

# SELF-EFFICACY AND PEER PRESSURE AS CORRELATES OF SUBSTANCE ABUSE AMONG SECONDARY SCHOOL ADOLESCENTS IN DUTSIN-MA LGA, KATSINA STATE

<sup>1</sup>Dr. BADA Steve Olusegun

<sup>2</sup>KAMILU Sulaiman

&

<sup>3</sup>ADEWUSI Adeola Abideen

<sup>1&2</sup>*Department of Educational Psychology and Counselling  
Federal University Dutsinma, Katsina State*

<sup>3</sup>*Department of Social Sciences Education  
University of Ilorin, Kwara State*

<sup>1</sup>*bdolusegun@gmail.com 08068063806*

<sup>2</sup>*kamilusulaiman2010@gmail.com*

<sup>3</sup>*deenman2000@gmail.com*

## **Abstract**

*This study investigated Self-efficacy and peer pressure as correlates of substance abuse among secondary school adolescents in Dutsin-ma LGA, Katsina state. This study adopted correlation research design. The population of the study comprised of 2,776 SS II in all the 9 public senior secondary schools in the Local Government. The simple random sampling technique was used to select 7 public senior secondary schools. It was also used select to 30 SS II students from each of the 7 public senior secondary school students who are between 12 to 21 years making a total number of 210 respondents for the study. The researcher employed three research instruments; Peer Pressure Scale and Substance Abuse Scale adapted from Farrell and White, (2018). Self-Efficacy Scale adapted from Lampert (2007). The reliability index of each of the instruments were; Peer Pressure Scale (PPS) 0.67, Substance Abuse Scale (SAS) 0.69 and Self-Efficacy Scale (SES) 0.70 respectively. The research questions 1 and 2 were answered using Mean and Standard Deviation. Also, research hypotheses 1 and 2 were analyzed using Pearson Product Moment Correlation (PPMC) Statistic while research hypotheses 3 and 4 were tested using t-*

*test all at 0.05 level of significance. Based on the findings of this study the followings conclusions were made; The finding revealed that level of Self-Efficacy of female secondary school adolescents was higher (mean score 43.86) than the male counterpart (mean score 21.96). The level of peer pressure of male secondary school adolescents was higher (mean score 23.45) than the female counterpart (mean score 11.96). There was a significant relationship between Self-Efficacy and substance abuse among secondary school adolescents (.r- value =0.72 > 0.05). There exist a significant relationship between peer pressure and substance abuse among secondary school adolescents (.r- value = 0.84 > 0.05). There was significant difference in the Self-efficacy and substance abuse among secondary school adolescents on the basis of gender (.t- value =2.32 > 0.05). There is significant difference in the peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender (.t- value =2.14 > 0.05). The following recommendations among others were made; There should be in-service training organize by school administrators for adolescents which will help foster positive efficacy beliefs against substance abuse. Care givers and parents should ensure that only positive peer pressures are allowed around students.*

**Keyword:** Adolescent, Self-efficacy, Peer Pressure, Substance Abuse

## **Introduction**

Adolescent period is a time when many young people take the opportunity assess themselves as well as begin the process of seeking out their own personal identities. Part of this process includes questioning previously accepted beliefs and guidance given in childhood and maintaining a distance from adult influences. Young ones during this period often, rely on their peer group for support, approval and behavior models (Aribiyi, 2006). Adolescents are particularly vulnerable to peer pressure, because they are at a stage of development, when they are separating more from their parents' influence but have not yet established their own values or understanding about human relationship or the consequences of their behaviour.

They are also typically striving for social acceptance at this stage and may be willing to engage in behaviours that will allow them to be accepted but are against their better judgment. At this stage whether male or female the pattern thinking is that in which immediate needs tend to have priority over long term ones and because they lack knowledge and skill to make healthy choices. Thus, number of adolescents who lack proper monitoring and negative or low self-efficacy spent much of their time with peers at parties, “hanging out” at malls, dating, talking and unwanted substance (Osgood & Anderson, 2004).

Substance abuse has emerged as one of the major public-health challenges facing the world today. According to Afuwai (2016), adolescence and young adulthood are critical risk periods for the initiation of tobacco and alcohol use. According to the National Centre on Addiction and Substance Abuse, more than 90% of people with a substance problem began smoking, drinking or using other drugs before age 18. According to the Odejide, (2019), substance abuse is a pattern of recurrent use that leads to damaging consequences. Damaging consequences may involve failure to meet one’s major role responsibilities (e.g, as a student, worker, or parent) , putting oneself in situations where substance use is physically dangerous (e.g, mixing driving and substance use ), encountering repeated problem with the law arising from substance use (e.g, multiple arrest for substance –related behaviour), or having recurring social or interpersonal problem because of substance use (e.g., repeatedly getting into fights when drinking) (Afuwai, 2016).

