toyin Odofin (Ph.D), Igabari, Queen (Ph.D) (2023). Assessment of Social Media Exposure and Substance Abuse among Adolescent Secondary School Students in Delta State, Nigeria. International Journal of Social Science and Education Research Studies, 3(5), 846-851*

students in the educational institutions and society (Odofin & Ofojebe, 2020). Nevertheless, many students in secondary school engage in some antisocial behaviour which include amongst others; substance abuse and it appears that social media exposure may correlate with substance abuse.

Substances and drug abuse are often used interchangeably by people. However, the concept of drug is defined according to its professional orientation. Pharmacologists define drug as a chemical substance used in the treatment, prevention or diagnosis of diseases or used to enhance the physical or mental well-being. Okorodudu (2009) notes that drug abuse is classified as a moral form of deviance because it negates the moral form in the society. Substance is any chemical that brings about change in the biological and mental function. Drugs like other chemical substances can be abused. Substance abuse is the use of any drug, usually by self-administration in a manner that deviates from some approved social and medical patterns. It changes

## **Toyin Odofin et al, Assessment of Social Media Exposure and Substance Abuse among Adolescent Secondary School Students in Delta State, Nigeria**

the behavioural, perception, cognitive and the general physical functions. It is used for treatment or prevention in man or animal. Drug or substance alters the body function either positively or negatively.

Substance abuse is one of the social ills afflicting adolescent's population in Nigeria today. National Agency for Food and Drug Administration and Control (2008) reported that illicit substance abuse is forming a student sub-culture in Nigeria. Ajibutu (2014) lamented that youths are the most vulnerable on hard drugs with the adverse effects on communities in Nigeria. Despite societal disapproval of substance abuse behaviour, different segments of the population are fully involved in it. The segment of the population that engaged mostly in this web are adolescents within the age of 14-25 years, students within this range may be affected academically in terms of their academic achievement (Akpokiniovo, 2022). These adolescents are mostly in their secondary level of education or undergraduates students in the tertiary institutions. Adolescence is a time of experimentation, exploration, curiosity and identity search. Part of such quest involves some risk taking, including the use and abuse of psychoactive substances, which are drugs that exert their major effects on the brain resulting in sedation, stimulation and change in the mood of an individual (Oliha, 2014). Students with disordered online social media networking use had a higher tendency to experience problematic drinking and difficulties with emotion regulation. Hormes, Kearns and Timko (2014).

As opined by Samuel, George, Ogbu, Agaba and Yisa, (2020), majority of our Nigerian secondary school students ignorantly or deliberately depend on one form of drug or the other for their various daily activities (social, educational, political, morals and others). Abuse of psychoactive substances includes the use of illicit substances like alcohol and tobacco as well as illicit substances like cocaine, codeine/tramadol, cannabis, stimulants, caffeine, amphetamines, nicotine, narcotics, heroine, alcohol, hallucinogens, inhalants, and aphrodisiacs which affects the socio-economic, mental health, emotional and educational life of the adolescent victim.

Cannabis such as marijuana or Indian hemp (*cannabis sativa*) is a drug mostly used by Nigerian adolescents, hallucinogens e.g lysergic acid, diethylamide (LSD) produced in crystalline form but mixed with liquid to be taken in, the adolescent may experience extreme changes in mood shifts time and impulsive behaviour. Tranquilizers reduce anxiety tension, stress. Examples are valium and Librium which leads to withdrawal syndrome and can be life threatening. Whyte, Torre, Barker and Gourley, (2018). The effects of psychoactive substance abuse among adolescent students include truancy, stealing, vandalism, poor academic performance, accidents, injuries, risky sexual behaviour, aggression, unwanted pregnancy, school dropout, depression,

loneliness, suicide, bullying, violence and even life-long addiction.

One of the factors suspected to have a relationship with substance abuse among secondary school adolescents is social media. The advent of technology has been a thing of joy and entertainment to people in the society and it has rendered many benefits to students by allowing them to learn more effectively and increase in academic engagement behaviour in and out of the classroom settings which enable them to interact and share ideas among themselves regardless of physical boundary (Odofin, 2019). Various forms of media have assumed central roles in people's daily lives. Adolescents are vulnerable to the effects of what they see on social media, sites like Instagram, Facebook, and Snapchat provide an environment where teenagers are exposed to famous and normal people alike engaging in drugs and alcohol. Adolescents are millennial and therefore, their daily life at home, at school and even in their peer group is technology driven. Social media seems to dominate their lives. They are constantly involved in the multi-tasking process: they attend to their lessons and also send messages, chat on the social network and even view YouTube on their mobile phones at the same time. Moreover, adolescents who are addicted to social media are likely to suffer from substance abuse. (Gentile, Coyne & Walsh, 2011). In 2015, it was reported that 92% of teenagers aged 13 to 17 years reported going online daily. This makes them vulnerable to all forms of substance use. This situation is made worse by the rampant glorification of substance use by celebrities on social media. Most celebrities consistently post pictures drinking and getting high on a variety of platforms, and that may influence the young people that are viewing it. Yang, McCarron, Keller and Luo (2017), reported that, there has been reports of social media being used as a strategy for selling drugs. In this way, social media has open doors for their industries to market drugs to youngsters. Additionally, adolescents are not only exposed to celebrities and influencers engaging in this behaviour but also their friends and families, making them believe it's appropriate to do the same. (Dalcin, Smool miller & Sargent, 2012).

