Community Perception on Prevalence of Female Involvement in Substance Abuse in Sabon-Tasha, Kaduna State

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Abstract

This study investigates community perception of the prevalence of female involvement in substance abuse in Sabon-Tasha, Chikun Local Government Area (LGA) of Kaduna State adopting a descriptive survey research design anchored on 'social learning theory'. The population of the study comprised 130,000 inhabitants of Sabon-Tasha Ward in Chikun LGA of Kaduna State, while 399 adults were selected to participate in the study using a purposive sampling technique. The study used a validated structured questionnaire to collect primary quantitative data from the selected participants, while data analysis was carried out using frequency/percentage analysis and the Chi-Square goodness of fit test. Findings from the study revealed that the prevalence of female involvement in substance abuse in Sabon-Tasha, Kaduna State is 'relatively high' (Chi-Square = 133.869, DF = 4, P = 0.000). Findings also revealed that alcohol was the most abused substance by females in Sabon-Tasha, Chikun LGA of Kaduna State (Chi-Square = 58.503, DF = 6, P = 0.000). Findings also revealed that 'the use and abuse of substances by parents/siblings/relations/friends' (27.1%) was the major cause of substance abuse among females in Sabon-Tasha, Kaduna State, while 'engagement in crimes, social vices, and violent behaviours' (35.6%) was the major consequence of substance abuse among females in the area. Based on these findings, the study concludes that the prevalence of female involvement in substance abuse in Sabon-Tasha, Kaduna State was 'relatively high', and recommended among other suggestions that parents and guardians as well as religious leaders in the community should help provide proper guidance and counselling to youths, especially females on

drug/substance abuse and its dangers to help restrain their involvement in the act of drugs/substances abuse.

Keywords: Female, Involvement, Substance Abuse, Perception, Prevalence

Introduction
Background to the Study

The global society is threatened with social and economic challenges such as drug or substance abuse (Oluwasola, Layefa, & Babaleye, 2021). These have triggered notable changes among youths in society which are indications of bad upbringing and nurturing (Oluwasola, Layefa & Babaleye, 2021). According to the UNODC (2019), an estimated 271 million people from the age of 15 to 64 were found to engage in drug and substance abuse. Substance abuse has become a global issue that has attracted the attention of many. Thus, the menace of substance abuse is not new to Nigerian society as the country is witnessing an increase in crimes and offences that are related to substance abuse (Abdullahi & Abdullahi, 2023).

According to Oluwasola, Layefa and Babaleye (2021), medical substances have been used by humans from time immemorial, for the treatment of different ailments and for enhancing human health. This assertion was supported by Abdullahi and Abdullahi (2023) who stated that 'substance abuse could be traced to the advent of contemporary medical drugs and substances, which people found to be effective for stimulating, calming, and thrilling them when consumed. In the past, people utilized herbs and plants to cure ailments, earn additional energy, or get rid of work stress. These drugs and substances, when properly consumed through the prescription of a medical practitioner are a source of succor to humans and blessings to the society at large.

Statement of the Problem

The menace of drug/substance abuse among youths has further deteriorated in developing countries like Nigeria through globalization; thereby, resulting in public health challenges, worldwide (Balamurugan, 2018). Also, the use and consumption of drugs not prescribed by medical

practitioners as well as the consumption and utilization of illicit drugs is not only common to males alone, as a good proportion of females in many societies in the world now engage in this act. According to Abdullahi and Abdullahi (2023), peer pressure also causes young adults to succumb to the experimentation of drug and substance abuse in society. According to Asagba, Agberotimi, and Olaseni (2021), there are enough pieces of evidence that suggest an increase in the extent of females in drug/substance abuse in Nigeria. The trend is rather disturbing and has become a subject of key national interest in Nigeria (Adenugba & Okeshola, 2018). Most of the females who engage in substance abuse do not fully understand the long-term repercussions of this, and even when they understand it, they find it very hard to do away with the habit, and also difficult to look for help from professional counsellors, because they do not want people to know about their substance-abusing habit (Abdullahi & Abdullahi, 2023).

Several studies carried out on female involvement in substance abuse did not focus on the perception of the community on female involvement. Since it is desirable to know the perception of the community on the involvement of females in substance abuse, it is important for studies to be conducted to ascertain this. In light of the above, this study is conducted to investigate the perception of community members on the prevalence of female involvement in substance abuse in Sabon-Tasha, Chikun Local Government Area (LGA) of Kaduna State.

