

RISK FACTORS ASSOCIATED WITH SUBSTANCE ABUSE AMONG ADOLESCENTS

ABSTRACT

Substance abuse is a global public health problem with physical, social, psychological, economic and health implication. Adolescent age is an important transitional period and comes with high level of vulnerability, curiosity, experimentation and making choices that may be detrimental to them at the long run. The problem of substance abuse have become very popular among adolescents, several researchers from different parts of the world have reported high prevalence rate of substance abuse among teenagers and its resultant health and social problems. This study identified four different levels of factors that influences substances abuse among teenagers which includes family related problems, individual, psychological and social factors. Different preventive measures have also been identified, highlighting roles that should be played by family, the community, schools, as well as the government. These measures will have a great impact in curbing the menace of substance abuse among young people in the society, they will be able to avoid risky behaviours, function effectively and achieve their dreams.

Keywords: Adolescents, Substance Abuse, Addiction, Risk Factors.

BACKGROUND

Substance use and abuse remain one of the major global public health challenges. The problem of substance abuse has grown to become an integral part of our contemporary society, and more worrisome is the recent surge in the rate of involvement of the young population in this damaging phenomenon. Before now, cases of substance use and abuse are commonly associated with the older population, but current findings have established the spread of psychoactive substance use to the younger populations potentially leading to addiction.^[1]

Adolescence is a fundamental developmental period which appears to be essential with regard to substance use initiation as well as the development of mental and behavioral disorders due to psychoactive substance use.^[2] This stage of life is a dynamic developmental period and involves physical, emotional, social, and psychological changes which makes them more vulnerable to health risk behaviours like substance use disorders.^[3] Over the years, the number of young people using illicit drugs have significantly increased and the age of onset of use keeps dropping. Youths aged between 18 years and 25 years old constitute the populace that demonstrate the most vulnerable traits to psychoactive drugs misuse, at the same time, young people between 11 and 17 years accounted for the second most astounding populace with vulnerability to drug abuse.^[4]

Substance use disorder have become very popular among adolescents, several researchers have reported high prevalence rate of substance abuse among teenagers and the resultant health and social problems associated with it in different parts of the world.^[5] A number of negative cognitive, psychosocial or mental health consequences including psychiatric disorders have been linked to adolescent substance use with strong evidences.^[6] Many adolescents engage in substance use activities, despite being aware of the risk associated with the behavior because it is acceptable within their peer groups, as well as their

strong tendency to experiment new things which usually leads in most cases to the continuation of the use of various substances. Although this adolescent period is notably characterized by increased adventurous tendencies, peer influences, and risk-taking behaviour.^[7]

Several factors have been seen to influence the decision to use substances among young people at different times in their adolescent and young adult years. Access has been identified as an important factor, which might be the reason why young children of age 12 and younger are mostly represented in the prevalence of inhaled substances and domestic product use such as gasoline, cough syrup, cleaning fluids, spray paint, and computer keyboard cleaner.^[7] Although the use of tobacco, alcohol, marijuana, and stimulants increases throughout adolescence, alcohol is by far the most commonly consumed substance among adolescents, followed by marijuana.^[8-9]

The National Institute on Drug Abuse^[10] stated that substance use among adolescents is associated with multiple negative health consequences, with associated important gender variance existing between male and female of these age group; Girls who use substances tend to have more associated internalizing and traumatic stress disorders while the boys usually have more associated juvenile justice problems and externalizing disorders. Other direct effect of substance use according to the National Highway Traffic Safety Administration,^[11] is high rate of motor vehicle crashes and fatalities among adolescents under the influence of alcohol and marijuana in many climes. If this menace of substance abuse is not curbed among our adolescents, it will snowball into serious academic problems and by extension a dysfunction society with its negative consequences on all and sundry. To effectively minimize or possibly completely eradicate this menace, this study seeks to identify the common risk factors that exposes vulnerable adolescents to substance abuse and suggest possible way of curbing and preventing drug use problems

LITERATURE REVIEW

Overview of substance abuse

According to national institute on drug abuse, substance abuse is the use of a substance to modify or control mood or state of mind in a manner that is illegal or harmful to oneself or others and is considered problematic use, or abuse. Substance use disorder (SUD) is a mental health problem that alters an individual's brain function and behavior, thus leading to inability to control use of substances such as alcohol, tobacco and other illicit drugs or prescription medications.^[12] The problem of substance abuse poses great danger to individuals, families and society in general. Examples of the potential consequences of harmful use include road traffic accident accidents or injuries, blackouts, juvenile delinquency, and risky sexual behaviour that predisposes to harmful infection such as HIV.^[13] It's been shown that majority of people with substances use disorders are at high risk of developing other psychiatric conditions.^[14]

