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INFLUENCE OF DRUG ABUSE ON ATHLETIC PERFORMANCE OF ADOLESCENTS IN SECONDARY SCHOOL IN KOGI STATE

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Abstract

Drug abuse has been observed among secondary school students who take part in athletic completion in Kogi State of Nigeria. This study examined influence of drug abuse on athletic performance of adolescents in Kogi State. Descriptive research design was adopted in carrying out the research. Population considered is the adolescents in secondary school in Kogi State. Multistage sampling procedure was used to select 200 respondents from Yagba West Local Government who took part in the study. A questionnaire titled 'Influence of Drug Abuse on Athletic Performance(IDAAP)' was used to collect data. The instrument was well validated and reliability of 0.76 was obtained through test re-test method of establishing reliability. One research question and four hypotheses guided the conduct of the study. Data was analysed with mean, t-test and analysis of variance. Hypotheses were tested at 0.05 level of significance. Findings in research question showed that drug abuse gives athletes chances to win, gives them undue advantage to win, them boldness to disobey rules and regulations, among other influences. Findings further showed that there were no significant differences in the influence of drug abuse on athletic performance of the adolescents on the basis of gender, age, religion and school type. Based on the Journal for Educators, Teachers and Trainers JETT, Vol.17(1); ISSN:1989-9572

findings it was recommended among others that teachers should teach students on the dangers of drug abuse on their academic performance, teachers that teach sports activities should train the athletes very well so as to win athletic competitions without the use of drugs and school counsellors should counsel the students on the health implications of drug abuse.

Key words: drug abuse, athletic performance, adolescents,

1.0 Introduction

Drug abuse is a problem among students in secondary school in Nigeria. It is expected that secondary school students should pay attention to what teachers are teaching them in school without distraction. However, the expectation could not be met in more recent times because of the rate at which the students engage in drug use and abuse. World Health Organisation (2012) refers drug abuse as harmful or hazardous use of psychoactive substance including alcohol and illicit drugs. Bolu-Steve (2020) noted that substance abuse is increasing steadily every day in Nigeria and this poses serious health problems to the abusers and the general public. Bukoye (2017) listed marijuana, cocaine, heroin, opium, tranquilizer and barbiturates as the drugs and other substances mostly abused by students in Nigeria. Secondary school age in Nigeria corresponds to the age of adolescents which is from age 10 to 18 years. Adolescence is a period of peer formation and experimentation. In-school adolescents make friends and move with their peers and interact with them. The event of moving with their peers and interacting with them holds a lot of consequences among which is drug use and abuse. Drug abuse as noted by the Studies of (Kypri, Cronin and Wright, 2005; Melchior, Chastang, Goldberg and Fombonne, 2008) tends to be rampant among youngsters' between the ages of early adolescence to late adolescence ages of 18 and 21 years as many youngsters are found in different communities taking one form of drugs or the other. The age of adolescence is an energetic which gives them the opportunity to engage in sporting activities. During co-curricular activities in secondary schools, students participate in various sporting events which might include soccer and athletics. Students who excel in these sporting events are usually trained very well in order to represent their school in sporting events organized either by the school or outside bodies. Some of these sporting competitions go beyond the arrangement of the individual country of the participants. Notable soccer and athletic events have enriched the participants financially and popularity in and outside their countries.

Athletic competition is a worldwide competition where athletes are drawn from various countries to participate. Due to the strength and agility required in athletics, young people who are mainly in their adolescent stage do well in it. In-school adolescents are among these categories of people who have the opportunity to use their strength and agility to perform well in athletics. Over the years sports organisers have observed the ugly trend of using drugs to enhance athletic performance during athletic competitions which sometimes gives the athlete undue advantage to win the competition. Morse (2013) found that athletes use drugs and substances to cope with numerous stressors, such as injuries and physical pain, Drugs help the athletes to do what they could not ordinarily do if they are not under the influence of drugs. It gives them the boldness to face the competition and to outsmart other competitors who did not take drugs.

