

The Pattern of Activities and the use of Sex-Performance Enhancing Drugs among Commercial Drivers in Ile Ife Osun State Nigeria

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Abstract

Objectives: This research work aimed at assessing prevalence and pattern of drug use for enhancement of daily and sexual activities among commercial drivers in Ile-Ife, Osun State.

Methodology: a descriptive cross-sectional study designed was utilized. A semi-structured interviewer administered questionnaire was used to obtain data from 240 commercial drivers. Data obtained include socio-demographic variables, drug use for daily activity enhancement, the pattern of perceived sexual challenges, usage of the drug for sexual performance enhancement and willingness accept counselling. Data were analysed using Statistical Program for the Social Sciences (SPSS) version 20 and a p-value of <0.05 was considered to be statistically significant.

Result: Though 67.9% believe their activities can be enhanced only 57.1% do take any psychoactive substance. Prevalence of alcohol consumption was 55.8% and it is the most commonly abused substance to enhance their daily activity performance. Most common means of sexual performance enhancement was the use of herbal mixture (20.3%). Worry about sexual performance, daily activity enhancement, smoking, and alcoholism are predictors of sexual performance enhancing drug usage. A number of sexual partners, age and religion were not significant factors in the use of sexual performance enhancement drugs.

Conclusion: commercial drivers are one of the groups at risk of substance abuse in our society. There is a need for behavioural change communication for this group and create a more suitable environment for counselling on the sex related matters in the health facilities. The existing law prohibiting sales of a psychoactive substance in the motor parks should be enforced.

Keywords: *commercial drivers, herbal mixture, psychoactive substance, sexual dysfunction.*

Introduction

In Nigeria, there has been a rapid increase in the prevalence of psychoactive substance use, especially alcohol for the purpose of performance enhancement. The prevalence increased from 17.32% in 2008 to about 40% in 2016(Adamson, Ogunlesi, Morakinyo, & Akinhanmi, 2015; NDLEA, 2015). This is commonly used by those working under strenuous conditions in order to cope with their job demands e.g. athletes and manual labourers. The increased stress from job demands which contributes significantly among other factors to (perceived) poor libido and sexual performance has shifted attention to the performance enhancement methods to boost sexual performance.

The use of psychoactive drugs has been documented among commercial drivers in Nigeria and it has been shown to be highly prevalent among intra-city and long distance drivers. The practice of the use of these substances is further enhanced by the sale of the items around the motor park where the drivers usually load passengers. The reasons documented in the past studies for the high prevalence of substance use among this profession include the need to be alert on duty, means of relaxation, and social factors like the effect of peer pressure(Ndikom, Ndikom, & Uvere, 2014). A qualitative study conducted by Lasebikan and Ayinde among commercial drivers in Ibadan, Nigeria revealed widespread use of alcohol. The commonest brand of alcohol was the fermented adulterated local gin called different local names.

Focused group discussion with drivers as participants revealed that one of the major reasons for its usage was that it increased sexual urge. Another reason given was the quest to stay awake (Laebikan & Ayinde, 2012).

Also, a study conducted by Makanjuola et al among tanker drivers in Lagos revealed the predictive factors for substance abuse to include having multiple sexual partners. The current prevalence rate of alcohol use was 57.6% while the life time use prevalence was put at 71.6%. The common reasons for involvement include pleasure, alertness, imitation of their colleagues and for relaxation (Makanjuola, Aina, & Onigbogi, 2014). Also in a similar study conducted by Alti-Muazu and Aliyu among commercial motorcyclist in Zaria, Nigeria reveal solution intake, which is usually alcoholic based, has a prevalence of 24.5%. the solution use is second to marijuana (25.8%). The common factors influencing substance use was the need to stay awake, suppression of fatigue and peer group effect (Muazu & Aliyu, 2008)

Though there are available drugs and therapies to care for sexual dysfunctions in orthodox medicine, a lot of people have a preference for herbal therapy partly due to associated stigma and psychoactive effect of local remedies because most of the herbal mixtures are alcohol-based. This high demand has led to the rapid flooding of Nigerian markets with various brands of herbal drugs, including locally made and imported ones as well as the refined and unrefined varieties. The challenges of performance enhancer drugs particularly the herbal concoctions were echoed in Nigeria through recent chemical poisoning from the adulterated drugs in some states of the country (Anyanwu, Akinyode, & Adewole, 2016; Berdjis, 2015).

There has been an increase in the brand of these substances especially alcohol in the recent time. These brands are popular among drivers like other people in the society due to the acclaimed medicinal effects of herbal extracts included in the products. The popular effect which has also attracted consumers is its sexual performance enhancement effects. The alcoholic herbal mixture is commonly sold as both refined and packaged products or locally produced and hawked around the motor parks. In a study conducted by Kehinde and Olusegun among commercial drivers in Osogbo, Nigeria, the prevalence of alcoholic herbal mixture intake was 53.6% and 43.2% in the past one year and last one month prior to the study (Kehinde & Olusegun, 2012).