Burden of substance abuse

Globally, the prevalence of substance abuse among adolescent and adult population aged between 15 and 64 years in 2018.was 5.5% (representing about 275 million people). About 62 million people out of the 275 million abused opioids, while about 36.3 million was projected to suffer from drug use disorders in 2019^[9]. In 2017, it was estimated that 271 million people (aged 15-64) globally had used drugs in the previous year with a projection of 35 million incidents of substance use disorder.^[15] This shows a 4 million increase above the previous year prevalence, indicating an alarming rate of new incidents and problem of substance abuse across the world. Between 2010 and 2019 the number of individuals using drugs was estimated to have increased by 20%, this has been association with the increase population growth across the globe. Currently, the number is projected to increase by 11% in 2030 and a substantial 40% rise in Africa owing to its abruptly growing population of young people.^[9] The problem of substance use

including usage, abuse and trafficking has been associated with some areas that is of international concern such as corruption, illicit financial flow, organized crime, and terrorism/insurgency.^[16]

Alcohol is one of the most widely abused substance globally, and it is both legally and socially accepted.^[17] According to WHO, harmful alcohol use contributes to about 3 million yearly mortalities globally and accounts for 5.1% of the global burden of disease. Alcohol related death accounts for approximately 13.5% of total death of young people within the age of 20-39.^[18] Moreso, more than 8 million people die yearly from tobacco and more than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to secondhand smoke.^[19] Studies have shown a past year drug use prevalence of 14.4% (14.3 million people) in Nigeria with cannabis being the most prevalent drug, followed by opioid, majorly tramadol, cough syrup, sedatives. Hallucinogen is reported to be the least consumed substance. 3 million out of this population were reportedly diagnosed of substance use disorder.^[9] Despite the known negative consequences of substance abuse, there have been overwhelming rise in the prevalence of substance abuse.

Prevalence of adolescent substance abuse

Substance use is becoming a common phenomenon among the adolescents due to their high level of curiosity and experimentation. Substances use among the adolescent ranges from the use of alcohol, tobacco, marijuana (in places like the USA), to the use of illicit substances like cocaine, heroin, cannabis and others. When this group are introduced to a particular substance, there is usually a high tendency to proceed into other illicit substances.^[6] More worrisome is the new trend among these young folks where have graduated from use of conventional substances like alcohol, tobacco, marijuana, cocaine, heroin, and cannabis to creating their own mixture of different substances usually called “science students” to achieve a better desired result.^[6] For example, a mixture of substances like cannabis, tramadol, codeine, with soft drink popularly known as “gutter water”.

In the United States, the National Center for Drug Abuse Statistics^[20] reported that about 50% of teenagers have misused drugs at least once in their lifetime, 1-in-8 teenagers abused illicit drug in the past one year, and 61% increase rate in substance use among 8th grade was recorded between 2016 and 2020. Report also showed that 62% of teenagers in 12th grade have abused alcohol. According to,^[8] alcohol is the most commonly used substance among adolescents, accounting for 64% of a lifetime alcohol use, followed by marijuana and cigarette use respectively at 45% and 31%.

A lifetime substance use prevalence of 26.7% was reported among preparatory school students in Ethiopia with alcohol being the most popular substance with a prevalence of 16.0%, closely followed by cigarette, khat, and Hashish.^[21]

In recent years, high prevalence of illicit drug use among the youth within the age range of 25 and 39 years in Nigeria have been document in several literatures. An annual prevalence of 13.4% was recorded among those between 20 and 24 years of age while a lower prevalence of 7.3% was recorded among age 15 to 19 years, with cocaine, opioid and cough syrup being the most prevalent across all age groups.^[9] A lifetime prevalence of 17.3% for any substance use among adolescent high school students was reported by,^[22] while the prevalence for current use was put at 11.7%. As with other studies, alcohol has the highest lifetime and current use, followed by tramadol and tobacco.

