Patterns of Substance use among Young People in Ado Ekiti, Southwest, Nigeria

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Abstract

The patterns of tobacco smoking, alcohol, and illicit drugs use by young people has presented new public health challenges in lower-middle-income countries like Nigeria. The goal of this study was to assess the patterns of substance use among young people in Ado Ekiti, Southwest, Nigeria. This was a cross-sectional descriptive study carried out among 415 enrolled young people aged 10-24years in Ado Ekiti, Southwest, Nigeria between August 2021, and January 2022. Information on the pattern of substance use was obtained from the respondents using an adapted and pretested structured questionnaire. Enrolled study participants from the four selected geographical areas were randomly chosen using a multistage cluster sampling method. The analysis was done using SPSS version 20; quantitative outcomes were analyzed using descriptive analysis. The result from this study showed that the prevalence of current use of at least one psychoactive substance among the respondents was 69.9%. The most current used substance by the respondents was alcoholic beverages (42.4%) followed by cigarettes (28.3%), cannabis (7.2%), and tramadol (6.6%). The study also revealed that the lifetime rate of alcohol use decreased with age, while cigarette smoking increased with age. This study had shown that alcoholic beverages, cigarettes, and cannabis are the most abused substances by the participants in this location. Intervention strategies that will reduce the rate of substance use among the younger population to the barest minimum are paramount, particularly within the health education arena.

Keywords: *Patterns, Substance use, Young People.*

Introduction

Globally, evidence had shown that the alcohol-related deaths rate in males (6.2%) is higher when compared with the female counterpart which is 1.1% [1]. In a study conducted by [2] had shown that the prevalence of alcohol drinking was 48.4% with higher rate in men (61.9%) than in women (38.1%). In the study conducted by [3], about 50.6% of the youth had used alcohol, 10.6% tobacco, 4.4% cannabis, 5% solvents and 0.1% had used diazepam. Report released by [4] stated that young people in Ethiopia consumed 33% of beer, 22% of spirit, and 2% of wine. An updated report released by [5] revealed that female high school students had recorded higher alcohol use (32%) than their male counterparts of 26%; binge drinking was high among female (15%) high students when compare with male (13%) folks. According to [1], monthly heavy episodic drinking among young people between 15 and 19 years of age (11.7%) was slightly higher than

among the total population aged 15 years or older (7.5%).In a study conducted among first-year students at the University of Nairobi, Kenya reported that the current and frequent substance use were alcohol (22%), cannabis (8%), tobacco (7%) and poly-substance use (13%),while implicating cannabis, tobacco, and alcohol as the main substance use combination [6].In the same study, the current substance use among students living in private hostels were found to be 4 times higher when compared with those residing on campus.

Research conducted in Republic of Palau had shown that the proportion of current alcohol drinking was higher in young adult aged 21-24years than in those aged 18-20yeasr, while there was no difference in marijuana use across age bands [7]. Studies had revealed that, while the cannabis consumption among adolescent boys and girls were found to be high, the prevalent and the persistent pattern of use is common among boys [8]. Similarly, [9] revealed that tobacco and marijuana smoking are very popular in adolescence and there is a high rate of morbidity between them. In a survey conducted in Abakaliki by [10], implicated alcohol as the most commonly used substance with a prevalence rate of 29% while cocaine was the least abused with a rate of 2.1%. In the same study, the rate of consumption of alcohol, cigarettes and kola-nuts was higher among students between the age of 15–19 years olds (90.8%, 44.6% and 76.9% respectively).Also, while the rate of coffee use (63.1%) among the female is higher when compared to male counterpart (36.7%), cannabis and cigarette use were more amongst those who were orphaned while cigarette, alcohol, cannabis, and kola nut showed a significantly higher frequency among those who belonged to divorced families. Study conducted by [11] depicted that psychoactive substance use among male students was higher than their female folks. In a study conducted by [12] among the School Students had exposed that most of the married participants (59.5.0%) was higher than single participants (34.0%),

