

Curbing Substance use and Addiction as a catalyst in preventing criminality in Tertiary Institution

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Abstract

The use of drug, alcohol and addiction in betting, smoking sex, street vibes, indecent personality, Internet addiction, drug addiction, technology, phone, coffee, sleeping, recreation activities, merriment, pornography, gambling among others social vices among college, university or polytechnic students most sees as pleasurable behaviors. This occurrence brings many risks including the likelihood of an arrest, academic lost record and possible jail sentence time. The connection between substance uses and addiction, are enhancer booster to crime and criminality within tertiary institution such acts were obvious and glaring to people who have struggled with or had experiences with addiction and substance used.

Introduction

Several systematic advances have molded our present-day understanding of this collective and multifaceted issues. For example, brain-imaging technologies have showed that our brains react similarly to different enjoyable involvements, whether derived from ingesting psychoactive substances, such as alcohol and other drugs, or engaging in behaviors, such as gambling, shopping, and sex. Genetic research has

discovered that some people are prone to addiction, but not to a specific type of addiction. It might seem strange to group gambling problems in the same class as a problem with drugs or alcohol. But substance use and addiction experts are beginning to move away from the notion that there are multiple addictions, each tied to a particular substance or activity. Rather, the Syndrome Model of Addiction suggests that there is one addiction that is associated with compound

expressions. An object of addiction can be almost anything — a drug or drug-free activity. For addiction to develop, the drug or activity must shift a person’s subjective experience in a desirable direction — feeling good or feeling better.

What is Substance use?

Substance use is the constant use of alcohol, illegal drugs, or misuse of drug or over-the-counter drugs with negative consequences. These could be consequences of:

- Problem at work, school, home or in relationships
- Problems with the law e.g., theft, sex hawker, frauds, robbing, rapes, drug deal etc.
- Physical risk
- Health problems etc.

Substances abuse is a pattern of harmful use of any substance for mood-altering purposes Substance use” consist of:

- Tobacco
- Cigarette
- Loud
- Alcoholic
- Substances
- Cocaine

- Inhalants/Spirits (e.g., solutions, petrol, tab etc.,)
- Coffee
- Pain relieving drugs (PCP, paracetamol, Panadol etc.)
- Blue
- LSD
- Marijuana
- Heroin
- Ezo 1
- Kola
- Tramol or Tramadol with Codeine
- Tutolin
- Roche
- Gum
- Lara
- Penerol
- Farida
- Valium
- Sukudai and Madaran Sukudai, Lara
- Semenol
- Mixture of Maggi and Coke Cola
- Psychotherapeutic drugs
- Hallucinogens, and
- Methamphetamine etc.

It may be other abuse of illegal substances, such as nicotine, or prescription medicines.

Alcohol is the most common legal drug of abuse. Most of these substances mentioned above are not known pharmaceutically by its name. Only the substance users identify them with the names.

Substance use disorder (SUD) is the mental disorder that affects a person's brain and behavior, leading to person inability to control their use of substances such as legal or illegal drugs, alcohol, or medications. Symptoms can range from moderate to severe, with addiction being the most severe form of SUD.

Different Types of Substance Use Disorder:

- Alcohol Use Disorder
- Nicotine Use Disorder
- Opioid Use Disorder
- Marijuana Use Disorder
- Stimulant Use Disorder
- Sedative Use Disorder
- Hallucinogen Use Disorder.

Types of Substance Users

- The Social User. The first type uses it for pleasure purposes and it's easier to stop the act at this stage.

- The Substance Abuser. This type of drug abuser can stop using a substance and return to somehow normal life.

- The Addict. The addict is our third and most serious form of substance abuser.

What is Addiction?

Addiction is a chronic dysfunction of the brain system that involves reward, motivation, and memory. It's about the way your body craves a substance or behavior, especially if it causes a compulsive or obsessive pursuit of "reward" and lack of concern over consequences. Other name for addiction is severe substance use disorder. While those specialized to deal with such individual in such line of action are psychiatry, clinical psychology, criminology, toxicology or addiction medicinal. A consultant psychiatrist at the Federal Neuropsychiatric Hospital, Enugu, Dr. Nok Obayi, has identified Internet addiction, drug addiction pornography, alcohol addiction, cigarette smoking and gaming, as some of the causes of mental illness in society. Obayi, said consumption of such drugs as Indian hemp, loud tramadol, and other such related drugs could also cause mental illness. Presenting a paper titled "Addictions and mental illness – an overview, at a symposium organised by the