Self-efficacy refers to the consciousness of an inner ability, strength and potential; adolescents have to exert control over one’s own motivation, behavior, and social environment. Self-efficacy determines the emotional, psychological and physical development of adolescents. Hall and Vance (2010), found that self-efficacy are thoughts or ideas people hold about their abilities to perform those tasks necessary to achieve a desired outcome which can influence people’s behaviour either positively or negatively based on their perception of their abilities concerning a particular task. Individuals with higher self-efficacy are likely to handle situations with calmness and hence may adjust to situations better than those who do not have high self-efficacy.

Lanpert (2007), found that self-efficacy significantly predicts substance abuse among school adolescents. This implies that adolescents with low self-efficacy usually engage in substance abuse. It further found that male adolescents engage in substance abuse than their female counterpart. This is because male adolescents are associated with high Self-efficacy. Contrary to this, Hall and Vance (2010), found that students' adolescents with low self-efficacy are not likely to engage in substance abuse rather than other environmental factors. It further revealed that both female and male student adolescents can be prone to substance abuse if there is an avenue for it

According to Farrell and White (2018), peer pressure refers to the influences that peers can have on each other. Peer pressure is emotional or mental forces from people belonging to the same social group (such as age, grade or status) to act or behave in a manner similar to themselves (Ryan, 2010). Ryan (2010) defined peer pressure as the ability of people from the same social rank or age to influence another of same age, bracket peer pressure is usually associated with teens although its influence is not confined to teenagers alone. Peer pressure is commonly associated with episodes of adolescent risk taking (such as delinquency, drug abuse, sexual behaviours), because these behaviours commonly occur in the company of peers. It can also have positive effects when youth are pressured by the peer toward positive behaviour. Such as volunteering for charity or excelling in academics (Fayombo & Aremu, 2010).

Fayombo and Aremu (2010), found that significant relationship between peer pressure and substance abuse among secondary school adolescents. It further revealed that peer pressure can be negative or positive. They can encourage each other to skip classes, steal, cheat, use of drugs or alcohol, or become involve in other risky behaviours. Majority of adolescents with substance abuse problems began using drug or alcohol as a result of peer pressure. Negative peer pressure may influence in various ways like joining group who drink alcohol, smoke cigarette and Indian hemp among others. It may also lead to the decision to have a boy friend/girl friend, Peer pressure indulges youth into loitering about in the streets, watching films and attending parties during school hours, taping as

alternative to stealing which may eventually graduate into armed robbery. (Arief, 2011)

Gender may have positive and negative influence on in-school adolescent substance abuse (Fayombo & Aremu, 2010). This implies that male in-school adolescents do take substance abuse than female students. According to Eneh and Stanley (2014), gender usually refers to traits and behaviours that a particular culture judges to be appropriate for men and women. This implies that both male and female in-school adolescents do not differ in the substance abuse. Barnes (2012), stated that although the majority of the researcher shows that parent attachment is stronger in female, female may also be more likely than boys to draw support from other sources, such as peers, because female may be more active in the pursuit of relatedness in the context of their peer relations. Hay and Ashman (2003), found that females were more influenced by peer relations than males. It has also been revealed that girls do better in school, get higher grades and can graduate from high school at a higher level than boys (Aryana, 2010).

The alarming evidence in the prevalence of drug abuse, the effects and consequences of substance abuse among students has called for concern and challenge to all helping professions to mount strategies of equipping youths with skills of living devoid of substance abuse. In Nigeria today, the consequences of substance use are diverse, including acute and chronic health, social as well as psychological problems. There is disruption of interpersonal relationships particularly within the family, marginalization, criminal behaviour, school failure, vocational problems and failure to achieve normal adolescent developmental tasks, yet these adolescents are expected to be the leaders of the country in the future when they do not even have any focus for the future. Several studies carried out among the secondary school students on drug abuse by Eneh, and Stanley (2014). Obianwu, (2005), found that students and youths are involved in cannabis abuse and stimulants such as amphetamines and cannabis. Therefore, this study seeks to examine Self-efficacy and Peer Pressure as correlates of substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State

The main purpose of this study is to investigate Self-efficacy and Peer Pressure as correlates of substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State. Specifically, this study seeks to:

1. find out the level of Self-efficacy among secondary school adolescents in Dutsin-Ma LGA, Katsina state.
2. examine the level of Peer Pressure among secondary school adolescents in Dutsin-Ma LGA, Katsina state
3. investigate the significant relationship between Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State.
4. determine the significant relationship between peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State.
5. find out significant difference in the Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender
6. determine the significant difference in the peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender

### **Research Questions**

The following research questions were raised to guide the conduct of this study:

1. What is the level of Self-efficacy among secondary school adolescents in Dutsin-Ma LGA, Katsina State?
2. What is the Level of Peer Pressure among secondary school adolescents in Dutsin-Ma LGA, Katsina state?
3. Is there any significant relationship between Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State?
4. Is there any significant relationship between peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State?