DSM-IV-TR Criteria for Substance Abuse

According to the American Psychiatric Association,^[23] substance abuse is described as a maladaptive pattern of substance use leading to clinically significant impairment or distress, as manifested by one (or more) of the following, occurring within a 12-month period:

- Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home (e.g., repeated absences or poor work performance related to substance use; substance-related absences, suspensions, or expulsions from school; neglect of children or household).
- Recurrent substance use in situations in which it is physically hazardous (e.g., driving an automobile or operating a machine when impaired by substance use).

- Recurrent substance-related legal problems (e.g., arrests for substance-related disorderly conduct).
- Continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance (e.g., arguments with spouse about consequences of intoxication, physical fights).

DSM-IV-TR Criteria for Substance Dependence

Substance dependence refers to a maladaptive pattern of substance use, leading to clinically significant impairment or distress, as manifested by three (or more) of the following, occurring any time in a 12-month period:^[23]

- Tolerance, as defined by either; a need for markedly increased amounts of the substance to achieve intoxication or desired effects, or markedly diminished effect with continued use of the same amount of the substance.
- Withdrawal symptoms, as manifested by either; the characteristic withdrawal syndrome for the substance, or the same (or a closely related) substance taken to relieve or avoid withdrawal symptoms.
- The substance is often taken in larger amounts or over a longer period than was intended.
- There is a persistent desire or unsuccessful efforts to cut down or control substance use.
- A great deal of time is spent in activities necessary to obtain the substance (e.g., visiting multiple doctors or driving long distances), use the substance (e.g., chain smoking), or recover from its effects.
- Important social, occupation, or recreational activities are given up or reduced because of substance use.
- The substance use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance (e.g., current cocaine use despite recognition of cocaine induced depression, or continued drinking despite recognition that an ulcer was made worse by alcohol consumption)

RISK FACTORS FOR SUBSTANCE ABUSE AMONG ADOLESCENTS

This study categorized the risk factors for substance abuse among adolescents in terms of family related factors, individual, psychological, and social factors.

FAMILY RELATED FACTORS

Parent's Positive Attitude Towards Substance Use:

The Family is the first socialization point for every individual, children grow to imbibe the family norms and values, and this ultimately forms significant part of their adult life. Parents and older family members serve as inevitable role model to the younger ones, and children learn largely by observation and imitation. Therefore adolescents who grew up observing their parents or family members use alcohol or any other substance are most likely going to experiment same. Studies shows that children of alcohol dependent parents are four times at risk of developing alcoholism when compared with the general population.^[24] Excessive alcohol use by parents increases the risk of illicit substance use by adolescents.^[25] That is to say that adolescents of alcoholic parents are more likely to use other illicit substances. According to Obadeji et. al.^[22] adolescents whose parents use any form of substance are significantly at greater risk of having a history of lifetime substance use. Other studies have also linked parental substance abuse to current and all-time history of substance dependence^[21,26]. Parents' positive attitude towards use of substances encourages adolescents' curiosity towards substance use.

Poor Parenting / Neglect:

Parenting strategies goes a long way to shape a children's behavior. It can either expose or protect adolescent from association with deviant peers and involvement in maladaptive behaviors like substance use. Adolescents whose parents employ less control to their deviant behaviors are more likely to abuse substances. Moreover, less parental strictness and affection, poor parental monitoring, emotional support and negative evaluation leads to increased tendencies for use of alcohol and other substances.^[25] Similarly, parental neglect, domestic violence, broken home, parents not being able to cater for their children's need especially in families with multiple children, parents inattention or lack of interest in their children education and future, poor child care approaches, extreme discipline or extreme lack of discipline

also increases the risk for substance use^[27]. Children who are exposed to these life challenges may find succor in the 'streets' with its associated deviant and risky behaviors, such as substance abuse, unhealthy sexual behaviors, violence and crime.

Poor Parent-Child Connectedness:

Level of parent-child connectedness can influence an adolescent's attitude towards substance use. In their study on parents-adolescent relationships and substance use. Parental psychological and behavioral control as well the level of relationship with their adolescent children are strong indicators of early initiation of substance use in adolescents. Families who maintains good parent-child relationship will foster connectedness, the children will develop strong bond and maintain adequate communication with their parents thus reducing risky adolescent behaviors such as substance use.^[28] When the level of connectedness and communication is high, children tend to refrain from use of psychoactive substances so as not to disappoint their parents. Conversely, when the parent-child relationship is low, adolescent use of substances might be used in form of rebellion against their parents.^[29] This suggests the need for parents to be more intentional in their parenting and behavior around their children

INDIVIDUAL FACTOR

Although every child is a product of family, a number of individual factors that influence substance use among adolescents have been documented including, male gender, sleep problem, exposure to traumatic life events early in life, having access to excess pocket money, psychiatric co-morbidities like ADHD and depression,^[2] as well as low self-esteem.^[30] Male gender have been significantly associated with substance use and misuse both in young people and older adults.