Several efforts have been made to ban alcoholic drink around motor parks by the government due to its adverse effect on both the drivers and passengers especially vehicular and pedestrian road traffic injuries. The effect of the enacted policies has not been felt due to factors like poor enlightenment, enforcement, and evaluation (Ayodele, 2017; Okafor, 2015; Williams, 2015).

Much focus has been on the effect of the psychoactive drug on accident, indication, and pattern for its usage. There has however been little focus on the perceived sexual performance enhancement which is one of the major underline factors for the recent rise in the prevalence of the drug abuse. This study will assess the pattern of psychoactive drug usage in relation to enhancement of sexual performance among both intra-city and long distance drivers. The study will also assess the pattern of perceived sexual dysfunction among the study population which has been ascribed to be the cause of increasing prevalence of herbal-alcoholic drink consumption among the young and middle age group in the society.

Methodology

Description of the study area

This study was conducted among commercial drivers in Ile-Ife, Osun State in southwestern Nigeria. The Ile-ife town comprises two local government areas (LGA) namely; Ife Central and Ife East local governments. Both Ife Central local government and Ife East area are located in the Osun East senatorial zone and have a population of 167,204 and 161,246 respectively. The Central local government has 11 administrative wards while Ife East local government has 10 wards. The town is mainly inhabited by people of the Yoruba tribal origin though other ethnic groups such as the Hausa, Igbos, and Urhobos may be found. The main religions are Christianity, Islam and traditional worship and Ile-Ife is one of the largest towns in Osun state. The town has two universities and a teaching hospital (Obafemi Awolowo

University Teaching Hospitals Complex). The town also has other health care facilities with the primary health care facilities evenly distributed at ward level and a general hospital (secondary health care facilities). The town has various motor parks for vehicle plying various routes of the countries and usually serves as the meeting points for the drivers and it is also utilized for the administrative purposes of the driver's association, National Union of Road Transport Workers (NURTW).

Study population

The study population was the commercial drivers, intra-city, inter-state and other long distance drivers, who live in the study area. Drivers who brought passengers from other towns and states were excluded from the study.

Study design

Descriptive cross sectional study

Sampling methods and sample size

The town for the study was selected based on proximity and ease of access to the target population. The willing drivers were enrolled into the study at the weekly meetings of various motor parks after obtaining permission from the executives of the driver's union of each park. The intra-city drivers especially those working on the campuses of the tertiary institutions in the study area were enrolled and interviewed at their convenient time while waiting for their turn to pick passengers.

The size was determined using:

$$n = Z^2pq / d^2$$

$$n = \frac{1.96^2 \times 0.39 \times 0.61}{0.05^2}$$

$$n = \frac{3.8476 \times 0.39 \times 0.61}{0.0025}$$

Where:

z = standard normal deviate usually set at 1.96

p = proportion in the target population estimated to have certain characteristics

q = 1 – p

d = degree of freedom = 0.05

p= prevalence of drug abuse in Nigeria= 39% (NDLEA, 2016)

z = 1.96

p = 39% = 0.39

q = 1 – p = 0.61

n= 366

Leslie-fishers formula for population less than 10000

Nf= desired sample size when population is <10000

n = desired sample size when population is >10000

N= estimated population size (Population of Registered NURTW members) = 650

$$Nf = \frac{n \dots}{1+n/N}$$

$$n = \frac{366}{1+366/650}$$

$$n = \frac{366}{1+366/650}$$

$$n = 124.9 = 233$$

Study tool

A questionnaire was designed containing sections for sociodemographic variables, questions to elicit underline sexual dysfunction, knowledge of causes of sexual dysfunction and common therapy adopted by the respondents.

Method of data collection

Data was collected using semi structured interviewer administered the questionnaire. The respondents were interviewed in the comfortable area of the motor park after their meetings

Data analysis

Data were analysed using SPSS version 20. Frequency and percentage were used to summarise univariate data. Statistical significance was set at an alpha level of 0.05.

Result

A total number of 240 drivers were enrolled into the study. All respondents were male with mean age of 41.85.