while the Christian respondents (78.0%) were higher than Muslim study enrollees (21.5%). According to a study conducted by [13], while the lifetime rate of alcohol drinking, khat chewing and cigarette smoking among Woldia University students in Northeastern Ethiopia were 33.1%, 13% and 7.9%, respectively, the current prevalence of alcohol drinking, khat chewing and cigarette smoking was 27.9%%, 10.4 and 6.4%, respectively. A community survey conducted in Hunan, Helongjiang, and Jiangsu in china showed that the percentage range of alcohol intake (58.3% to 82.6%) and smoking rates (64.9% to 68.1%) among men was higher when compared the women (16.3% to 31.4%) and (0.1% to 20.5%) for alcohol and cigarette smoking respectively [14].The same study revealed that the frequency and quantity of psychoactive substance use among females was lower than male folks except for the use of minor tranquillizers and analgesics. Evidence from a descriptive cross-sectional study conducted among final year students of Olabisi Olabanjo University, in Ogun State, Southwestern Nigeria revealed that the prevalence of alcohol, cannabis and inhalant was significantly more in males but significantly lower among students who reported frequent participation in religious activities [15]. Finding from the study conducted in Zaria Nigeria, reported that the current prevalence of psychoactive substances by young people was 46% [16]. Study conducted by [17] reported that the proportion of alcohol use (39.7%) among 15–19 years was found to be higher than other age brackets. In the research conducted in Republic of Palau had revealed that the proportion of current alcohol drinking was higher in young adult aged 21-24years than in those aged; most smokers in low- and middle-income countries start smoking in the early twenties [18]. Findings had shown that the prevalence rate of substance use among secondary school students is high [19, 20].

Worrisomely, there was paucity of research and data on the pattern of psychotropic substance use among young people aged 10-

24years in Ado Ekiti, Southwest Nigeria. Epidemiological study conducted by [21] in Nigeria had exposed a consistent rapid rise in psychoactive substance use among young people notwithstanding the efforts invested by government to stem down the menace; this has resulted in an escalating cultism, mental disorder and violence among young people. In the recent past, media in Nigeria reported a young lady in University of Lagos Nigeria who was nabbed by security agency over the alleged murder of the Chief Executive Officer, Super TV, Usifo Ataga due to the effect psychoactive substance use [22].

Research had shown that the patterns of use, episodic and frequent psychoactive substance were found strongly associated with lower socioeconomic status and lower parental education [23]. Epidemiological survey conducted in Jos South, North Central Nigeria by Charles [24] put the proportion of alcohol use at 93.8%, cough syrup (67.0%), tramadol (65.0%), cigarette (35.6%) and cannabis (26.8%). Study had demonstrated that about 6% of the respondents had used cannabis once or twice, and daily (1.5%), while 2.3% of the respondent had used ecstasy once or two times, while 0.5% daily in the last 30days [25]. Evidence had shown that the main substances consumed by transporter ranges from alcohol, amphetamines, marijuana, and cocaine [26]. Findings from the study conducted by [27] showed that the reported commonest and highest ever used substances by the transporters were alcohol (37.9%), followed by cannabis (34.7%) and tramadol (19.8%), while, cannabis (46.4%), followed by tramadol (31.9%) and alcohol (31%) were the currently used substances. In the same study, the frequency of the current psychoactive use was assessed and 45.2% of the drivers reported to have used psychoactive substances several times a week, while 16.1% used it more than once a week. Findings on psychoactive substance use among university students in Nigeria had exposed that 20% of students with mean age of 20 years had used alcoholic beverages, while the consumption of marijuana and /or opoids including tramadol and codeine was 16.0% [28]. A scoping review from epidemiological studies around substance use in Nigeria had revealed that the substance use among students and youth were 20–40% and 20.9% respectively; cannabis, cocaine, amphetamine, heroin, diazepam, codeine, cough syrup and tramadol were implicated as the most commonly substances being used [29]. In a cross-sectional study conducted among women farmers in Adamawa State on psychoactive substance use revealed that cannabis and tramadol were the mostly used substances due to affordability and availability [30]. Study conducted among Nigerian adults by [31] had revealed that the prevalence rate of any tobacco use among men (8.3%) was higher when compare with women folks of 0.4%; with Igbo ethnic group (6.7%) having the highest prevalence of tobacco. Findings from the study conducted by [32] revealed that alcohol was implicated as the substance most commonly abused with a prevalence rate of 30.1%, followed by tobacco with a prevalence of 21.7% and finally cannabis, cocaine/amphetamine with a prevalence of 13.9%.

The goal of this study was to evaluate the pattern of psychotropic substance use among young people in Ado Ekiti, Southwest, Nigeria.

Materials and Methods

Research Design

A cross-sectional study was conducted among 415 recruited respondents in the four (4) randomly selected geographical areas in Ado Ekiti. Questionnaire was administered to the randomly selected participants to obtain the required information by research assistants. Participants living in Ado Ekiti as well as residing within the selected clusters and those with age bracket between 10 and 24years were included in the study, while the participants with age groups of 10 - 24 years that are mentally ill and did not consent to study were excluded.