Mental Health Disorders and Other Comorbidities:

Mental health disorders such as attention deficit hyperactivity disorder (ADHD) have been found to have a positive correlation with substance abuse.^[31] observed that students with ADHD have increased likelihood to be involved in habitual use of alcohol, binge drinking, as well as frequent use of marijuana and other illicit substances. Other disease comorbidity like adolescent catastrophizing pain been linked with opioid use disorder.^[32] The researcher argued that adolescents who are been prescribed opioid for acute pain management have increased risk of developing addiction. Moreover, indiscriminate prescription of opioid, which is highly addictive for pain management by physicians for cases that can be taken care of by Non-Steroidal anti-inflammatory drugs (NSAIDs) poses a great risk of early introduction of substance to young individual and possible risk of abuse.

Academic Challenges:

Some children face difficulties coping in school due to academic stress, poor performance, or attitude of teachers. According to ÖztaG et. al.^[27] in their descriptive cross-sectional study conducted among tenth-grade students aged between 14 and 17 years, results showed that there is a significant evidence of substance use among students who have negative feelings about school, those who perceive themselves as not being unsuccessful in their academic pursuit, those who repeated a class, and those who are usually absent from school for one reason or the other. Having negative feelings about school could be as a result of teachers mode of teaching or behavior, it could also be due to inability to cope with academic stress thus feeling demotivated about school. The individual might resolve in taking drugs to boost their confidence.

Furthermore, some students reported using drugs as a means of getting relief from stress.^[21] Also, the desire for pleasure and to keep awake, as well as being in possession of excess pocket money were also.^[21]

PSYCHOLOGICAL FACTORS

The presence of psychopathology may also put adolescents at risk of substances use in an adolescent. Young people with mental health problems may have impaired judgment about the negative impact of substance use, they may experience poor performance in school and psychological breakdown prompting them to associate in deviant peers and engage risky behaviors.

Bullying:

Adolescents who are victims of different forms of bullying (physical, verbal and relational) have more tendency to engage in substance abuse. In their study, Afifi et. al.^[33] reported that adolescents who have been physically bullied were about two times more likely to be current water-pipe and cigarette smokers. Physical bullying was associated with six times increase risk of lifetime use of illicit substances. On the other hand, verbal bullying was most predominantly linked with illicit drug use. Individuals who reported being ridiculed on the account of their body shape, physical looks, their nationality or made sexualizing comments at where mostly associated with illicit substance abuse. It was also reported that students were bullied for their looks and body or those who were made sexual jokes had two times odd of current use of nonmedical prescription drugs, whereas respondents who reported being ridiculed with sexual jokes had 2 and 4 times likelihood of water-pipe and cigarette use respectively. Lastly, those who reported being segregated, ignored and excluded from activities on purpose were observed to have 9 fold likelihood of illegal drug use.^[33] Therefore, bullying should be discouraged as it may lead the individuals to greater risk of substance dependence.

Abuse:

Physical, psychological and sexual abuse of children have been linked with adolescent substance abuse. Hogarth et al^[34] noted a striking association between emotional, physical and sexual abuse and increase alcohol use problem among adolescents. Alcohol was mostly used as a means of coping. Similarly, in a systematic review by Fletcher^[35] on the relationship between child sexual abuse and substance use problems, most of the studies indicated child sexual abuse as a predictor for poly-substance abuse. He opined that majority of children who experience molestation tend to use substances as a coping strategy to deal with the trauma, thus resulting to drug dependence. In addition, exposure to interpersonal trauma such as direct physical, sexual assault, or witnessing intimate partner/parental violence was also found to increase the tendency for adolescent substance abuse. More so, two third of individuals who experience childhood trauma exhibits risky drug use patterns such as regular and multiple substance use and as well lifetime tobacco consumption.^[2] However in adolescents with mental illness there is 15-fold odds increase in regular substance use and a 12-fold increase in lifetime cannabis use.^[2]

Impulsivity:

Adolescents with impulsivity trait and other behavioral problems have increased risk of substance abuse. Studies showed that young people who exhibits highly impulsive trait have increased odd for use of alcohol, tobacco, and marijuana.^[36] This is also associated with increased susceptibility for multiple substance use as well as risk for future drug use for non-drug users.^[36]

SOCIAL FACTORS

The social environment have a great influences on adolescent substance use. Factor such as availability, social acceptance, peer pressure, and romantic relationship have a great impact on the vulnerable young adolescents in the environment. They may engage in use of substances out of curiosity worse still if their family or society have carefree attitude towards substance use.