Sociodemographic variables

Characteristics	Frequency N (%)
Religion	
Christianity	107 (44.6)
Islam	133 (55.4)
Marital Status	
Single	20 (8.3)
Married	219 (91.3)
Divorcee	1 (0.4)
Number of wives	
0	18 (7.5)
1	107 (44.6)
2	102 (42.5)
3	7 (2.9)
4	6 (2.5)
Age group	
21- 30	38 (15.8)
31- 40	79 (32.9)
41- 50	78 (32.5)
51- 60	34 (14.2)
61- 70	8 (3.3)
71- 80	3 (1.3)

Drug use pattern

Characteristics	Frequency N (%)
Regular drug intake	
Yes	137 (57.1)
No	103 (42.9)
Routinely used drugs	
Analgesics	24 (12.2)
Antibiotics	37 (18.8)
Hormonal/ steroids	42 (21.3)
Cough syrup	13 (6.6)
Herbal mixture	81 (41.1)
Smoking	
Yes	90 (37.5)
No	150 (62.5)

Alcohol

Yes	134 (55.8)
No	105 (44.2)

Out of the 137 respondents that respond in affirmative to using the drug regularly, there were 81 (41.1%) responses to use of herbal mixture. This is followed by 42 (21.3%) positive responses to the use of hormonal/steroids. Out of the 90 responses to smoking, 77 (66.4%) gave a positive response to cigarette smoking while there was 39 (33.6%) positive responses to marijuana.

163 (67.9%) of the respondents believed that their daily activities could be enhanced while 77 (32.1%) felt their performance cannot be enhanced. Also, 140 (58.4%) believe sexual performance can be enhanced while 95 (39.6%) had a view that sexual performance cannot be enhanced, 5 (2.1%) of the respondents had no response.

There was significant association between positive view on daily activity performance enhancement and sexual performance enhancement ($X^2 = 5.971$, $df = 1$, $p = 0.015$)

Pattern of activities enhancement

Activities	Frequency N (%)
Daily activity enhancement	
Nil	63 (20.4)
Singing	10 (3.2)
Alcohol	78 (25.2)
Smoking	60 (19.4)
Exercise	52 (16.8)
Use of medications	27 (8.7)
Interaction with co-workers	7 (2.3)
Resting/sleeping	12 (3.9)
Sexual activity enhancement	
Dietary modification	22 (8.8)
Herbal concoction	51 (20.3)
Use medications	20 (8.0)
Pornography movies	25 (10.0)
Exercise	44 (17.5)
Hard drug injection	4 (1.6)
Smoking	43 (17.1)
Drinking alcohol	42 (16.7)
Ever use sexual performance enhancement methods	
Yes	
No	87 (36.3)
Discussion of sexual performance enhancement methods with partners	
Yes	
No	49 (20.4)
	191 (79.6)

Perceived aetiology of poor sexual performance and their prevalence

Characteristics	Frequency N (%)
Perceived etiology	
Stress	176 (21.2)
Illness	158 (19.0)
Alcoholism	58 (7.0)
Lack of interest	121(14.6)
Small sexual organ	62 (7.5)
Lack of cooperation from sexual partners	98 (11.8)
Low back pain	128 (15.4)
Side effect of drugs	30 (3.6)
Prevalence of the perceived aetiology	
Stress	136 (23.8)
Illness	40 (7.0)
Alcoholism	66 (11.5)
Lack of interest	12 (2.1)
Small sexual organ	71 (12.4)
Lack of cooperation from sexual partners	108 (18.9)
Low back pain	10 (1.7)
Side effect of drugs	

Association between usage of sexual performance enhancement drugs and respondents characteristics

Characteristics	Ever use sexual performance enhancing drugs		Statistics
	Yes	No	
Religion			$X^2=1.715$
Christianity	43 (18.1)	61 (25.7)	Df = 1
Islam	44 (18.6)	89 (37.6)	P value=0.19
Number of wives			
0	4 (1.7)	14 (5.9)	LR= 5.842
1	41(17.3)	63 (26.6)	Df = 1
2	35 (14.8)	67 (28.3)	P value=0.211
3	5 (2.1)	2 (0.8)	
4	2 (0.8)	4 (1.7)	
Routine Daily Drug intake			$X^2=4.104$
Yes	57 (24.1)	78 (32.9)	Df = 1
No	30 (12.7)	72 (30.4)	P value=0.043
Worry about sexual performance			$X^2= 4.239$
Yes	25 (10.5)	26 (11.0)	Df = 1
No	62 (26.2)	124 (52.3)	P value=0.04
Smoking			$X^2=11.033$
Yes	45 (19.0)	45 (19.0)	Df = 1
No	42 (17.7)	105 (44.3)	P value=0.001
Alcoholism			$X^2=5.373$

Yes	57 (24.1)	75 (31.6)	Df = 1
No	30 (12.7)	75 (31.6)	P value=0.02
Will you welcome counselling session			X ² =1.874
Yes	76 (32.3)	119 (50.6)	Df = 1
No	11 (4.7)	29 (12.3)	P value=0.171
Will you welcome counselling session for your sexual partners			X ² =3.419
Yes	67 (28.5)	97 (41.3)	Df = 1
No	20 (8.5)	51 (21.7)	P value=0.064
LR= Likelihood Ratio			