Drug abuse among adolescents who take part in athletics have negative consequences for them, their families and the society in general. Drug abuse is capable of marring the athletic career of the athlete because some athletes are banned for life due to drug use during competitions. In addition, some drug abusers end up in mental health problems such as depression which can lead to suicide.

Riggs, Lewin & Green(2018) noted that substance use among athletes can cause mental illness. Athletes who use drugs to enhance performance get addicted to drug use to the extent that sometimes they are not using it to win the competition but just because they are used to it. Drug use and abuse among in-school adolescent athletes should totally be eradicated.

1.1 Statement of the Problem

Athletes testing positive to illicit drugs during athletic and other sporting events is a common phenomenon in Nigeria and the world in general. The quest to win athletic completion at all cost is the major reason behind drug abuse among athletes. Taking performance enhancing drugs are not allowed for athletes, but some of them do not take heed to the law banning drug use during athletic competitions.

Athletic competitions are meant for various categories of people at any level of study or group. Adolescents who are in secondary school are people in a level of study called 'in-school adolescents' who belong to a group. These adolescents belong to the age range of 10-20 years, though those within 15-20 years are more likely to participate in athletic competitions and to abuse drugs during the competitions. Individuals at these span of years are too young to bear the effect of hard drugs in their body system. Drug use and abuse might be very dangerous to them due to the fact that they are still undergoing mental development.

Drug abuse goes with a lot of negative consequences. It makes the athletes to exhibit maladaptive behaviours such as madness. The danger inherent in drug abuse among in-school adolescents cannot be over emphasized. The research examined influence of drug abuse on athletic performance of in-school adolescents in Yagba-West of Kogi State.

1.2 Research Question

What is the influence of drug abuse on athletic performance adolescents in secondary school in Kogi State?

1.3 Research Hypotheses

1. There is no significant difference in the influence of drug abuse on athletic performance of adolescents in secondary schools in Kogi State on the basis of gender.
2. There is no significant difference in the influence of drug abuse on athletic performance of adolescents in secondary school in Kogi State on the basis of age..
3. There is no significant difference in the influence of drug abuse on the athletic performance of adolescents in secondary schools in Kogi State on the basis of religion.
4. There is no significance difference in the influence of drug abuse on athletic performance of adolescents in secondary school in Kogi State on the basis of school type.

Review of related literature

Concept of drug abuse

Drug abuse could be explained as the misuse of drugs. National Agency for Food and Drug Administration and Control (NAFDAC)(2004) viewed drug abuse as an excessive and persistent

self-use of drug without minding the required prescription from the medical doctor on how it should be used or cultural pattern of its usage. World Health Organisation (2012) defined drug abuse as a harmful or hazardous use of psychoactive substance such as alcohol and other illicit drugs like cocaine and marijuana.

Drug abuse has negative effects as noted by Adegun and Jiboku (2019) who stated that drug abuse affects the abusers and other people around them badly because the abusers sometimes behave irrationally after taking the drugs. To effectively combat drug abuse, effective drug education, strict regulation and proper medical supervision are required. **2.0 Method**

The research design for this study was descriptive survey. The population of the study comprised adolescents in secondary school in Kogi State. Multi-stage sampling procedure was used to select the sample of 200 respondents that participated in the study. At stage one purposive sampling technique was used to select five schools from Yagba L. G. A. to participate. At stage two simple random sampling was used to forty participants from schools that participated. At stage three, stratified sampling techniques was used to classify them into gender, age, religion and school type.

The instrument used for the study is researchers' designed questionnaire tagged "Influence of Drug Abuse on Athletic Performance Questionnaire(IDAAPQ) The questionnaire had two sections, A and B. Section A was the demographic data of the respondents, section B contained twenty (20) items on the influence of drug abuse on athletic performance. Part B of the instrument was designed after four point Likert- type scale of

SA - Strongly Agree = (4 points)

A - Agree = (3 points)

D - Disagree = (2 points)

SD - Strongly Disagree = (1 point)

Part B was scored by finding the mean of the points thus $4+3+2+1=10/4=2.50$, therefore 2.50 is the bench mark. Any item in the Part B whose mean is 2.50 and above was regarded as influence of drug abuse on athletic performance and any item that scored less than 2.50 was regarded least of the influence of drug abuse on athletic performance in-school adolescents.