Research Objectives
The main objective of this study is to investigate community perception of the prevalence of female involvement in substance abuse in Sabon-Tasha Ward of Chikun LGA in Kaduna State. However, the specific objectives of the study are to:
1. Determine the perception of the community on the prevalence of female involvement in substance abuse in Sabon-Tasha.
2. Ascertain the most abused substance by females in Sabon-Tasha.
3. To examine the causes of female involvement in substance abuse in Sabon-Tasha.
4. To assess the consequences of female involvement in substance abuse in Sabon-Tasha.

Research Questions

Based on the specific objectives above, the research questions of the study are:

1. What is the perception of the community members regarding the prevalence of female involvement in substance abuse in Sabon-Tasha?
2. What is the most abused substance by females in Sabon-Tasha?
3. What are the causes of female involvement in substance abuse in Sabon-Tasha?
4. What are the consequences of female involvement in substance abuse in Sabon-Tasha?

Research Hypotheses

H_{01}: There is a significant difference in community perception of the prevalence of female involvement in substance abuse in Sabon-Tasha.

H_{02}: There is no significant difference in the substances abused by females in Sabon-Tasha.

Scope of the Study

This study was conducted in Sabon-Tasha Ward in Chikun LGA of Kaduna State. Hence, it is restricted to only adult females who reside in Sabon-Tasha and engage in substance abuse.

Review/Theoretical Framework/Conceptual Framework:
Definition of Drug/Substance

Drugs or substances are biochemical mixtures that when taken in substantial quantities intoxicate and influence the physical and psychological behaviour, thinking, sense of reasoning, and actions of the consumer (Abdullahi & Abdullahi, 2023). In the view of Siro (2014), a substance is a biochemical mixture that is used in the prevention and treatment of ailments and diseases. He further maintained that a drug or substance is any blend with the exclusion of food, which when consumed or administered emotionally affects the functioning and structure of a living being due to the biochemical constituents in it.

Concept of Drug Abuse

Mamman, Othman, and Lian (2014) defined drug abuse as the indiscriminate over-reliance or misapplication of a specific type of drug with or without a previous clinical diagnosis and prescription from a medical practitioner. The trio further stated that drug abuse is the unsafe use of either a permissible or illicit substance that alters the human mind, as well as the administration of legally approved drugs through self-medication without the consent and prescription of a medical practitioner. According to Abdullahi and Abdullahi (2023), substance abuse is the consumption of medical drugs when they are not clinically required and when used against legal prohibition. The duo further affirmed that substance abuse is the excessive utilization and intake of drugs without following medical instructions.

Drugs or substances properly and reasonably consumed are effective in curing ailments and diseases, while drugs or substances incorrectly and unreasonably consumed have adverse effects on the health and normal functioning of the human brain, mind, and body (Abdullahi & Abdullahi, 2023). The utilization and abuse of substances have become a common happening among teenagers in many societies, and this has resulted in severe consequences (Nalini, Joseph, & Sathya, 2016).

According to the National Drug Law Enforcement Agency in 2017, there is an increasing female involvement in drug/substance abuse in Nigeria. The report also affirmed that the growing proportion of females who participate in drug abuse consists mostly of undergraduate female students and those who began the act of substance abuse when they were undergraduates (NDLEA, 2017).

Theoretical Framework

This study is anchored on the 'social learning theory' put together by Albert Bandura in 1977. The theory suggests that learning takes place as a result of people observing the behaviour of other people as well as the consequences of the observed behaviours. The theory also suggests that all behaviour is learnt through conditioning, and cognitive theories, which consider psychological effects such as attention and memory (Edinyang: 2016). The

'social learning theory' is focused on the ability of learners to observe and imitate behaviours exhibited within their environment. According to Nabavi (2014), adolescents are surrounded by many influential models, such as parents, characters on mass media and social media, friends, peer groups, religion, other members of society, and the school. These teenagers pay attention to some of these agents of socialization and observe the behaviour- at a later time, they may emulate the observed behaviour irrespective of whether they are proper or not. The social learning theory, therefore, integrates mental and behavioural theories and provides a more all-inclusive model that can be used to explain an extensive range of conducts in the real world. The theory is considered appropriate for explaining the prevalence of female involvement in substance abuse, and the social environment within which they live, which probably stimulates them to engage in the act. Hence, it is used as the theoretical framework for explaining community perception of the prevalence of female involvement in substance abuse in this study.