Availability:

Substance availability in the community is one of the major predictors of substance abuse among teenagers. Availability may be viewed in terms of the ease at which the substance is procured^[37] as well as the effect of advertisement.^[38] Both licit substances and some illicit substances such as alcohol, tobacco and cannabis are readily available and affordable in most societies, this makes it easy for individuals both young and old to be able to access them. Cannabis are easily purchased from drug dealers who are located within the environment.^[1] Availability of shops in schools and residential environment where substances are sold openly promotes involvement of school children in substance use.^[21] Also, the influence of advertisement, popularity culture and social media have further popularize the use of substances, social media have aided drug transaction to become much easier.^[39-40] Drug users

do not necessarily have to meet in person for purchase but rather have specific codes for their transaction arrangement.

Sociocultural Acceptance:

Most cultures permit the use of some psychoactive substances especially alcohol, which explains why alcohol is the most prevalent among other substances.^[22] In some societies like Nigeria, intake of alcoholic drink is socially accepted and are served freely in social and cultural events,^[41] people take alcohol as a form of relaxation in parties, clubs and in their homes including cigarettes.^[38] Also, celebrities are paid wholesomely to advertise alcoholic drinks and tobacco, of which some of them are role models to these adolescents. All these stimulates the imagination and desires of these young children to use psychoactive substances.

Peer Pressure:

Adolescent age is a period laced with great curiosity, adventure and experimentation. During this period most adolescents spend the bulk of their time with their peers thus are highly susceptible to get influenced by them Sofiana et al.^[40] Several research have reported peer influence as one of the most prevalent risk for adolescent substance abuse. Over 60% of adolescents started using substances through their peers.^[22,39,42] Association with delinquent peers who abuse substances may exposes others to high risk of engaging in such maladaptive behavior. Lawal & Aliyu^[42] noted in their study on assessment of causes and effects of drugs and substances abuse among youth that the major cause of adolescent substance abuse is peer pressure and their desire to have fun and enjoy themselves. Furthermore, this could be due to need to attain a certain social status, adventurous venture, or novelty seeking.^[37] Also, those in romantic relationship influence their partners into joining them to take psychoactive substances.^[43] Individuals who use any form of substance(s) are more likely to introduce same to their partners, this exposes them to risk of multi-substance especially if both of them have preference for different substance.^[44] Ajayi^[30] established in their study on prevalence and the determinant factors among youths that peer pressure is a positive predictor for substance abuse. According to him, having friends who take any form of psychoactive substance predisposes their peers to risk of doing same. There are two major ways in which peers influence affect substance abuse; initiations and supply.^[37] This is executed by coaching them on the appropriate means of getting the substances and how to use them. This buttress the fact that having people of like minds who abuse substances exposes their peers to substance use.

PREVENTION STRATEGIES TO ADOLESCENT SUBSTANCE ABUSE

Family:

- **Positive parenting: T**
he family is a major protective factor in the lives of children and adolescents. A stable family with healthy and supportive family relationship is vital in positive development of children and prevention of risky and maladaptive behaviors like use of psychoactive substances. Parental love, support and involvement in their children's life will give a sense of belonging to their children, this will help them develop a positive mental health, self-acceptance, improved self-image, and self-esteem. The children will not have the need to join deviant peer group in order to feel belonged among their peers.
- **Negative attitude towards substance use.**
Children learn through role modelling, several studies shows that children of parents who take any form of substances and have positive attitude towards substance use have increased tendency for current abuse of substances, future abuse as well as all-time abuse of both licit and illicit substance.^[21-22,24,26] Therefore, to control adolescent substance abuse, it is expedient for parents to control or abstain from use of psychoactive substances experience in the presence of their children.
- **Parental disapproval of substance use:**