5. Is there any significant difference in the Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender?
6. Is there any significant difference in the peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender?

### **Research Hypotheses**

The following null hypotheses were formulated and tested in the study.

**H<sub>01</sub>:** There is no significant relationship Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina

**H<sub>02</sub>:** There is no significant relationship between peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State

**H<sub>03</sub>:** There is no significant difference in the Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender

**H<sub>04</sub>:** There is no significant difference in the peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender

### **Methodology**

This study adopted the correlation research design. According to Nworgu (2006), this type of study 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. The population of the study comprised of 2,776 SS II in all the 9 public senior secondary schools in Dutsin-Ma Local Government, Katsina State. (*Source: Dutsin-Ma Zonal Education Quality Assurance, 2021*). The simple random sampling technique was used to select 7 public senior secondary schools. It was also used to 30 SS II from each of the 7 public senior secondary school students who are between the ages of 12 to 21 years old, making a total of 210 respondents for this study.

The researcher employed three instruments; Peer Pressure Scale and Substance Abuse Scale adapted from Farrell and White, (2018). Self-efficacy Scale adapted from Lampert (2007). Each of the instruments has 10 items with 4 points scale ranging from Strongly Disagree (1), to Disagree (2), Agree (3) and Strongly Agree (4). The reliability index of each of the instruments are; Peer Pressure Scale (PPS) 0.67, Substance Abuse Scale (SAS) 0.69 and Self-efficacy Scale (SES) 0.70 respectively. The research questions 1 and were answered using Mean and Standard Deviation. Also, research hypotheses 1 and 2 were analyzed through Pearson Product Moment Correlation (PPMC) Statistic while hypothesis 3 and 4 were tested using t-test all at 0.05 level of significance.

**Results**

**Answering of Research Questions**

**Research Question 1:** What is the level of Self-efficacy between female and male secondary school adolescents in Dutsin-Ma LGA, Katsina State?

**Table1: Showing Mean and Standard Deviation of level of Self-efficacy between female and male secondary school adolescents in Dutsin-Ma LGA, Katsina State**

<b>Gender</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>Decision</b>
<b>Female</b>	116	43.86	12.33	<b>High</b>
<b>Male</b>	109	21.96	11.77	<b>Low</b>

Table 1 revealed that male adolescents had mean score of 21.96, female adolescents had mean score of 43.86. This implies that the level of female secondary school adolescents in Dutsin-Ma LGA, Katsina State was higher than male counterpart.

**Research Question 2:** What is the level of peer pressure between female and male secondary school adolescents in Dutsin-Ma LGA, Katsina State?



**Table 2: Showing Mean and Standard Deviation of level of peer pressure between female and male secondary school adolescents in Dutsin-Ma LGA, Katsina State**

Gender	N	Mean	SD	Decision
Female	116	11.96	10.12	Low
Male	109	23.45	11.13	High

Table 2 revealed that male adolescents had mean score of 23.45, female adolescents had mean score of 11.96. This implies that the level of peer pressure of male secondary school adolescents in Dutsin-Ma LGA, Katsina State was higher than the female adolescents.

**H0<sub>1</sub>:** There is no significant relationship between Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State

**Table 3: Showing Correlation between Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State**

Variables	N	Mean	SD	Df	Cal <i>.r- Value</i>	Critical <i>r-value</i>	Decision
Self- efficacy	210	31.56	2.01	208	0.72	0.22	Rejected
Substance Abuse	210	23.86	2.21				

$P > 0.05$

Table 3 revealed that the calculated r-value (0.72) is greater than the Critical r-value (0.22) at 0.05 level of significance and 208 degree of freedom. Hence, the null hypothesis is rejected. This implies that there is a significant relationship between Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State

**H0<sub>2</sub>:** There is no significant relationship between peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State

**Table 4: Showing Correlation between peer pressure and substance abuse among secondary school adolescents in Dutsin-ma LGA, Katsina State**

Variables	N	Mean	SD	Df	Cal .r- Value	Critical r-value	Decision
Peer Pressure	210	24.76	2.13	208	0.84	0.14	Rejected
Substance Abuse	210	53.48	2.11				

P>0.05

Table 4 showed that the calculated r-value (0.84) is greater than the Critical r-value (0.14) at 0.05 level of significance and 208 degree of freedom. Hence, the null hypothesis is rejected. This implies that there exists significant relationship between peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State.