The instrument was well validated by experts in measurement and evaluation and the reliability of instrument was ascertained via test re-test method of establishing reliability of instrument: The reliability of 0.76 was obtained which made the instrument fit for the study. The researchers went to the participating schools to distribute the instrument and the instruments were waited to be completed and were retrieved on the spot to avoid loss.

Data was analysed with frequency, percentages, mean, rank order, t-test and analysis of variance. Frequency and percentages were used to analyse the demographic data of the respondents. Mean and rank order were used to analyse data collected for research question and t-test and analysis of variance were used to test the hypotheses. Hypotheses were tested at 0.05 level of significance.

3.0 Results

3.1 Demographic Characteristics of Respondents:

Demographic characteristics of the respondents are presented in Table 1, using descriptive statistics of percentage:

Table 1: Distributions of Respondents' Demographic Characteristics

N	Variables		Frequency	Percentage %
1.	Gender	Male	111	55.5
		Female	89	44.5
		Total	200	100.0
2.	Age	10-15 years	68	34.0
		16-20	123	61.5
		21 years and above		4.50
		9		
	Total	200	100.0	
3.	Religion	ATR	3	1.5
		Christianity	92	46.0
		Islam	105	52.5
		Total	200	100.0
4	School type	Private	64	32.0
		Public	136	68
L		Total	200	100.0

Table 1 presented the demographic characteristics of respondents, 111 (55.5%) were males, while 89 (44.5%). With respect to their ages 68 (34.0%) were 10-15 years, 123(61.5%), were 16-20 years of age and 9 (4.5%) were 21 years and above, on the basis of religion, 3 (21.5%) of the respondents are Africa Traditional Religion, 92 (46.0%) are Christians; while 105 (52.5%) are Muslims. On school type, 64(32.0%) of the respondents are from private school, while 136 (68.0 %) are from public school

3.2 Research Question: What is the influences of drug abuse on athletic performance of secondary school students in Kogi State?

Table 2: Mean and rank order Analysis on influence of drug abuse on athletic performance among adolescents using mean and rank order.

Table 2: Mean and rank order analysis on influence of drug abuse on athletic performance

Drug abuse have theses influences on in-school adolescent athletes

Item no.	mean	rank
8. it increases their chances of winning the competition	3.47	1st
2. it gives athletes the boldness to disobey ethics of athletic competition	3.21	2nd
It gives athletes undue advantage to win	3.15	3 rd
19.it influences athletes to join gang	3.14	4 th
7. enhances performance of athletes by giving them agility	3.13	5 th
12. it affects cognitive ability of athletes	3.05	6th
3. it makes athletes to lose concentration during training	3.00	7 th
14. decreases potential athletics sport aspiration	2.93	8 th
10. it can ruin athletic career of athletes	2.90	9 th
5. it makes athletes not to prepare well for competition	2.88	10 th
9. it leads to violent behavior among athletes	2.80	11 th
11. it gives undue recognition to athletes	2.78	12th
4. it can contribute to failure	2.77	13 th
it increases the chances of sustaining injury by athletes during competition	2.73	14th
15. increases the capability of athletes during competition	2.70	15 th
16. it reduces fatigue and boredom among athletes	2.70	15 th
18. it can lead to death due to injury	2.68	17 th
17. it makes athletes to lose concentration in their studies	2.66	18 th
6. it affects athlete's sense of judgement	2.61	19 th
20.it leads to conflict between athletes and coach	2.53	20th

Table 2 indicated that all the items' mean scores are above 2.50 bench mark, hence they are taken to be influence of drug abuse on athletic performance of adolescents in Kogi State secondary school.

3.3 Testing of hypotheses .

Hypothesis One:

There is no significant difference in the influence of drug abuse on the athletic performance of adolescents in Kogi state secondary school on the basis of gender.