Parents who are well involved in the children's life are more likely to identify maladaptive behaviors in their children early and address it. Also, children who are close to their parents and have built trust in them are more likely to confide in them when they face situations that may lead them to use of substances, also when they are being bullied or pressurized by peers to use drugs. Whatever it may, parents should disapprove any tendency for substance use in their children. Nevertheless, parents should be very observant and sensitive to discover any change in their children that points towards substance abuse

Community:

The environment where a child is raised have a great impact on their lifestyle. A society which sees consumption of psychoactive substance as a normal way of life will encourage the younger generation to indulge in such risky behaviour. However, a community which frowns at use of substances serves as a protective factor against involvement with substance use by adolescent.^[41]

- Community leaders should therefore mobilize themselves to create awareness on and organize meetings to discuss measures to prevent drug abuse in their community.
- They should also initiate, support or programs aimed at preventing drug abuse within their environment.
- Be willing to attend and participate sensitization programmes organized by individuals, organizations or government bodies.

School

- **Awareness and Sensitization Programs:**

The school authorities should invest in awareness and sensitization programs in schools to educate the students on the adverse effects of substance abuse and addiction. They should use print media such as displaying posters and banners with write-up against substance abuse at different locations in schools, publishing articles in school bulletin and newsletters, as well as use of handbills, teasers and stickers to pass information on dangers of substance abuse.

- **Create Drug Abuse Prevention Clubs:**

Schools should encourage students involvement in the fight against substance abuse by creating drug prevention clubs in schools and getting students involved in organizing awareness programs in schools.

- **School Connectedness:**

According to Center for Disease Control,^[45] school connectedness is a strong conviction maintained by students that both the adults and peers within their school environment have regard for them as individuals and also care about their learning experience. They further explained that school children who have a sense of connected in school stand a chance of having better positive health and academic outcome. They are more likely to be regular in school, and have good test scores and higher grades which will improve their self-esteem and reduce the need to belong to deviant peer groups. Studies also shows that students with good school connectedness are less likely to engage in risky behaviors like cigarettes smoking, alcohol consumption, engaging in sexual intercourse, carrying weapons, or getting involved in violent activities.^[45]

- **Positive School Environment:**

Teachers should create enabling learning environment that promotes students psychological wellbeing and allows students thrive and compete positively, build confidence in themselves and improve their self-esteem

Government:

- Government should organize and fund awareness and prevention programs

- Provide health, educational and social amenities in schools and communities that will allow adolescents live and thrive positively, become mentally stable and achieve their dreams.
- Establish effective and accessible intervention services for substance use problems in schools and communities

IMPLICATION FOR NURSING PRACTICE

- The nursing profession caters for every individual from newborn to the aged, nurses have a major role in creating health awareness and educating patients on healthy living, disease etiologies and prevention strategies. In adolescent substance use prevention and control, nurses have a major role in teaching parents positive parenting skills such as monitoring and supervising their children's activities, adequate behavioral control skills, effective parent-child communication, and setting age-appropriate limits. This can be achieved through hospital-based health education programs, or community-based sensitization and intervention programs.
- School nurses should maximize every opportunity to enlighten school children on the consequences of substance, organize awareness programs in their schools. They should create a friendly environment for students to build trust in them and share their fears, concern or any pressure from peers to use substances. They should be very observant to identify students who might be at risk of substance abuse and counsel them appropriately. Also, the school nurses should provide prompt intervention for students who are already engaging in substance abuse to prevent development of drug dependence and other psychiatric problems.
- Nurses are integral part of the health management team for patients with substance use problems, they participate in both individual and group therapies, planning, monitoring and evaluation of patient care. At every step, nurses should provide adequate unique care and support for patients, reassure patients and family members and ensure their needs are met.

CONCLUSION

Substance abuse is a global public health problem and affects an individual's wellbeing and functioning, adolescent are the most vulnerable group and have increased tendency of engaging in substance use and developing addiction problems. This study identified family related factors, individual, psychological and social factors that predisposes adolescents to increase risk of substance use/misuse. There is no clear-cut measure or technique to solve drug problems, therefore, individuals, families, organizations, schools and the government have a pertinent role to play in prevention of drug abuse and prompt intervention for drug use problems.

RECOMMENDATION

- Government should develop independent school curriculum to educate school children on effect of substance abuse, addiction problem and prevention strategies
- At community level, government should organize and fund family and parenting skill training to equip adults on the relevant skills to train and nurture adolescents, monitor and supervise their activities as well as effective parent-child communication technique
- Government should effectively execute laws against substance use and trafficking

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