**H03:** There is no significant difference in the Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender

**Table 5: Showing t- test on difference in the Self-efficacy and substance abuse among secondary school adolescents in Dutsin-ma LGA, Katsina State on the basis of gender**

Gender	N	Mean	SD	Df	T-cal Value	T- crit. value	Decision
Female	113	2.67	0.12	208	2.32	1.38	Rejected
Male	97	2.93	0.22				

P>0.05

Table 5 revealed that the t-calculated value is greater than the t-critical value of 1.38 at 0.05 level of significance. Hence, the null hypothesis that states there is no significant difference in the Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma

LGA, Katsina State between female and male is therefore rejected. This implies that there is a significant difference in the Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender.

**H<sub>04</sub>:** There is no significant difference in the peer pressure and substance abuse among secondary school adolescents in Dutsin-ma LGA, Katsina State on the basis of gender

**Table 6: Showing t- test on difference in the peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender**

Gender	N	Mean	SD	Df	T-cal Value	T-crit. value	Decision
Female	113	2.35	0.12	208	2.14	1.85	Rejected
Male	97	2.31	0.28				

$P > 0.05$

Table 6 revealed that the t-calculated value is greater than the t-critical value of 1.85 at 0.05 level of significance. Hence, the null hypothesis that states there is no significant difference in the peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State between female and male is therefore rejected. This implies that there is a significant difference in the peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State on the basis of gender is therefore rejected.

### Discussion of Findings

Research question one revealed that male adolescents had mean score of 21.96, female adolescents had mean score of 43.86. This implies that the level of Self-efficacy of male secondary school adolescents in Dutsin-Ma LGA, Katsina State was low than the female adolescents. The finding of this study corroborates with Lanpert, (2007), who found that male adolescents had low level self-efficacy compare to their female counterpart. Contrary to this, Hall and Vance (2010), found that adolescent

female students do have low self-efficacy while the male students do have high self-efficacy.

Research question two revealed that female adolescents had mean score of 23.45, male adolescents had mean score of 11.96. This implies that the level of peer pressure of male secondary school adolescents in Dutsin-Ma LGA, Katsina State was higher than the female adolescents. This study is in line with Fayombo and Aremu (2010), found that the level of peer pressure among the male secondary school adolescents was higher than the female. While Eneh and Stanley (2014), found that peer pressure among the female secondary school adolescents was higher than the male counterpart.

The result of hypothesis one showed that there was a significant relationship between Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State. The finding of this study agrees with Lanpert (2007), found that self-efficacy significantly predicts substance abuse among secondary school students. This implies that adolescents with low self-efficacy usually engage in substance abuse. Contrary to this, Hall and Vance (2010), found that self-efficacy cannot significantly predicts substance abuse among secondary school students but other personal variables.

The result of hypothesis two revealed that there exists a significant relationship between peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State. The finding of this study agrees with Farrell and White (2018), found that there exists significant relationship between peer pressure and substance abuse among secondary school adolescents. Majority of adolescents with substance abuse problems began using drug or alcohol as a result of peer pressure. Opposing to this by Arief, (2011) found that found that peer pressure can be negative or positive. It can also have positive effects when youth are pressured by the peer toward positive behaviour. Such as volunteering for charity or excelling in academics.

The result of hypothesis three revealed there is a significant difference in the Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State between female and male. This implies that male adolescents had low level self-efficacy

compare to their female counterpart. The finding of this study is supported by Lanpert, (2007), who found that male adolescents had low level self-efficacy compare to their female counterpart. Contrary to this, Hall and Vance (2010), found that adolescent female students do have low self-efficacy while the male students do have high self-efficacy.

The result of hypothesis four revealed that there is a significant difference in the peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State between female and male. This study is in line with Farrell and White (2018), found that level of peer pressure among the male secondary school adolescents was high than the female. While Eneh, and Stanley (2014), found that peer pressure among the female secondary school adolescents was higher than the male.

## **Conclusion**

Based on the findings of this study the followings conclusions were made. The level of Self-efficacy of male secondary school adolescents in Dutsin-Ma LGA, Katsina State was low than the female adolescents. The level of peer pressure of male secondary school adolescents in Dutsin-Ma LGA, Katsina State was high than the female adolescents. There was a significant relationship between Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State. There exists significant relationship between peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State. There is significant difference in the Self-efficacy and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State between female and male. There is significant difference in the peer pressure and substance abuse among secondary school adolescents in Dutsin-Ma LGA, Katsina State between female and male.

## **Recommendations**

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

1. There should be in-service training organize by school administrators for adolescents which will help foster positive efficacy beliefs against substance abuse.
2. Care givers and parents should ensure that only positive peer pressures are allowed around students. As the implication of negative peer pressure can result to substance abuse.
3. Educational Psychologists and guidance counselors should be more active towards behaviour modification of student who may be found of substance abuse.
4. All students regardless of gender should ensure to develop positive self-efficacy and not keep peer group without positive influence.

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