Sample size Determination

The sample size for the study was determined using $n = [Z \alpha/2]^2 p (1-p)/d^2$ [33]. A total of 415 respondents were recruited including 10 percent non-response rate.

Sampling Techniques and Data Collection

Respondents from the four randomly selected clusters were randomly recruited using a multistage cluster sampling method. The recruitment of the study participants started with the generation of the cumulative list of the twelve geographical clusters in an excel sheet and random selection of the four clusters through ballot system. This was followed by the generation of the list of the streets in each of the randomly selected four clusters. From the four randomly selected clusters, a total number of 45 streets was listed out of which 13 streets were randomly chosen. The third stage was the assignment of numbers to each household from each chosen thirteen streets. In each of the street, a total number of at least 64 households were selected. The number of households chosen from selected streets was evaluated to be equivalent to population size. Sample size allocation was based on the number of house per street. The final stage involved the random selection of one participant per each randomly selected household/block using ballot system. A total number of at least 32 respondents on average were drawn per street; a total number of 415 eligible participants was recruited across the selected thirteen (13) streets for the study. During the activity, when more than one eligible respondents was found in the same selected household, only one respondent was chosen using ballot system. And when no eligible participant was found in the selected household, the next household was sampled.

Statistical Analysis

A structured questionnaire adapted from Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) tool was administered to obtain all the required variables from the study participants. The analysis was done using SPSS version 20. Descriptive analysis was done to analyze quantitative variables.

Results

Socio-demographic Variables of the Participants

A total number of 415 respondents that met the study criteria were recruited into the survey. Findings from Table 1 below that presented the distribution of the study respondents (n=415) revealed that the mean and median age of the respondents that participated in the study was 20.1 ± 3.6 and 21 years respectively. Most of the participants (68.4%) were within the age band of 20-24 years. Results showed that male respondents (60.0%) were more than female participants (40.0%). Greater percentage of participants (73.5% and 25.8%) were mainly single and married respectively. Majority of the study participants were in secondary school (57.3%) and university (37.1%). The study also depicted that most of the respondents (53.5%) were students and trader (23.6%). Largest percentages of 60.5% of respondents were predominantly Christians. About 60.7% of the respondents was from Yoruba ethnic extraction.

Table 1. Socio-demographic Variables of the Participants

Variables	Freq. (N=415)	n (%)
Age in Years		
10-14	33	8
15-19	98	23.6
20-24	284	68.4
Mean	20.1±3.6	-

|		
Median	21	-
Sex		
Male	249	60
Female	166	40
Marital Status		
Single	305	73.5
Married	107	25.8
Divorced	2	0.5
Cohabitating	1	0.2
Educational Level		
Primary	21	5.1
Secondary	238	57.3
Tertiary	154	37.1
None	2	0.5
Occupational Status		
Trader	98	23.6
Farmer	17	4.1
Housewife	18	4.3
Civil Servant	28	6.7
Transporter	12	2.9
Okada Rider	20	4.8
Students aged 10-24years	222	53.5
Religion		
Christianity	251	60.5
Muslim	139	33.5
Pagan	25	6
Ethnicity		
Hausa	57	13.7
Igbo	106	25.5
Yoruba	252	60.7

Results from this present study put overall lifetime and current use of at least one psychoactive substance at 75.9% and 69.9% respectively as shown in Table 2 below.

From Figure 1 & 2, alcoholic beverages (35.9%) was the most substances ever used substance by the participants followed by cigarettes (21.6%), and cannabis (3.2%). The most current substances used by the respondents were alcoholic beverages (42.4%), followed by cigarettes (28.3%), cannabis (7.2%), tramadol (6.6%), cocaine (5.2%), codeine and (4.8%), scrutchies (2.4%).