Review of Prior Empirical Studies

Abdullahi and Abdullahi (2023) conducted a study to examine the perception of female undergraduates on female students' involvement in drug abuse in Kano State adopting a survey research design. The study used a sample size of 306 female undergraduate students who were selected from the Faculty of Education at Bayero University Kano (BUK), Kano University of Science and Technology (KUST), and Yusuf Maitama Sule University Kano (YUMSUK) using a proportionate stratified sampling technique. The study collected primary quantitative data using a questionnaire, while data analysis was carried out using descriptive statistics (mean and standard deviation), independent samples t-test, and One-Way Analysis of variance test (One-Way ANOVA). Findings from the study revealed that female undergraduates in Kano State had highly negative perceptions of female students' involvement in drug abuse in Kano State. Findings also revealed that the most common drug abused by female university students in Kano State was benylin.

Adeyemo, Ohaeri, Pat, and Ogodo (2016) carried out a study to determine the prevalence of drug abuse among students at the University of Benin,

Benin City, Edo State adopting a descriptive survey research design. The study used a sample of 800 students selected from a total target population of 7,570 using a multi-stage sampling technique. The study used primary quantitative data which were collected using a questionnaire, while data analysis was carried out using descriptive statistics and Pearson correlation analysis. Findings from the study revealed that the prevalence of drug abuse among students in the University of Benin was 43.9% and that coffee and alcohol were the most commonly abused drugs among the students.

Namadi and Haruna (2019) conducted a study to assess the prevalence and causes of substance abuse among females in Gombe Metropolis adopting a mixed method (quantitative and qualitative) research design. The study used a sample of 385 adults selected from a total target population of 168,000 using multistage sampling and purposive sampling techniques. The study used quantitative and qualitative data which were collected with questionnaires and in-depth interviews, respectively. The quantitative data collected were analyzed using frequency/percentage analysis, while the qualitative data were analyzed using content analysis. Findings from the study revealed that the most commonly abused substance among females in the Gombe metropolis was benylin.

Lawan and Farouq (2016) conducted a study to determine the perception of tertiary institutions' students in Kano State on vulnerability factors of women's involvement in drug abuse and the types of drugs commonly abused by women in Kano State adopting a descriptive survey research design. The study used a sample of 200 male and female students randomly selected from four (4) randomly selected tertiary institutions in Kano State. The study used a questionnaire to collect primary quantitative data, while data analysis was carried out using descriptive statistics (mean and standard deviation) and t-tests. Findings from the study revealed that students of tertiary institutions in Kano State were of the perception that women in Kano State were highly involved in drug abuse. Findings also revealed that the most commonly abused drugs by women in Kano State were; sedative-hypnotics, stimulants, lysergic acid, syrup, and demerol.

Oshikoya and Alli (2006) examined the perception of drug abuse amongst Nigerian undergraduates at Lagos State University (LASU), Ojo adopting a descriptive survey research design. The study used a sample of 1000 students who were selected randomly using a multistage sampling technique, while quantitative data for the study were collected using a questionnaire. The data were analyzed using frequency/percentage analysis. Findings from the study revealed that the most commonly abused drugs by undergraduate students in LASU, Ojo were; marijuana and coffee/caffeine.

Methods

Research Design

A descriptive survey research design was adopted in carrying out this study.

Population of the Study

This study was conducted in the Sabon-Tasha ward of Chikun LGA of Kaduna State. The current population of the ward was difficult to get at the time of conducting the study. However, the Kaduna State Bureau of Statistics in 2018 projected the population of Sabon-Tasha in 2020 to be 130,000 (KDSBS, 2018). Hence, the population of this study is taken as 130,000.

Sample Size of the Study

The study used an ideal sample size of 399 which was estimated using Yamane technique (Yamane, 1967) with an error margin of 5% (e = 0.05).

Sampling Technique

Respondents in this study were selected using a purposive sampling technique. However, only persons from the age of 18 years who reside within the study area were included as participants in the study.