Table 3: T-test result on the influence of drug abuse on athletic performance of adolescents' on the basis of gender

Gender	N	Mean	SD	Df	Cal. T	Crit. t	p-value
Male	111	57.47	13.26	198	1.57	1.96	.083
Female	89	54.35	14.73				

* Sig. at $p < 0.05$

Table 3 showed that the calculated t-value of 1.57 is less than the critical t-value of 1.96 and p- val of 0.83 is less than 0.05 alpha level. The hypothesis is retained. Respondents were not differed on how drug abuse influences their athletic performance based on gender.

Hypothesis two:

There is no significant difference in the influence of drug abuse on athletic performance of adolescents in Kogi State secondary school on the basis of age

Table 4: ANOVA result showing the influence of drug abuse on athletic performance of inschool adolescents in Kogi State based on age

Source	Sum of Squares	Df	Mean Squares	Cal. F	Crit. F	p-value
Between group	4548.199	2	274.099	1.57	3.00	.311
Within group	34362.521	197	174.429			
Total	38910.720	199				

Table 4 revealed that the calculated F-value of 1.57 is less than the critical F-value of 3.00 ($p = .311 > 0.05$). This indicates that no significant difference existed in the influence of drug abuse on the athletic performance of in-school adolescent in Kogi State based on age.

Hypothesis three:

There is no significance difference in the influence of drug abuse on the athletic performance of adolescents in secondary school in Kogi State on the basis of religion.

Table 5: ANOVA Result on the influence of drug abuse on athletic performance of in-school adolescents based on religion

Source	Sum of Squares	Df	Mean Squares	Cal. F	Crit. F	p-value
Between group	5984.207	2	292.104	1.09	3.00	.237
Within group	32926.513	197	267.140			
Total	38910.720	199				

Table 5 indicated that the calculated F-value is 1.09 and the p.val is.237. Based on the fact that the p.val of .237 is greater than 0.05 level of significance the hypothesis is retained meaning that no significant difference was found on the influence of drug abuse on athletic performance of the adolescents on the basis of religion. Therefore, religion affiliation of the respondents created no significant differences on how drug abuse influences their athletic performance.

Hypothesis Four:

There is no significance difference in the influence of drug abuse on athletic performance of adolescents in secondary

school in Kogi State on the basis of school type.

Table 6: T-test result on the influence of drug abuse on athletic performance of adolescents on the basis of school type

School	N	Mean	SD	df	Cal. t	Crit. t	p-value
Public	136	56.49	12.41	198	0.60	1.96	.551
Private	64	55.22	16.92	64	55.22	16.92	

* Sig. at $p < 0.05$

Table 6 showed the calculated t-value to be 0.60 and that value is less than the crit. t of 1.96. The p-val of .551 is greater than the 0.05 alpha level. Since the p.val is greater than the 0.05 alpha level the hypothesis is retained, which means there is no significant difference found in the influence of drug abuse on athletic performance of the adolescents on the basis of school type. This means that school type of the respondents created no significant difference in the influence of drug abuse on athletic performance of the adolescents.

4.0 Discussion

The analysis and findings of the research question revealed that drug abuse influences athletic performance of adolescents in secondary school in Kogi State in the following ways; it increases the chances of winning in the competition, gives athletes boldness to disobey rules and regulations guiding the competition, gives them undue advantage to win the competition, exposes the athletes to bad gang, affects the athletes cognitive ability, makes them to be violent, decreases their sport aspiration, ruins their sports career among other influences. The finding might be so because drug abuse among athletes is known to exert certain influences on them. The influences might be positive or negative as observed in the findings. The finding is corroborated by (Adegboro, 2014) who discovered in research that drug abuse influences emotional stability of students. In tandem with the finding also are (Oshodin & Egor, 2000, Ekpenyong, 2012) who discovered that drug abuse makes students to disobey school rules and regulations, playing against the rules and beating up people. Kypri, Cronin & Wright (2005) also discovered that drug abuse makes students to be violent leading them to fighting with sports officials, family members and others. Drug abuse can lead athletes to so many criminal activities because they are acting in the influence of the drug, particularly those who abuse hard drugs such as cocaine, Indian hemp, among other hard drugs.