Table 2. Prevalence of Lifetime and Current Substance use by the Respondents

Lifetime substance use by the respondents	Frequency (N=415)	n (%)
Yes	315	75.9
No	100	24.1
current substance use by the respondents		
Yes	289	69.6
No	125	30.1
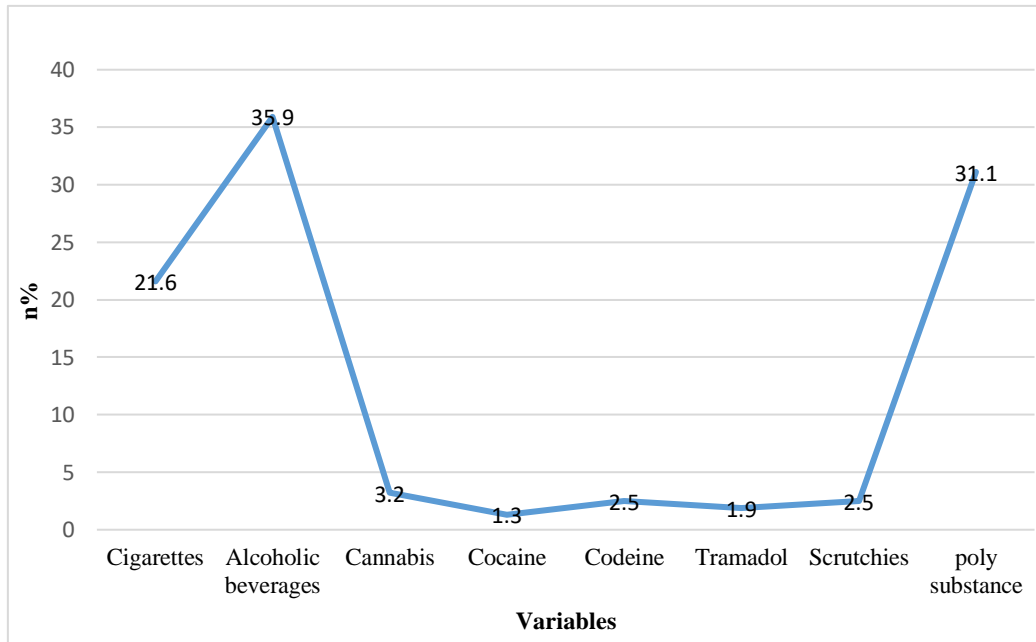
Figure 1. Pattern of Lifetime use of Different Substances by the Respondents
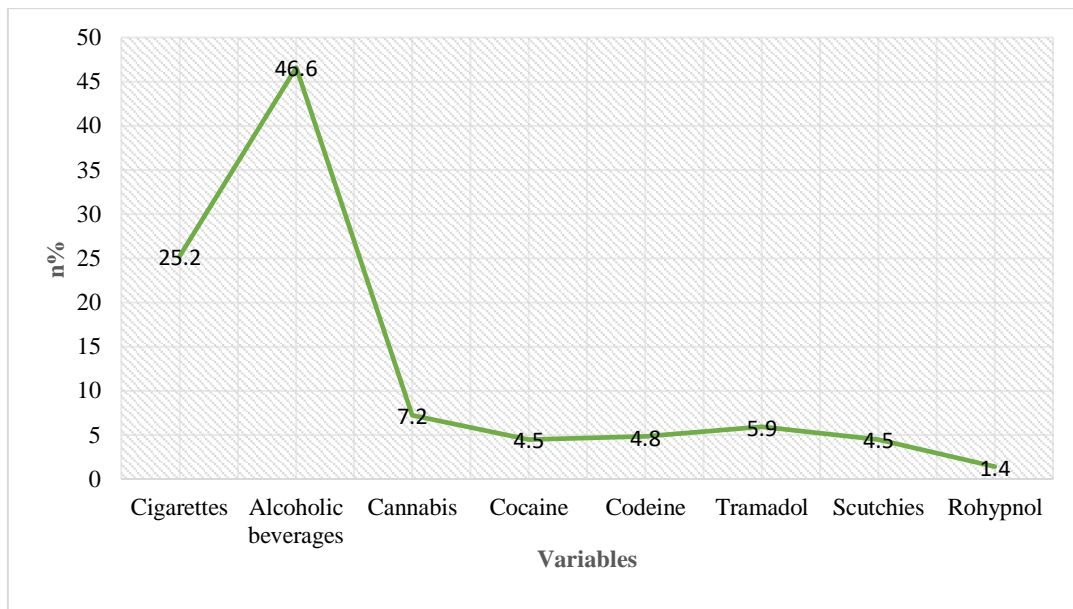
Figure 2. Patterns of Current Use of Different Substances by the Respondents

Table 3 below showcased that, the most current different substance used by the majority of the participants within the age group of 10-14 years was alcoholic beverages (80.0%),

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followed by tramadol (20.0%);those whose age range was between 15-19years consumed mostly alcoholic beverages (49.3%), followed by cigarettes (24.6%),and cannabis (8.7%), while the other groups with the age band of 20-24 years abused alcoholic beverages (38.4%),followed by cigarettes (30.8%),cannabis and tramadol (7.1%).