### **STATEMENT OF THE PROBLEM**

Substance abuse among adolescent secondary school students in Delta State, Nigeria has become so rampant to the point that it has become a great concern to parents, teachers and the society at large. The rate at which students are engaging in drugs and alcohol consumption is so alarming. It has become a very serious problem as the drugs are all easily available to the adolescents in Nigeria which predisposes these youngsters to anti-social behaviour in the society. If this problem continues, it can cause serious damage to the person's physical, psychological, mental, academic and even spiritual life and increase in social vices. There are several factors that can cause this problem of

**Toyin Odofin et al, Assessment of Social Media Exposure and Substance Abuse among Adolescent Secondary School Students in Delta State, Nigeria**

substance abuse, such factors like social media exposure, family background, peer group influence, poverty, depression, loneliness, frustration and even parenting style. However, the researchers seem not to be certain about the influence of social media exposure on substance abuse among senior secondary school students, hence this study is carried out in Delta State, Nigeria.

**RESEARCH QUESTIONS**

The following research questions guided the study;

1. What is the coefficient of determination between social media exposure and substance abuse among adolescent students in secondary schools?
2. What is the moderating impact of school type in the relationship between social media exposure and substance abuse among adolescent students in secondary schools?

**HYPOTHESES**

The following hypotheses were formulated and tested at 0.05 level of significance:

1. There is no significant relationship between social media exposure and substance abuse among adolescent students in secondary schools.
2. There is no significant moderating impact of school type in the relationship between social media exposure and substance abuse among adolescent students in secondary schools.

**METHODS**

**Table 1: Correlation Analysis of social media exposure and substance abuse among adolescent’s secondary school students.**

Variables	N	Mean	SD	r	r <sup>2</sup>	r <sup>2adj</sup>
Social Media Exposure	500	32.688	11.063	.114	.013	.011
Substance Abuse	500	41.4040	161.378			

Independent Variable: Social Media, Dependent Variable: Substance Abuse.

Table 1 presents the descriptive statistical output and the simple correlation results. For example, it revealed that social media: N =500, Mean = 32.688, SD = 11.063 while substance abuse N =500, Mean = 41.4040, SD = 161.378 with an r – value = .114. This provides an answer to research question 1. It revealed that *there is a positive linear relationship between Social Media Exposure and substance abuse among adolescent’s secondary school students.* The r<sup>2</sup> adjusted

This study was conducted using Ex-post facto research design. The target population of this study comprises of all public secondary school (2) students in the 25 local government areas of Delta State with a sample size of 500 students from the three Senatorial District in Delta State. This sample represents 10% of the population, drawn through the multi-stage sampling procedure and stratified random sampling technique. The instrument used for data collection was an adopted questionnaire, which include social media scale (SMS) developed by Osharive (2015), the scale contains 9- items that were designed to measure the extent to which students use social media for different purpose and Drug abuse scale (DAS) developed by Aleke (2013), it contains 28 -items, designed to measure the extent of use of several drugs such as depressants, stimulants and hallucinogen. The research instruments were scored on 4 Point Scale of Strongly Agreed (4), Agreed (3), Disagree (2), and Strongly Disagreed (1). The reliability coefficients of the instruments were determined using Cronbach Alpha Method. The instruments had reliability coefficient of .78 and .69 for social media scale and drug abuse scale respectively. The instruments were administered by the researchers and one research assistant. The research questions and hypotheses were answered and tested using correlation and regression model statistics at .05 level of significance.

**RESULTS**

**Research Question 1:** What is the coefficient of determination between social media exposure and substance abuse among adolescent students in secondary schools?

value of .011 constitutes 11% of the variance accounted for by social media in substance abuse among adolescent’s secondary school students in Delta State.

**Research Question 2:** What is the moderating impact of school type in the relationship between social media exposure and substance abuse among adolescent students in secondary schools?

