

Field Survey on Substance Use among Commercial Motorcyclists in Kaduna State, Nigeria

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Abstract

Background: Substance abuse which is the use of tobacco, alcohol, illegal drugs, prescription drugs or other substances in ways not conducive to the overall health of the individual has been grossly underreported and undermined in Kaduna State, Nigeria. Substance abuse has been reported to have adversely affected socioeconomic determinants of states and nations. Identification and early intervention of associated risk factors have greater impact than later intervention through changing individual's life path away from problems and toward positive behaviors. The aim of the study was to determine the pattern of substance use among commercial motorcyclists in Kaduna State, Nigeria.

Materials and Methods: Cross sectional study approach with convenient sampling using a mobile Open Data collection tool (ODK) application was used to collect and collate field data. Data was analyzed using SPSS®. Strength of significance between categorical variables were reported and accepted at $P \leq 0.05$.

Results: Cigarette and Marijuana with an even prevalence of 5% each were identified as substances that significantly improve performance of the commercial motorcyclists ($P > 0.05$). The survey also showed that 34% of the respondents source substances from the general market vendors.

Conclusion: It was concluded that substance use to enhance performance by commercial motorcyclists is a common practice in Kaduna State.

Keywords: Commercial Motorcyclists, Cigarette, Kaduna, Marijuana, Substance Use

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I. INTRODUCTION

Substance abuse is the use of tobacco, alcohol, illegal drugs, prescription drugs or other substances in ways not conducive to the overall health of the individual. This definition does not discriminate between: alcohol, tobacco, caffeine, solvents, over the counter drugs, prescribed drugs, illicit drugs. Rather it focuses on changes in the body and/or behavior brought about through the use of such substances. These substances are also referred to as psychoactive drugs, meaning that they affect the central nervous system and alter mood, thinking, perception and behavior. Equally, the definition makes no distinction between the legality, social acceptability or 'value' of drugs. Blanket definitions which attempt to cover these areas as well as the substance/user/affect nexus often have weak logic underpinning their meanings, making them vulnerable to challenge, particularly in terms of highlighting inconsistencies. For example, if alcohol and tobacco are not defined as drugs, what does that say about adult society which approves and endorses their use, (mindful of the health and social costs they can both incur) but disapproves of the use of cannabis and ecstasy by young people. Once a broad, working definition of drugs has been established, one is better placed to discuss the health, personal and social costs arising from substance use. This does not mean that the legal status of any drug is not important; rather, it acknowledges that the risks arising from drug use are not present exclusively in relation to the criminal/justice system¹. Prevention programs should enhance protective factors and reverse or reduce risk factors². The risk of becoming a drug abuser involves the relationship among the number and type of risk factors (e.g., deviant attitudes and behaviors) and protective factors (e.g., parental support)³. The potential impact of specific risk and protective factors changes with age. For example, risk factors within the family have greater impact on a younger child, while association with drug-abusing peers may be a more significant risk factor for an adolescent⁴. Early intervention with risk factors (e.g., aggressive behavior and poor self-control) often has a greater impact than later intervention by changing a child's life path (trajectory) away from problems and toward positive behaviors⁵. Research has shown that abuse of drugs is influenced by several underlying psychosocial factors: peer pressure, perceived recreational value of drug abuse, neglect, depression, curiosity and force⁶.

It is worth noting here that commercial motorcycles (popularly called “Ahaba”) is patronized by all and sundry in the society irrespective of the socio-economic status of the individuals especially those who are eager to get to their destination or workplace with minimal delay and waste of time. Moreover, its availability, relative cost and most especially its accessibility and capacity to maneuver bad roads, traffic congestions or hold-ups and gets to its destination on time make it an easy alternative for use by members of the public above other means of intra-city public transportation⁷. Despite offering certain transport advantages in its availability, relative cost and most especially its accessibility and capacity to maneuver bad roads, traffic congestions or hold-ups and gets to its destination on time, commercial motorcycle service growth has also led to an increase in road accidents especially in wet and slippery conditions, traffic management problems, pervasive noise and increases in local air pollution and greenhouse gas emissions⁸. Researches like⁹ have been conducted on the issues of motorcycle traffic accidents, determinants of earnings, motorcycle traffic management in motorcycle dependent cities, commercial motorcycle operations among others. Therefore, the main objective of this study was to determine the pattern of substance use among commercial motorcyclists in Kaduna State, Nigeria.

II. MATERIAL AND METHODS

The study was conducted in Igabi, Kaduna North, Kaduna South, SabonGari and Zaria Local Government Areas (LGAs), Kaduna State. In Northern Nigeria, Kaduna State is a center of educational and economic institutions. The intense socioeconomic activities in this State have attracted a great number of youths to migrate to this State for better opportunities. Majority of these youths partake in commercial motorcycle as source of livelihood.

Study Design: A Cross sectional survey was carried out in 5 LGAs to determine the pattern of substance use among commercial motorcyclists in Kaduna State, Nigeria with a view to improve health, Peace and reduce morbidity and disabilities due to abuse of drugs.