Instrumentation

This study used primary quantitative data collected from respondents through a structured questionnaire. The questionnaire contains close-ended questions with multiple answer options and is self-administered. It is made of two (2) sections – A and B. Section A contains questions that endeavour to know respondents' socio-demographic characteristics such as sex, age,

marital status, highest educational attainment, and occupation. Section B contains questions that endeavour to know the perception of respondents regarding the prevalence of female involvement in substance abuse as well as the substances mostly abused by females in Sabon-Tasha, Chikun LGA of Kaduna State.

Method of Data Analysis
The data collected through a questionnaire in this study were analyzed using frequency/percentage analysis and the Chi-Square goodness of fit test. The data analyses were carried out with the aid of Statistical Package for the Social Sciences version 25 (SPSS 25.0).

Results
The selected 399 respondents in this study were each administered a copy of the questionnaire to respond to the questions and subsequently, return the completed copies of the questionnaire to the researcher. Nevertheless, only 306 completed copies of the questionnaire were returned or retrieved. This is an indication that a response rate of 76.7 percent, is deemed to be a reasonable response rate for the researcher to continue with the study. Hence, the basis for data analysis in the study was 306 and not 399.

Socio-Demographic Characteristics of Respondents

Table 1:   Socio-Demographic Characteristics of Respondents

Variable	Frequency	Percent
Gender		
Male	116	37.9
Female	190	62.1
Total	**306**	**100.0**
Age Category		
18-25 years	36	11.8
26-33 years	49	16.0
34-41 years	61	19.9
42-49 years	75	24.5
50-57 years	53	17.3
58 years and above	32	10.5
Total	**306**	**100.0**

Marital Status

Single	85	27.8
Married	146	47.7
Separated	37	12.1
Divorced	17	5.6
Widowed	21	6.9
Total	**306**	**100.0**

Highest Educational Attainment

Postgraduate	22	7.2
First Degree/HND	95	31.0
NCE/ND	75	24.5
School Certificate	56	18.3
Primary School Certificate	27	8.8
No Formal Education	12	3.9
Others	19	6.2
Total	**306**	**100.0**

Occupation

Farming	83	27.1
Civil Servant	53	17.3
Trading	58	19.0
Entrepreneurship	46	15.0
Artistry	49	16.0
Others	17	5.6
Total	**306**	**100.0**

Source: Researcher's Field Survey, 2023

Table 1 shows the distributions of respondents' socio-demographic characteristics in this study? The first panel of the Table shows the sex distribution of the respondents of which 116(37.9%) were males, while 190(62.1%) were females. This distribution implies that the majority of the respondents in this study were females. This is also an indication that there are more females than females in Sabon-Tasha, Chikun LGA of Kaduna State.

The second panel of the Table shows the age distribution of the respondents of which most of them 75(24.5%) were in the age category of '42-49 years',

while the least were in the age category of '58 years and above' 32(10.5%). This distribution implies that the majority of the respondents in this study were in the age category of '42-49 years'. This is also an indication that most adults in Sabon-Tasha, Chikun LGA of Kaduna State are in the age category of '42-49 years'.

The third panel of the Table shows the marital status distribution of the respondents of which most of them 146(47.7%) were 'married', while the least 17(5.6%) were 'divorced'. This distribution implies that the majority of the respondents in this study were 'married'. This is also an indication that most adults in Sabon-Tasha, Chikun LGA of Kaduna State are married.

The fourth panel of the Table shows the educational attainment distribution of the respondents of which most of them 95(31.0%) had 'First Degree/HND', while the least 12(3.9%) had 'no formal education'. This distribution implies that the majority of the respondents in this study had 'First Degree/HND'. This is also an indication that most adults in Sabo-Tasha, Chikun LGA of Kaduna State have attained a 'First Degree/HND'.

The fifth panel of the Table shows the occupational distribution of the respondents of which most of them 83(27.1%) were into farming, while the least 17(5.6%) were into other occupations not listed. This distribution implies that the majority of the respondents in this study were into farming. This is also an indication that most adults in Sabon-Tasha, Chikun LGA of Kaduna State are into farming as their main occupation.

Respondents' Views Regarding Prevalence of Female Involvement in Substance Abuse
Table 2: Are you aware that females are involved in substance abuse?