Table 3. Pattern of Current use of Different Substances by Age

Variables	Age (N=290) n (%)			Total
	10-14	15-19	20-24	
Cigarettes	0(0.0%)	17(24.6%)	65(30.8%)	82(28.3%)
Alcoholic beverages	8(80.0%)	34(49.3%)	81(38.4%)	123(42.4%)
Cannabis	0(0.0%)	6(8.7%)	15(7.1%)	21(7.2%)
Cocaine	0(0.0%)	2(2.9%)	13(6.2%)	15(5.2%)
Codeine	0(0.0%)	3(4.3%)	11(5.2%)	14(4.8%)
Tramadol	2(20.0%)	2(2.9%)	15(7.1%)	19(6.6%)
Scrutchies	0(0.0%)	1(1.4%)	6(2.8%)	7(2.4%)
Poly substance	0(0.0%)	4(5.8%)	5(2.4%)	9(3.1%)
Total	10(100.0%)	69(100.0%)	211(100.0%)	290(100.0%)

Findings from Table 4 demonstrated that most of the respondents that ever-used alcoholic beverages (39.0%), cannabis (3.3%) and poly substance (42.9%) was female when compared to male counterparts as shown in the table. Also, cigarette smokers among male (22.9%) was higher when compared to the female proportion of 19.5%. The same pattern was also observed in the current substance use outcome where the majority of the participants that currently used alcoholic beverages were female (50.4%) when compared with the male folks of 37.3% prevalence; cigarette smoking (31.1%) and codeine intake (6.2%) were more prevalent among male respondents than female ones of 23.9% and 2.7% respectively. While the tramadol consumption among female participants (8.0%) was higher when compared to male respondents (5.6%).

Table 4. Pattern of Lifetime and Current Use of Different Substances by Gender

Ever substance use	Gender		Total
	Male	Female	
	(N=315) n (%)		
Cigarettes	44(22.9%)	24(19.5%)	68(21.6%)
Alcoholic beverages	65(33.9%)	48(39.0%)	113(35.9%)
Cannabis	6(3.1%)	4(3.3%)	10(3.2%)
Cocaine	3(1.6%)	1(0.8%)	4(1.3%)
Codeine	6(3.1%)	2(1.6%)	8(2.5%)
Tramadol	4(2.1%)	2(1.6%)	6(1.9%)
Scrutchies	8(4.2%)	0(0.0%)	8((2.5%)
Poly substance	56(29.2%)	42(42.9%)	98(34.1%)
Total	192(100.0%)	123(100.0%)	315(100.0%)
Current substance use	(N=290) n (%)		
Cigarettes	55(31.1%)	27(23.9%)	82(28.3%)
Alcoholic beverages	66(37.3%)	57(50.4%)	123(42.4%)
Cannabis	13(7.3%)	8(7.1%)	21(7.2%)
Cocaine	10(5.6%)	5(4.4%)	15(5.2%)
Codeine	11(6.2%)	3(2.7%)	14(4.8%)

Tramadol	10(5.6%)	9(8.0%)	19(6.6%)
Scrutchies	7(4.0%)	0(0.0%)	7(2.4%)
Poly substance	5(2.8%)	4(3.5%)	9(3.1%)
Total	177(100.0%)	113(100.0%)	290(100.0%)

Findings from Table 5 revealed that the current cigarettes smoking was more prevalent among divorced (100.0%), single (29.9%) and married (22.9%) respondents when compared to others; while alcoholic beverages consumption rate among cohabitating respondents (100.0%), married (37.9%), single (35.1%) were high when compared to other folks. Most of the participants that currently consumed cocaine and tramadol (9.6% and 7.2%) were married while cannabis use among the single respondents and married were 7.8% and 6.0% respectively.

Table 5. Pattern of Current Use of Different Substances by Marital Status

Variables	Marital Status (N=290) n (%)				Total
	Single	Married	Divorced	Cohabitating	
Cigarettes	61(29.9%)	19(22.9%)	2(100.0%)	0(0.0%)	82(28.3%)
Alcoholic beverages	81(39.7%)	41(49.4%)	0(0.0%)	1(100.0%)	123(42.4%)
Cannabis	16(7.8%)	5(6.0%)	0.00%	0.00%	21(7.2%)
Cocaine	7(3.4%)	8(9.6%)	0.00%	0.00%	15(5.2%)
Codeine	11(5.4%)	3(3.6%)	0.00%	0.00%	14(4.8%)
Tramadol	13(6.4%)	6(7.2%)	0.00%	0.00%	19(6.6%)
Scrutchies	6(2.9%)	1(1.2%)	0.00%	0.00%	7(2.4%)
Poly substance	9(4.4%)	0(0.0%)	0.00%	0.00%	9(3.1%)
Total	204(100.0%)	83(100.0%)	2(100.0%)	1(100.0%)	290(100.0%)

From Table 6, showed that among the current substance use participants, alcoholic beverage use among the tertiary respondents (45.9%) was higher than those with secondary (41.8%) and primary (22.2%) education; while cigarette smoking was higher among respondents with primary education (44.4%) when compared with others.