Association between age group and attitude towards activity enhancement

Variables	Age group						statistics
	21- 30	31- 40	41- 50	51- 60	61- 70	71- 80	
Daily activity enhancement drug intake	9	57	39	24	5	3	LR= 30.846 Df= 5 P value= 0.0001
Yes	29	22	38	10	3	0	
Worry about sexual performance	2	17	25	5	2	0	LR= 15.015 Df= 5 P value= 0.01
Yes	35	62	52	29	6	3	
Ever use sexual performance enhancement	11	34	24	16	2	0	LR= 8.399 Df= 5 P value= 0.136
Yes	26	43	53	18	6	3	
Felt need for counselling	29	63	70	27	6	0	LR= 15.775 Df= 5 P value= 0.008
Yes	6	16	7	7	2	3	
Felt need for counselling for sexual partners	22	53	57	26	6	0	LR= 9.418 Df= 5 P value= 0.083
Yes	13	26	20	8	2	3	

Discussion

A total of 240 respondents were enrolled and studied. The respondents are all of Yoruba tribe which is the dominant tribe in the study area.

The prevalence of alcohol consumption was 55.8%. This is similar to the findings in some past studies in the country (Kehinde & Olusegun, 2012; Laebikan & Ayinde, 2012; Makanjuola, et al., 2014; Muazu & Aliyu, 2008). The actual prevalence may be higher than this as some respondents who consume herbal

mixture with a high concentration of alcohol did not regard it as alcohol intake but local medicine. Social desirability bias was also envisaged in few cases. There was, however, lower prevalence of alcohol consumption (36.2%) in the findings of Ndikom et al (Ndikom, et al., 2014). It was also lower, 22.6%, in the study of Okpataku among long distance drivers in Kaduna. Alcohol based substance use was ranked fourth after caffeinated substances, kola nut and Nicotine containing substances(Okpataku, 2015). However, the low prevalence of alcohol based substance use may be due to varying sociocultural belief and dominant religion in the northern part of the country which frowns at the use of any substance with alcohol. The cultural practice, however, favours the use of caffeinated substance and nicotine as the selling of tea is a common small scale business in the study area.

While only 51 (21.3%) of the respondents have had cause to worry about their sexual performance, 87 (36.3%) have used a form of sexual performance enhancement. This shows that majority use these methods of performance enhancement without any perceived underlying pathology. Commonly used sexual performance enhancement methods were herbal concoction (commonly prepared with alcohol), exercise, smoking and intake of alcohol with 20.3%, 17.5%, 17.1% and 16.7% respectively. The common causes of worry about sexual performance among the respondents were low back pain, perceived small sexual organ and premature ejaculation which account for 39%, 23.2% and 20.7% of the responses respectively. The high prevalence of back pain could be due to prolonged period of driving with poor sitting position and poor road conditions. The low back pain which accounted for the major proportion of responses to the cause of worry could be well managed by a medical expert without resulting to substance abuse.

The majority of the respondents who are worried about their sexual performance got worried through personal conviction (63.4%) followed by a complaint from sexual partners (25.4%). Peer influence contributed the least source of worry (11.3%). The majority of the respondents did not feel that their conditions could be managed medically but by usage of herbs hence have not sought medical assistance. This shows a gap in knowledge and poor health care facility utilization on sexual problems. Despite this majority of the respondents (81.3%) are willing to get counselling on their sexual life while 68.3% of the respondents will welcome similar counselling for their sexual partners.

The associated factors for the use of performance enhancement medications were the usage of drugs for enhancement of daily activities, worry about sexual performance, smoking, and alcoholism. A number of wives, age and religion were not significant factors in the use of performance enhancing drugs or other methods.

Conclusion

Commercial drivers are one of the at risk group for substance abuse, especially psychoactive substances. This is due mainly to perceived need to be alert while driving which most respondents believed that it could be attained by use of psychoactive substances like alcohol. This is further encouraged by the indiscriminate display of these substances at the motor parks and poor enforcement of prohibition law. The rapid proliferation of alcoholic based herbal mixture has further encouraged the use of the psychoactive drug as there were claims that the alcoholic based herbal mixtures also enhance sexual performance, in addition, to need for alertness desire by study population. Though the majority of the respondents were not worried about their sexual performance, the substances were still been used because it is the desire of every man to be able to achieve optimal performance.

Mass enlightenment against the use of psychoactive substances especially the alcohol either in plain form or as the herbal mixture is recommended. There is also need for enforcing existing laws banning sales of these substances in the motor parks and adoption of stringent measures by the National Agency for Food and Drug Administration and Control (NAFDAC) in the approval of drugs for consumption.

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