	Frequency	Percent
Yes	290	94.8
No	0	0.0
Can't Say	16	5.2
Total	306	100.0

Source: Researcher's Field Survey, 2023

Table 2 shows the distribution of responses on whether respondents were aware that females were involved in substance abuse? The Table reveals that 290(94.8%) of the respondents indicated 'yes'; 0(0.0%) indicated 'no', while 16(5.2%) indicated 'can't say'. This distribution of responses implies that the majority of the respondents in this study indicated that they were aware that females were involved in substance abuse. This is also an indication that most adults in Sabon-Tasha are aware that females were involved in substance abuse.

Table 3: Do you know of any female in your vicinity that is involved in substance abuse?

	Frequency	Percent
Yes	226	73.9
No	64	20.9
Can't Say	16	5.2
Total	306	100.0

Source: Researcher's Field Survey, 2023

Table 3 shows the distribution of responses on whether respondents knew of any female in their vicinities that was involved in substance abuse? The Table reveals that 226(73.9%) of the respondents indicated 'yes'; 64(20.9%) indicated 'no', while 16(5.2%) indicated 'could not say'. This distribution of responses implies that the majority of the respondents in this study indicated 'yes' that they knew of females in their vicinities who were involved in substance abuse. This is also an indication that most adults in Sabon-Tasha, Chikun LGA of Kaduna State know of adults in their vicinities who are involved in substance abuse.
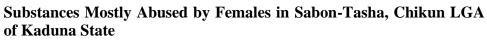
Substances Mostly Abused by Females in Sabon-Tasha, Chikun LGA of Kaduna State

Table 4: What are the substances abused by these females in your vicinity?

	Frequency	Percent
Alcohol	73	23.9
Tobacco	51	16.7
Coffee	28	9.2
Kola nut	20	6.5
Marijuana (Indian Hemp)	30	9.8
Codeine/Benylin	68	22.2
Others*	36	11.8
Total	306	100.0

* Heroine, Tramadol, Morphine, Roche, Glue/Gum, and Cocaine
Source: Researcher's Field Survey, 2023

Table 4 shows the distribution of responses on the substances mostly abused by these females in respondents' vicinities. The Table reveals most of the respondents 73(23.9%) indicated 'alcohol', while the least 20(6.5%) indicated 'kola nut'. This distribution of responses implies that the majority of the respondents were of the view that the most abused substance by female substance abusers was alcohol. This is also an indication that the most abused substance by female substance abusers in Sabon-Tasha, Chikun LGA of Kaduna State is alcohol.

Respondents' Perceptions Regarding the Prevalence of Female Involvement in Substance Abuse in Sabon-Tasha

Table 5: What do you think is the prevalence of female involvement in substance abuse in Sabon-Tasha?

	Frequency	Percent
Very High	42	13.7
High	137	44.8
Moderate	23	7.5
Low	67	21.9
Very Low	37	12.1
Total	306	100.0

Source: Researcher's Field Survey, 2023

Table 5 shows the distribution of responses on the prevalence of female involvement in substance abuse in Sabon-Tasha? The Table reveals that 42(13.7%) had the perception that the prevalence was very high; 137(44.8%) had the perception that it was high; 23(7.5%) had the perception that it was moderate; 67(21.9%) had the perception that it was low, while 37(12.1%) had the perception that the prevalence was very low. This distribution of responses implies that the majority of the respondents in this study had the perception that the prevalence of female involvement in substance abuse in Sabon-Tasha was relatively high. This is also an indication that there is a relatively high prevalence of female involvement in substance abuse in Sabon-Tasha.

Causes of Substance Abuse among Females in Sabon-Tasha, Chikun LGA of Kaduna State:
Table 6: What are the causes of substance abuse among females in your vicinity?