Table 6. Pattern of Current Use of Different Substances by Educational Levels

Variables	Educational Level (N=290) n (%)				Total
	Primary	Secondary	Tertiary	None	
Cigarettes	4(44.4%)	52(30.6%)	26(23.9%)	0(0.0%)	82(28.3%)
Alcoholic beverages	2(22.2%)	71(41.8%)	50(45.9%)	0(0.0%)	123(42.4%)
Cannabis	0(0.0%)	14(8.2%)	6(5.5%)	1(50.0%)	21(7.2%)
Cocaine	2(22.2%)	5(2.9%)	8(7.3%)	0(0.0%)	15(5.2%)
Codeine	1(11.1%)	8(4.7%)	5(4.6%)	0(0.0%)	14(4.8%)
Tramadol	0(0.0%)	12(7.1%)	7(6.4%)	0(0.0%)	19(6.6%)
Scrutchies	0(0.0%)	4(2.4%)	3(2.8%)	0(0.0%)	7(2.4%)
Poly substance	0(0.0%)	4(2.4%)	4(3.7%)	1(50.0%)	9(3.1%)
Total	9(100.0%)	170(100.0%)	109(100.0%)	2(100.0%)	290(100.0%)

Table 7 revealed that current cigarette and codeine consumption among the pagan respondents (33.3%) and (9.5%) was higher than both Christian and Muslim participants with a proportion of 26.0%, 3.0% and 31.1%, 7.0% respectively. However, participants with Christian background used more alcoholic beverages (53.3%) than both Muslim (31.0%) and pagan (4.5%) respectively. For the current use, alcoholic beverage consumption was higher with Christian respondents (53.3%) than others while cannabis intake was more with pagans (9.5%) than other faith.

Table 7. Pattern of Current Use of Different Substances by Religion

Variables	Religion (N=290) n (%)			Total
	Christianity	**Muslim**	**Pagan**	
Cigarettes	44(26.0%)	31(31.0%)	7(33.3%)	82(28.3%)
Alcoholic beverages	90(53.3%)	31(31.0%)	2(9.5%)	123(42.4%)
Cannabis	8(4.7%)	10(10.0%)	3(14.3%)	21(7.2%)
Cocaine	4(2.4%)	9(9.0%)	2(9.5%)	15(5.2%)
Codeine	5(3.0%)	7(7.0%)	2(9.5%)	14(4.8%)
Tramadol	10(5.9%)	7(7.0%)	2(9.5%)	19(6.6%)
Scrutchies	5(3.0%)	2(2.0%)	0(0.0%)	7(2.4%)
Poly substance use	3(1.8%)	3(3.0%)	3(14.3%)	9(3.1%)
Total	169(100.0%)	100(100.0%)	21(100.0%)	290(100.0%)

Findings from Table 8 showed that with regards to current substance use by occupation, majority of the students aged 10-24 years used alcoholic beverages (43.9%) while large percentage of transporter (40.0%) and farmers (30.8%) engaged in cigarette smoking. Greater proportion of civil servants and farmer consumed cocaine (19.0%) and (15.4%) respectively while codeine (15.4%) use was more prevalent among the farmers.

Table 9 revealed that for the current different substance use by ethnicity, respondents from Yoruba ethnic backgrounds consumed alcoholic beverages (52.0%) more while the greater proportion of cigarette and cannabis use (42.5%) and (15.0%) respectively was higher among the respondents from Hausa origin. Respondents from Igbo ethic background consumed cocaine (11.0%) and tramadol (12.3%) more when compared with other ethnic groups.