Findings in hypothesis one showed that there is no significant difference in the influence of drug abuse on athletic performance of adolescents in Yagba-West based on gender. Respondents did not differ in the influence of drug abuse on athletic performance due to gender. The result might be so because male and female athletes who abuse drugs to enhance athletic performance might face same or similar drug effect. Consistent with this finding is (Awoyinfa, 2012) who found no significant difference in the influence of drug abuse on academic performance of in-school adolescents based on gender. The finding of (Adegboro, 2014.) discovered that there was significant difference in the perception of teachers on the influence of drug abuse on students' behaviour on the basis of gender differed from the finding. This might be because male and female humans differ in the way and manner they take drug. Men are more prone to take drug to kill pain and for more other reasons.

Findings in hypothesis two indicated that no significant difference in the influence of drug abuse on athletic performance of adolescents on the basis of age. The finding might be so because whatever age an athlete is, drug abuse has influence on him or her. The finding of this study is in tandem with the finding of (Foster, 2000) who found no significant difference in the use and influence of drugs among young and old athletes based on age.

In hypothesis three the finding showed there was no significant difference in the perception of teachers on the influence of drug abuse on students' behaviour in public secondary schools in Ilorin metropolis on the basis of religion. This shows that different religious beliefs of the respondents did not make them differ in the influence of drug abuse on athletic performance of adolescents in the secondary school. In tandem with this finding is Marrazzo(2007) who found that respondents' religious affiliation did not influence their perception on impact of doping on academic performance of athletes in colleges. The finding of this study further corroborated with the finding of Adigun (2014) which revealed that the perceptions of teachers are similar on the influence of drug abuse on students' behaviour on the basis of religion.

The fourth hypothesis revealed that there was no significant difference in the influence of drug abuse on athletic performance of adolescents in Kogi State based on school type. . This indicates that respondents were not differed in the influence of drug abuse on athletic performance of adolescents due to school type they attend. The finding might be so due to the fact that whether the athlete attends public or private school drug abuse will have the same influence on him or her. The finding was corroborated with (Otieno, 2005) who found high prevalence of substance abuse among secondary school athletes from both private and public secondary schools. However, the finding of this study is in contrast with the finding of Adigun (2018) in a similar study which revealed that the perceptions of teachers are similar on the influence of drug abuse on students' behavior pattern on the basis of family type.

4.1 Conclusions

The conclusions of this study are that drug abuse influences athletic performance of inschool adolescent athletes in secondary schools in Kogi State positively or negatively. Drug abuse increase chances of winning, it gives athletes the boldness to disobey rules and regulations guiding the completion, it makes athletes to be violent, it affects their cognition, it makes them to join bad gang, gives athletes undue advantage to win the competition, makes them not to do proper training for the competition, can mar the athletic aspiration of the athlete, among other influences. There was no significant differences in the influence of drug abuse on the athletic performance of

the in-school adolescent athletes based on gender, age, religion and school type. All these moderating variables did not influence the respondent's responses on the influence of drug abuse on the athletic performance of in-school adolescent athletes in secondary schools in Kogi State

4.2 Recommendations

Based on the findings of the study, the following recommendations were provided: :

1. School counsellors should organise orientation and sensitization programmes to counsel in-school adolescent athletes against drug use and abuse during and after athletic competition.
2. The sports organizers should work with the school counsellors in setting strict rules and regulations on the drug abuse among athletes. These rules and regulations should be followed strictly and erring athletes should be made to face the law without prejudice.
3. Parents should develop strict monitoring strategies on their children and wards in order to checkmate different activities they are engaging in and create positive relationship with them so that they can prevent the students from abusing drugs and discourage them from all forms of violent behaviours or acts.
4. Adequate counselling programmes should be given to students on regular basis in various secondary schools to educate them on the dangers of drug abuse generally.

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