	Frequency	Percent
Societal acceptance of the use of substances, e.g. alcohol	36	11.8
Ignorance about the hazards of substance abuse	66	21.6
Peer group influence	72	23.5
Use and abuse of substances by parents/siblings/relations/friends	83	27.1
Desire to feel popular among colleagues	49	16.0
Total	306	100.0

Source: Researcher's Field Survey, 2023

Table 6 shows the distribution of responses on the causes of substance abuse among females in respondents' vicinities? The Table reveals that most of the respondents 83(27.1%) indicated that 'use and abuse of substances by parents/siblings/relations/friends' was the cause of substance abuse among females in their vicinities; while the least 36(11.8%) indicated 'societal acceptance of the use of substances, e.g. alcohol'. This distribution of responses implies that the majority of the respondents were of the view that 'use and abuse of substances by parents/siblings/relations/friends' was the major cause of substance abuse among females in their vicinities. This is

also an indication that 'use of substances by parents/siblings/relations/friends' is the major cause of substance abuse among females in Sabon-Tasha, Chikun LGA of Kaduna State.

Consequences of Female Involvement in Substance Abuse in Sabon-Tasha, Chikun LGA of Kaduna State:
Table 7: What are the consequences of substance abuse among females in your area?

	Frequency	Percent
Physical health problems such as liver cirrhosis, pancreatic, peptic ulcer, hypertension, and tuberculosis.	81	26.5
Low self-esteem.	44	14.4
Anxiety, depression, and psychological disorders.	72	23.5
Engagement in crimes, social vices, and violent behaviours	109	35.6
Total	306	100.0

Source: Researcher's Field Survey, 2023

Table 7 shows the distribution of responses on the consequences of substance abuse among females in respondents' vicinities? The Table reveals that most of the respondents 109(35.6%) indicated 'engagement in crimes, social vices, and violent behaviours' was the major consequence of substance abuse among females in their vicinities; while the least 44(14.4%) indicated 'low self-esteem'. This distribution of responses implies that the majority of the respondents were of the view that 'engagement in crimes, social vices, and violent behaviours' was the major consequence of substance abuse among females in their vicinities. This is also an indication that 'engagement in crimes, social vices, and violent behaviours' was the major consequence of substance abuse among females in Sabon-Tasha, Chikun LGA of Kaduna State.

Tests of Hypotheses
The Chi-Square goodness of fit test is used to test the null hypotheses formulated to guide this study using a level of significance of 5% ($\alpha = 0.05$).

Null Hypothesis #1

H_{01}: There is a significant difference in community perception of the prevalence of female involvement in substance abuse in Sabon-Tasha.

The results of the Chi-Square goodness of fit test for the first null hypothesis (H_{01}) in this study are shown in Table 8:

Table 8: Chi-Square Test Statistics

	What is your perception regarding the prevalence of female involvement in substance abuse in Sabon-Tasha?
Chi-Square	133.869
Df	4
Asymp. Sig.	0.000

Source: Researcher's SPSS Chi-Square Goodness of Fit Test Output, 2023

Table 8 shows the result of the Chi-square goodness of fit test used in testing the first null hypothesis (H_{01}) that the community has the perception that the prevalence of female involvement in substance abuse in Sabon-Tasha is not relatively high. Since the test returned a Chi-Square statistic value of 133.869 with 4 degrees of freedom, and an associated P value of 0.000 which is less than the level of significance value of 0.05 ($P < 0.05$), it implies that the first null hypothesis (H_{01}) is rejected at 5%. Hence, it is concluded that the community has the perception that the prevalence of female involvement in substance abuse in Sabon-Tasha is relatively high.

Null Hypothesis #2

H_{02}: There is no significant difference in the substances abused by females in Sabon-Tasha.

The results of the Chi-Square goodness of fit test for the second null hypothesis (H_{02}) in this study are shown in Table 9:

Table 9: Chi-Square Test Statistics

	What are the substances abused by females in your vicinity?
Chi-Square	58.503
Df	6
Asymp. Sig.	0.000

Source: Researcher's SPSS Chi-Square Goodness of Fit Test Output, 2023

Table 9 shows the result of the Chi-square goodness of fit test used in testing the second null hypothesis (H_{02}) that there is no significant difference in the substances abused by females in Sabon-Tasha, Chikun LGA of Kaduna State. Since the test returned a Chi-Square statistic value of 58.503 with 6 degrees of freedom, and an associated P value of 0.000 which is less than the level of significance value of 0.05 ($P < 0.05$), it implies that the second null hypothesis (H_{02}) is rejected at 5%. Hence, it is concluded that there is a significant difference in the substances abused by females in Sabon-Tasha. From Table 4, it can be observed that the most abused substance in Sabon-Tasha is alcohol (23.9%). This implies that alcohol is the most abused substance by females in Sabon-Tasha.