Table 8. Pattern of Current Use of Different Substances by Occupation

Variables	Occupation (N=290) n (%)							Total
	Trader	Farmer	Housewife	Civil Servant	Transporter	Okada Rider	Students aged 10-24years	
Cigarettes	22(28.9%)	5(38.5%)	5(31.2%)	5(23.8)	4(40.0%)	3(16.7%)	38(27.9%)	82(28.3%)
Alcoholic beverages	35(46.1%)	1(7.7%)	6(37.5%)	6(28.6%)	2(20.0%)	7(38.9%)	66(48.5%)	123(42.4%)
Cannabis	5(6.6%)	0(0.0%)	1(6.2%)	2(9.5%)	1(10.0%)	3(16.7%)	9(6.6%)	21(7.2%)
Cocaine	2(2.6%)	2(15.4%)	2(12.5%)	4(19.0%)	1(10.0%)	2(11.1%)	2(1.5%)	15(5.2%)
Codeine	3(3.9%)	2(15.4%)	0(0.0%)	1(4.8%)	0(0.0%)	1(5.6%)	7(5.1%)	14(4.8%)
Tramadol	5(6.6%)	1(7.7%)	2(12.5%)	2(9.5%)	0(0.0%)	1(5.6%)	8(5.9%)	19(6.6%)
Scutchies	2(2.6%)	1(7.7%)	0(0.0%)	1(4.8%)	1(10.0%)	1(5.6%)	1(0.7%)	7(2.4%)
Poly substance	2(2.6%)	1(7.7%)	0(0.0%)	0(0.0%)	1(10.0%)	0(0.0%)	5(3.7%)	9(3.1%)
Total	76(100.0%)	13(100.0%)	16(100.0%)	21(100.0%)	10(100.0%)	18(100.0%)	136(100.0%)	290(100.0%)

Table 9. Pattern of Current Use of Different Substances by Ethnicity

Variables	Ethnicity (N=290) n (%)			Total
	Hausa	Igbo	Yoruba	
Cigarettes	17(42.5%)	16(21.9%)	49(27.7%)	82(28.3%)
Alcoholic beverages	5(12.5%)	26(35.6%)	92(52.0%)	123(42.4%)
Cannabis	6(15.0%)	5(6.8%)	10(5.6%)	21(7.2%)
Cocaine	2(5.0%)	8(11.0%)	5(2.8%)	15(5.2%)
Codeine	3(7.5%)	4(5.5%)	7(4.0%)	14(4.8%)
Tramadol	3(7.5%)	9(12.3%)	7(4.0%)	19(6.6%)
Scutchies	3(7.5%)	3(4.1%)	1(0.6%)	7(2.4%)
Poly substance use	1(2.5%)	2(2.7%)	6(3.4%)	9(3.1%)
Total	40(100.0%)	73(100.0%)	177(100.0%)	290(100.0%)

Discussions

Findings from this recent study pegged the overall reported prevalence of current use of at least one psychoactive substance by the respondents at 69.9%. This result was in agreement with the study conducted in Zaria Nigeria, which reported that the lifetime and current prevalence of psychoactive substances by young people was 46% [16] as well as in tandem with the epidemiological study conducted by [21], which showed that there was a consistent increase in substance use especially among young people in Nigeria.

Results of the pattern of lifetime substance use by age showed that the greatest percentage of the participants within the age group of 10-14 years (73.9%) consumed alcoholic beverages. This study is in line with the study conducted by [34] that hinted that alcohol use starts at the age of 12years; also, in agreement with the newsprint in Nigeria that reported a 300-Level Mass Communication student at the University of Lagos (UNILAG) - Chidinma Ojukwu that started experimenting psychotropic substance at age of 11 years [22]. Among the respondents with age bracket of 15-19 years, alcoholic beverage consumption rate was 40.5%, poly substance use (24.3%), cigarette (21.7%), cannabis (6.8) and 4.1% of codeine. This result is in agreement with the survey conducted in Abakaliki by [10], which revealed that the rate alcohol, and cigarette use were more common among students between the age of 15–19 years olds (90.8%, and 44.6% respectively); also line with research conducted by [17] that implicated alcohol use (39.7%) among 15–19 years adolescents as the highest substance being consumed by this category of age band; also similar to [1] report, which demonstrated that monthly heavy episodic drinking among young people between 15 and 19 years (11.7%) was high when compared with older population (7.5%).

However, majority of the respondents within the age band of 20-24 consumed 30.3% of alcoholic beverage, poly substance use (35.3%)

cigarettes (22.5%), scrutchies (3.2%), tramadol (2.8%), cannabis and codeine was 2.3%. Result of this study is similar to the research conducted in Republic of Palau that revealed that the proportion of current alcohol drinking was higher in young adult aged 21-24years than in those aged; most smokers in low- and middle-income countries start smoking in the early twenties [18]. Accumulated evidence had shown that alcohol, tobacco (cigarettes), and marijuana has the highest prevalence rates across all age groups [35].