Inclusion Criteria: Participants eligible for the interview must be commercial motorcyclists whose businesses are within Kaduna State.

Data Collection: Convenient sampling using a mobile Open Data collection tool (ODK) application was used to collect and collate field data. Independent surveyors were trained on the use of the ODK. Field pre testing of ODK embedded questionnaire was done for the purpose of correcting ambiguous questions and for validating the questionnaire.

Sample Size Determination: Sample size was determined based on the formula for prevalence studies;

$$n = Z^2pq/d^2, \text{ as described by}^{10}$$

Where n= sample size

Z = appropriate value of the standard normal deviate for the desired confidence = 1.96

P =expected CBPP prevalence

$$q = (1-p) = 1-0.118 = 0.882$$

Sampling Procedure

Participants were sampled based on their consent. Number of participants sampled per LGA was determined by proportional sampling method¹⁰. Sampling units comprised of LGAs and 10% of participants in each LGA were assessed.

III. RESULT

Analyzed data showed that 73% of the respondents had formal education as shown in Table no 1. Within the category of respondents that had formal education, 29% representing the majority were able to complete their secondary education. Conversely, 11% dropped out from secondary school. Post secondary education was achieved by only 6% of the respondents representing the least proportion in this category. Primary education was completed by 19% with 8% dropping out.

Table no 1: Educational Status of Respondents

Educational Status	No. of Respondents	Percentage
Informal	27	27
Post Secondary	6	6
Primary Complete	19	19
Primary Incomplete	8	8
Secondary Complete	29	29

Secondary Incomplete	11	11
Total	100	100

Across the 5 LGAs where the survey was conducted, 72% of the participants were from polygamous homes and 28% from monogamous family. The study also identified 92% of the families as still living together (Table no 2).

Table no 2: Family Characteristics of Respondents

Parameter	No. of Respondents	Percentage
Monogamy	28	28
Polygamy	72	72
Both Parent not Alive	2	2
Parents Living together	92	92
One parent not Alive	6	6

Cigarette (15%) and Kolanut (19%) were the substances with the highest prevalence as shown in Table no 3. Substances with the least prevalence of 2% each were alcohol, cocaine, heroin and petroleum.

Table no 3: Prevalence of Substance Abuse in Kaduna State Nigeria

Substance	Prevalence (%)
Cigarette	15
Alcohol	2
Marijuana	7
Cocaine	2
Heroin	2
Kolanut	19
Snuff	6
Petroleum	2
Alabukun	7
Total	62

Highest prevalence of substance use across all substances assessed was recorded in the group of people that completed secondary education (23%) as shown in Table no 4. The varying prevalence of substance use across all categories of educational status was however insignificant ($P > 0.05$) for the sample size and sampling period of this study.

Table no 4: Prevalence of Substance Use by Educational Status

Substance	Informal	Post Secondary	Primary Complete	Primary Incomplete	Secondary Complete	Secondary Incomplete
Cigarette	4	2	3	1	4	1
Alcohol	0	0	0	0	2	0
Marijuana	0	2	0	1	3	1
Cocaine	0	0	0	0	2	0
Heroin	0	0	0	0	2	0
Kolanut	7	2	5	0	4	1
Snuff	2	1	0	0	2	1

Petrol	0	0	0	0	2	0
Alabukun	2	1	0	2	2	0
Total	15	8	8	4	23	4

Significant substance use ($P < 0.05$) was recorded for cigarette, marijuana and alabukun across status of parenthood as shown in Table no 5.

Table no 5: Prevalence of Substance Abuse by Status of Parenthood

Substance	Both Parents Dead	Living Together	One Parent Dead
Cigarette*	2	12	1
Alcohol	0	2	0
Marijuana*	2	5	0
Cocaine	0	2	0
Heroin	0	2	0
Kolanut	0	17	2
Snuff	0	6	0
Petrol	0	2	0
Alabukun*	1	6	0
Total	5	54	3

*Significant at $P < 0.05$

Enhancing performance in terms of physical activities was equally assessed with cigarette (5%), marijuana (5%), snuff (3%) and alabukun (5%) having significant effects ($P < 0.05$) on enhancing performance. Table no 6 displays the responses by substances.

Table no 6: Does the Use of Substance Enhance Your Performance

Substance	% Yes	% No
Cigarette*	5	10
Alcohol	0	2
Marijuana*	5	2
Cocaine	0	2
Heroin	0	2
Kolanut	2	17
Snuff*	3	3
Petrol	0	2
Alabukun*	5	2
Total	20	42

*Significant at $P < 0.05$

Table no 7: Frequency of Substance Use

Substance	% Daily	% Occasionally
Cigarette *	8	7
Alcohol	0	2
Marijuana *	5	2
Cocaine	0	2
Heroin	0	2
Kolanut*	6	13
Snuff *	3	3
Petrol	0	2
Alabukun*	3	4
Total	25	37

*Significant at $P < 0.05$

Participants surveyed responded to taking these substances occasionally with a prevalence of 37%. Also, cigarette, marijuana, kolanut, snuff and alabukun were reported to be used significantly ($P < 0.05$) irrespective of period (Table no 7).