**Table 2: Correlation Analysis of school type in the relationship between social media exposure and substance abuse among adolescent’s secondary school students.**

Variables	N	Mean	SD	r	r <sup>2</sup>	r <sup>2adj</sup>
School Location	500	1.570	.779	.116	.013	.009
Social Media Exposure	500	32.688	11.063			
Substance Abuse	500	41.4040	161.378			

Moderator Variable: School Type; Independent Variable: Social Media, Dependent Variable: Substance Abuse.

**Toyin Odofin et al, Assessment of Social Media Exposure and Substance Abuse among Adolescent Secondary School Students in Delta State, Nigeria**

Table 2 presents the descriptive statistical output and the simple correlation results. It revealed that school location: N =500, Mean = 1.570, SD = .779; social media: N =500, Mean = 32.688, SD = 11.063 while substance abuse N =500, Mean = 41.4040, SD = 161.378 with an r – value = .116. This provides an answer to research question 2. It revealed that there is a positive linear moderating impact of school type in

the relationship between Social Media Exposure and substance abuse among adolescent’s secondary school students. The r<sup>2</sup> adjusted value of .009 constitutes 9% of the variance accounted for by school type in social media and substance abuse among adolescent’s secondary school students in Delta State.

**Testing of Hypotheses**

**H01:** There is no significant relationship between social media exposure and substance abuse among adolescent students in secondary schools.

**Table 3: Regression Analysis of the relationship between Social Media and Substance Abuse among adolescent’s secondary school students.**

**Model Summary**

<b>Anova</b>					
	<b>Sum of square</b>	<b>df</b>	<b>Mean square</b>	<b>F</b>	<b>Sig</b>
Regression	170350.888	1	170350.888	6.615	.01
Residual	12825101	498	25753.216		
Total	12995452.39	499			

  

<b>Coefficient</b>					
	<b>Unstandardized coefficient</b>		<b>Standardized coefficient</b>	<b>t</b>	<b>Sig</b>
	<b>B</b>	<b>Std. Error</b>	<b>Beta</b>		
(Constant)	-.13486	22.516		-.599	.54
Social Media	1.670	.649	.114	2.572	.01

P ≤ 0.05 level of significance; N = 500

As shown in Table 3, the computed ANOVA produced an F = 6.615, df (1, 499), P ≤ 0.05. Therefore the null hypothesis which states that there is no significant relationship between social media exposure and substance

abuse is rejected. The finding is that there is a significant relationship between social media exposure and substance abuse among adolescent students in secondary schools in Delta State.

**H02:** There is no significant moderating impact of school type in the relationship between social media exposure and substance abuse among adolescent students in secondary schools.

**Table 4: Regression Analysis of school type in the relationship between Social Media and Substance Abuse among adolescent students in secondary schools.**

**Model Summary**

<b>Anova</b>					
	<b>Sum of square</b>	<b>df</b>	<b>Mean square</b>	<b>F</b>	<b>Sig</b>
Regression	173655.872	2	86827.936	3.366	.04
Residual	12821796.52	497	25798.383		
Total	12995452.39	499			

  

<b>Coefficient</b>					
	<b>Unstandardized coefficient</b>		<b>Standardized coefficient</b>	<b>t</b>	<b>Sig</b>
	<b>B</b>	<b>Std. Error</b>	<b>Beta</b>		
(Constant)	-18.414	26.410		-.697	.48
Social Media	1.662	.650	-.114	2.556	.01
School Type	3.307	9.240	.016	.358	.02

P ≤ 0.05 level of significance; N = 500

## Toyin Odofin et al, Assessment of Social Media Exposure and Substance Abuse among Adolescent Secondary School Students in Delta State, Nigeria

As shown in Table 4, the computed ANOVA produced an  $F = 3.366$ ,  $df (2, 499)$ ,  $P \leq 0.05$ . Therefore the null hypothesis which states that there is no significant moderating impact of school type in the relationship between social media exposure and substance abuse is rejected. The finding is that school type has a significant effect in the relationship between social media exposure and substance abuse among adolescent's secondary school students in Delta State. The Beta weights of the variables were computed to remove the influence of other variables. The Beta weights as seen in the Table 4 shows social media ( $\beta = -.114$ ,  $P \leq 0.05$ ) while school location ( $\beta = .016$ ,  $P \geq 0.05$ ), The B value obtained, school type ( $\beta = .016$ ,  $P \geq 0.05$ ) has no significant moderating impact on social media exposure and substance abuse among adolescent students in secondary schools in Delta State.

### DISCUSSION OF FINDINGS

The first finding of this study revealed that there is a significant relationship between social media exposure and substance abuse among adolescent students in secondary schools. This implies that students who are exposed to social media can easily indulged in substance abuse while those that are not really expose to social media may not likely indulge in substance abuse. That is, adolescents who often make use of social media are likely to be involved in alcohol and smoking than those who do not use social media. The finding of this study is in line with Hormes, Kearns and Timko (2014) who found out from their investigation that students with disordered online social media networking use had a higher tendency to experience problematic drinking and difficulties with emotion regulation. This means that the higher students are addicted or exposed to social media the higher they are likely to increase in deviant behaviour.