Furthermore, findings revealed that most of the respondents that ever-used alcoholic beverages (39.0%), cannabis (3.3%) and poly substance (42.9%) was female when compared to male counterparts. This outcome differ from a community survey conducted in Hunan, Helongjiang and Jiangsu in china, which showed that the percentage range of alcohol intake (from 58.3% to 82.6%) and smoking rates (from 64.9% to 68.1%) among men was higher when compared the women (16.3% to 31.4%) and (0.1% to 20.5%) for alcohol and cigarette smoking respectively [14]; closely related to the study conducted by [2], which reported that the prevalence of alcohol drinking among men (61.9%) is higher than in women (38.1%); also similar to the report released by [5], which reported that about 32% of female high school students used alcohol compared with 26% of their male folks.

In another development, results from this study revealed that 100% of cohabitating, married (37.9%) and singe (35.1%) respondents had ever consumed alcoholic beverages when compare with other category of the participants, while majority of the participants that engaged in smoking were divorced (50.0%), single (22.2%) and married (19.5%). This recent finding differs from the study conducted by [36], which showed that marriage was associated with a significant decrease in substance use in relation to being divorced/separated or single; married men used less alcohol, tobacco, and cannabis

than men who were divorced/ separated or single.

More so, findings form this study revealed that the lifetime prevalent of cigarettes smoking was highest among participants with primary education (37.5%) when compared to respondents with tertiary and secondary education of (29.2%) and 21.3% respectively. This finding is in line with study that revealed that men and women with a lesser educational level were higher hazardous drinkers and heavy cannabis users compared to higher educational level [37] but differ from the findings that suggested that the prevalence rate of substance use among secondary school students is high [19 & 20]; also differs from a descriptive cross-sectional study conducted among final year students of Olabisi Olabanjo University, in Ogun State, Southwestern Nigeria, which revealed that the prevalence of alcohol, cannabis and inhalant was significantly lower among students who had reported frequent participation in religious activities [15].

Findings from this study also, showed that participants with Christian background ever used alcoholic beverages (44.6%) more than both Muslim (27.5%) and pegan (4.5%) respectively. This present outcome differs from two studies conducted in Nigeria, which had found religion as a protective predictor of substance use [38].

Interestingly, this current study with regards to occupation had revealed that students aged 10-24years used more alcoholic beverages (43.9%) than others. This recent findings is consistent with the study conducted by [28] on psychoactive substance use among university students in Nigeria, which revealed that twenty percent (20%) of students with mean age of 20 years had consumed alcohol while 16% had taken marijuana and /or opoids including tramadol and codeine but differ from the epidemiological studies around substance use in Nigeria, which revealed that cannabis, cocaine, amphetamine, heroin, diazepam, codeine, cough syrup and tramadol were implicated as the most commonly substances being used by students [29].In this current study also, cigarette smoking was higher among the farmer (30.8%) and trader (23.8%), codeine use among the farmer (15.4%) was more prevalent when compared to other respondents, poly substance use among the civil servant (47.6%) and farmer (46.2%) was higher when compared to others while the percentage of cannabis, cocaine and scrutchies consumption (10.0%) among the transporter was higher than other participants. Result from this finding differs from the study conducted by [27], which showed that the reported commonest and highest ever used substances by the transporters were alcohol (37.9%), followed by cannabis (34.7%) and tramadol (19.8%); consistent with the cross-sectional study conducted among women farmers in Adamawa State on psychoactive substance use, which revealed that cannabis and tramadol were the mostly used substances due to affordability and availability [30].

With regards to ethnicity, the largest percentage of respondents that ever-used alcoholic beverages was from Yoruba origin (44.1%) when compared to other ethnic background. The reason for this outcome centers on the fact that this study was conducted in a Yoruba ethnic extraction. Cigarettes smoking was more among Hausa respondents (34.1%) was more prevalent when compared to other ethnic groups. Result of this present study differs from the study conducted by [31] had revealed that revealed that Igbo ethnic group (6.7%) had the highest prevalence of tobacco.

Conclusion

The study has revealed the pattern of substance use among young people in Ado Ekiti. It further showed the pattern of substance use across age groups, gender, and other socio-demographic variables. There is urgent need to promote and sustain moral fabrics of homes as present substance use is rooted in family unhealthy influences. This will also go a long way in reducing the experimentation of psychoactive substances among young people.

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Conflict of Interest

The manuscript in its present form has neither been published in any other Peer-reviewed Journal nor is under consideration for publication by any other Journal either as a whole or in part, and that it will not be submitted to any other journal if it is accepted for publication in your esteemed journal.

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