Figure no 1 below represents responses as to sources were respondents obtained their substances from within the study area. General market vendors were the modal sources of these substances across the LGAs where the survey was conducted.

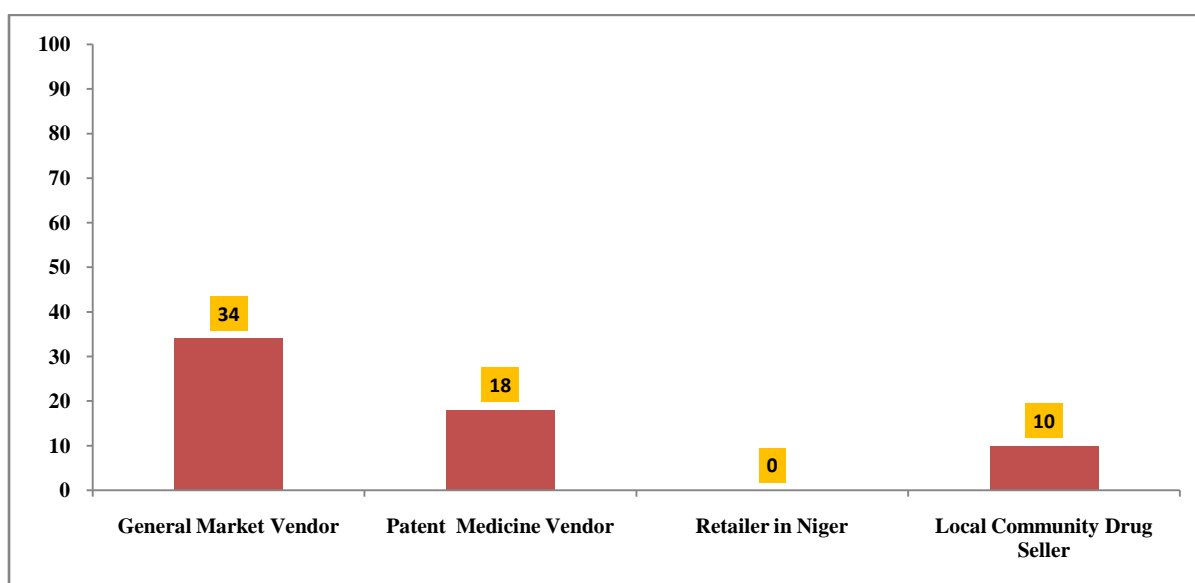


Figure no 1: Sources of Substances in Kaduna State, Nigeria

IV. DISCUSSION

A review of literature clearly indicates that there has been a steady increase in the prevalence of drug use and its associated consequences within the last three decades¹¹. Almost all types of psychoactive substances are available in Nigeria due to their spill over into the streets from drug traffickers who use Nigeria as a conduit to transport drugs from South East-Asia (the Golden Triangle) and South America (Bolivia, Peru, and Brazil) to Europe and North America¹². The findings of this study was in tandem with the reports of a study on Prevalence and Patterns of Drug Abuse among Students of Tertiary Institutions in Abeokuta, Ogun State, Nigeria, reported a lifetime prevalence rate of use of any drug among the respondents was 69.2%. Alcohol was the most prevalent lifetime drug of use (34.4%), followed by Tobacco (14.4%), Hypnotics (8.8%), Cannabis (6.2%), Inhalants (2.5%), Opiates (2.0%), Cocaine (1.9%), Heroin (0.5%) and Amphetamine (0.1%)¹¹. This study has shown that use of substances to enhance performance is common. Psychoactive substance use is common in many countries¹³. The resultant abuse of these substances has been reported as one of the major public health problems worldwide¹⁴. Nigeria in recent times seems like a culture where social order and the extended family structure may have broken down. The emerging trend of use of alcohol and other substances has assumed a dangerous proportion. The socioeconomic impact has been widely reported and youths and young adults are at risk^{15, 16}. Equally, this study also identified youths and young adults who have attended secondary and post secondary education as the major users of substances. The dramatic resurgence of social and economic phenomena with risk of people developing mental illness has been attributable to the use of these substances^{15, 16}. Kaduna State recently has been bedeviled with rising rates of antisocial vices such as kidnapping and armed robbery. These social vices have strong association with substance use. Communities are experiencing increasing rates of antisocial vices. Various problems such as militancy, armed robberies, kidnapping, raping and even the “Boko-Haram” insurgency have defied reasonable efforts of control. Some of these social problems have been associated with the use of habit-forming substances such as alcohol, cannabis, cocaine and heroin^{17, 18}. These are events with potential impact on the mental health of the people. Several studies have reported evidence of the presence of the severe mental and psychological disorders associated with alcohol and other psychoactive substances^{16, 19}.

V. CONCLUSION

The current study was able to conclude that substance use to enhance performance by commercial motorcyclists was a common practice in Kaduna State with cigarette, kola nut, snuff and alabukun been the most commonly used substances. Also, youths who have attained basic formal education had the highest prevalence of substance use.

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