Discussions, Conclusion, and Recommendations:
Discussion of Findings

This study was conducted with the main objective of investigating community perception of the involvement of females in substance abuse in Sabon-Tasha, Chikun Local Government Area of Kaduna State adopting a descriptive survey research design. The study utilized a purposive sample of 399 inhabitants of the study area, while primary quantitative data were collected through a questionnaire. The data were analyzed using frequency/percentage analysis and the hypotheses were tested using the Chi-Square goodness of fit test. The results were all presented in Tables and duly interpreted, with some important findings deduced from them. These findings are discussed here in relation to findings of prior empirical studies earlier reviewed in the study.

The results of the data analysis revealed that the majority of the respondents in the study were; females (62.1%), in the age category of '42-49 years', married (47.7%), attained First Degree/HND (31.0%), and were farmers (27.1%).

One of the major findings of the study was that the community had the perception that the prevalence of female involvement in substance abuse in Sabon-Tasha was relatively high (Chi-Square = 133.869, DF = 4, P = 0.000). This finding is consistent with that of Abdullahi and Abdullahi (2023) whose study revealed that female undergraduates in Kano State had

the perception that the prevalence of drug abuse among female students in Kano State was relatively high. The finding also supports that of Lawan and Farouq (2016) whose study found that students of tertiary institutions in Kano State were of the perception that women in Kano State were highly involved in drugs abuse.

Another major finding of the study was that alcohol was the most abused substance by females in Sabon-Tasha (Chi-Square = 58.503, DF = 6, P = 0.000). The finding partially agrees with that of Adeyemo et al., (2016) whose study revealed that coffee and alcohol were the most commonly abused drugs among students at the the University of Benin. However, the finding is inconsistent with that of Abdullahi and Abdullahi (2023) whose study found benylin to be the most commonly abused drug by female university students in Kano State. The finding also contradicts that of Namadi and Haruna (2019) whose study found that the most commonly abused substance among females in the Gombe metropolis was benylin. The finding also disagrees with that of Lawan and Farouq (2016) whose study revealed that the most commonly abused drugs by women in Kano State were; sedative-hypnotics, stimulants, lysergic acid, syrup, and demerol. The finding is also divergent from the finding of Oshikoya and Alli (2006) whose study revealed that the most common drugs abused by undergraduate students in LASU, Ojo were marijuana and coffee/caffeine.

The study also found that the causes of substance abuse among females in Sabon-Tasha were; societal acceptance of the use of substances, e.g. alcohol, ignorance about the hazards of substance abuse, peer group influence, use and abuse of substances by parents/siblings/relations/friends, and the desire to feel popular among colleagues. However, 'use and abuse of substances by parents/siblings/relations/friends' (27.1%) were found to be the major cause of substance abuse among females in the area.

The study also found that the consequences of substance abuse among females in Sabon-Tasha were; physical health problems such as liver

cirrhosis, pancreatic, peptic ulcer, hypertension, and tuberculosis, low self-esteem, anxiety, depression, psychological disorder, engagement in crimes, social vices, and violent behaviours. However, 'engagement in crimes, social vices, and violent behaviours' (35.6%) was found to be the major consequence of substance abuse among females in the area.

Conclusion

Based on the above findings, the study concludes that the prevalence of female involvement in substance abuse in Sabon-Tasha, Chikun LGA of Kaduna State is 'relatively high'.

Recommendations

Based on the findings and conclusion of the study, the researcher proffers the following recommendations:

- Parents and guardians as well as religious leaders in the community should help provide proper guidance and counselling to youths, especially females on drug/substance abuse and its dangers so as to help restrain their involvement in the act of drug/substance abuse.
- The government of Kaduna State should establish counselling centres in Sabon-Tasha Ward, empowering and equipping them to provide appropriate counselling and guidance to women who are involved in substance abuse in the area, which by extension will help reduce the high prevalence of substance abuse among females in the community.
- The government of Kaduna State should enact appropriate laws to regulate the sales of alcoholic beverages in the state, as well as prohibit pharmacies and patent medicine stores from selling benylin and other cough syrups that are abused to individuals without Physicians' prescriptions.
- Further studies should be conducted in the study area with the main objective of determining the factors that influence female involvement in substance abuse.

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