The second finding revealed a significant moderating impact of school type on the relationship between social media exposure and substance abuse. Odofin & Ofojebe, (2020), also found a significant relationship between school type and deviant behaviour among students. The implication of this finding is that, the school type of the students either private or public is likely to influence student's substance abuse differently. That is, how students in private schools will use substance will be different on how students in public schools will abuse drugs as a function of their different school environment. Most parents believe that sending their children to private schools would prevent them from substance abuse. But research has shown that adolescents who go to private schools may be at a higher risk of substance use compare to adolescents in public schools.

### CONCLUSION

Based on our findings, it can be concluded that, social media exposure could negatively influence involvement in

substance abuse. Also, School type can have impact in the relationship between social media exposure and substance abuse among adolescent's secondary school students among secondary school students.

### RECOMMENDATIONS

Arising from the findings of this study, the following recommendations were made:

- Parents, educators and members of the community should monitor and guide the students on appropriate use of social media in order to reduce its effect on substance abuse by adolescent students.
- Parents should be involved in the choice of schools of their children to maximize learning opportunities and minimize substance abuse.

### REFERENCES

1. Ajibutu, E. (2014). *Eradicating drug abuse in Nigeria: How feasible?* The Nigerian voice.
2. Akpokiniovo, S.R. (2022). Effects of self-instruction and guided inquiry teaching strategies on secondary school physics students' achievement' *Rivers State University Journal of Education*. 25(1), 156-165
3. Aleke, C.O. (2013). Extent of drug abuse among secondary school students in Ezza North L.G.A, Ebonyi State. Unpublished M.Ed. Dissertation, University of Nigeria, Nsukka.
4. Dalcin, S., Stool miller, M., & Sargent, J.D. (2012). When movies matter: Exposure to smoking in movies and changes in smoking behaviour. *Journal of Health Community*, 17, 76-89.
5. Gentile, D.A., Coyne, S., & Walsh, D. (2011). Media violence, physical aggression and relational aggression in school-age children: A short-term longitudinal study. *Aggressive Behaviour*, 37(2), 193-206.
6. Hormes, J.M., Keearns, B., & Timko, C.A. (2014). Craving Facebook? Behavioural addiction to online social networking and its association with emotion regulation deficits. *Addiction*, 109, 2079- 2088.
7. National Policy on Education (2013). Abuse, NERDC Press.
8. NAFDAC (2008). Do drugs control your life? *Know the Risks*. Vanguard, May 6, 2008.
9. Odofin, T. & Ofojebe, E. N (2020). Relationship between social media addiction and deviant behaviour among secondary school students in Delta State. *Journal of Nigeria Academy of Education (JONAED)* Vol 16 (1), November, 2020.
10. Odofin, T (2019). Influence of digital technology on secondary school students academic engagement



## Toyin Odofin et al, Assessment of Social Media Exposure and Substance Abuse among Adolescent Secondary School Students in Delta State, Nigeria

behaviour in Nigeria. *The Educational Psychologists*, Vol.14 (1).

11. Okorodudu, R.I. (2009). Deviant behaviours in school. In V.F. Peretomode (Ed.), *Sociology of Education*. Abraka: Delta State University Press.
12. Oliha, J.A (2014). Adolescent and Drug Abuse in Tertiary Institutions; Implication for Counselling. *British Journal of Education*, 2(1), 1-11.
13. Osharive, P. (2015). *Social media and academic performance of students*. Research project submitted to Department of Educational Administration.
14. Samuel, G.A., George, E.O., Ogbu, B.N., Agaba, L.O. & Yisa, M.K. (2020). Opinions of students and teachers on drug abuse among senior secondary schools in Zaria education zone, Kaduna State, Nigeria. *African Journal of Health, Safety and Environment*, 1(2), 84-95.
15. Whyte, A.J. Torre, G. M.M., Barker, J.M. & Gourley, S.L (2018). Editorial long term consequences of adolescent drug use; Evidence from pre-clinical and clinical models. *Frontiers in Behavioural Neuroscience*, 12,1-3.
16. White, H.R., Flaming, C. B., Kimi, M.J., Catalado, R.F., & Memorris, B.J. (2018). Identifying two potentials mechanism for changes in alcohol use among college-attending and non-college attending emerging Adult. *Developmental Psychology*, 44(6), 1625-1639.
17. Yang, X., McCarron, M., Keller, L. & Luo, J. (2017). Tracking illicit drug dealing and abuse on Instagram using multimedia analysis. Available at: <https://arxiv.org/abs/1605.02710:487-92>. Accessed April, 24, 2017.