Association of Catholic Medical Practitioners of Nigeria, Enugu State chapter inside the main hall of St. Mulumba's Catholic Church, New Haven Enugu yesterday, the medical legend warned Nigerians against both drug addiction and internet addiction, pointing out that the consequences of involvement in the bad habits could have long psychological effect. He continued: "if you watch anyone involved in internet or drug addiction closely, you will notice that his behavior is changing and it is not normal, and that is a strong signal of mental illness". On the way forward, Dr. Nok Obayi, advised those affected to change their life style, carryout periodic physical exercise, and avoid stress and consumption of illicit drugs as India hemp, adding, "depression is a major cause of suicide, any behavior that is not in conformity with society should be reported for close monitoring". He also recommended that anyone that noticed such abnormal behavior should approach catholic priests and health care providers for help because of their spiritual expertise, adding that those who come down with mental illness should not always be thinking that

enemies caused their ill health. To Dr Ibrahim M. Yakub, Bara'atu Abdullahi, & Rabo Maikeffi. "Intoxication is the mother of all sins, and whosoever takes it, Allah will not accept his/her prayers for a period of forty days and if such person dies, while there are intoxicants in his/her stomach, he/she dies a death of ignorance. Sheikh Najim al-Ghazzi stated the following: Tobacco first appeared in Dimishq in the year 1015 AH. The substance addicts claimed that it did not intoxicate. Even if we were to yield to this notion, it is still a sedative. Therefore, according to Islam, no impious thing can be treated as lawful till the Day of Judgment. Tobacco involves the consumption of evil substance. It has foul smell; unpleasant taste and it is harmful to the body. This alone is sufficient to declare it prohibited. Addiction is a neuropsychological disorder characterized by a persistent and intense urge to engage in certain behaviors, one of which is the usage of a drug despite substantial harm and other negative.

Symptom of addiction:

- be unable to stay away from the substance or stop the addictive behavior
- display a lack of self-control

- have an increased desire for the substance or behavior
- dismiss how their behavior may be causing problems
- lack an emotional response

Over time, addictions can earnestly affect ones' daily life. People experiencing addiction are also susceptible to cycles of relapse and retardation. This means they may cycle between intense and mild use. Despite these cycles, addictions will typically worsen over time. They can lead to perpetual health hitches and grave concerns like bankruptcy. In 2014, Addiction.com, a website devoted to helping those with addiction, listed the top 10 types of addictions. Besides nicotine, drugs, and alcohol, other common addictions include:

- coffee or caffeine
- gambling
- anger, as a coping strategy
- food
- technology
- sex
- work

Technology, sex, and work addictions are not recognized as addictions by the American Psychiatric Association in their

most recent edition of the Diagnostic and Statistical Manual of Mental Disorders. Most signs of addiction relate to a person's impaired ability to maintain self-control. This includes changes that are:

- social, such as seeking out situations that encourage a substance or behavior
- behavioral, such increased secrecy
- health related, such as insomnia or memory loss
- related to personality

Someone with an addition won't halt their behavior, even if they spot the problems the addiction is causing. In some cases, they'll also exhibit a lack of resistor, like using more than anticipated.

Some behavior and emotional changes associated with addiction include:

- unrealistic or poor assessment of the pros and cons associated with using substances or behaviors
- blaming other factors or people for their problems
- increased levels of anxiety, depression, and sadness
- increased sensitivity and more severe reactions to stress
- trouble identifying feelings

- trouble telling the difference between feelings and the physical sensations of one's emotions.

Criminological Perception of Substance Use and addiction

A criminologist may be most interested in the way particular cultures and subcultures define crime, how they produce criminals, and how they deal with them. The main focus of crime analysts when using environmental criminology theory is to analyze the environment for factors that might encourage criminal activity. Peele's (1985) theory of addiction to crime is that people have addiction and strong emotional experiences, believes that delinquents gain a sense of control, boosted self-interest. Addiction and crime characteristics are Shirking school, work, or social responsibilities, spending significant periods of time either getting drunk or high, or recovering from doing so, needing to use more and excess drugs or alcohol in order to achieve the same effect seem which allows them to have power when experiencing their addiction of crime. Youths prefer a self-governing and independent life that is free

from adult control, there engaging in various delinquent acts like substance abuse, rape, robbery, cultism, hooliganism, gambling and vandalism that are dangerous to the self, home, community, society, school, and the nation. The effect of addiction and substances use among youths has been a stigma of moral decadence, violence, thuggery, assault, madness and murder. To Dr. Ibrahim M. Yakub, Bara'atu Abdullahi, and Rabo Maikheffi (2022). Undoubtedly, the ancient custom of consuming illegal substance is deeply woven into the fabric of modern-day society. Despite being consumed by almost two billion people worldwide, of whom at least 76.3 million suffer a drug related disorder, intoxication is perceived as just another routine of daily life. Statistic bear witness to the fact that the devastating impact of consumption of illegal substance uses on human and civilization is not myth and becoming apparently as society fails in its attempts to reduce and eradicate of illegal substance use.

From the effects of drugs, to peer pressure, to difficult upbringings, there are many theories about the cause of crime. Different theories focus on the choices of

individuals or on social circumstances. Only few people who study the causes of crime would disagree that there is a link between criminality and alcohol or illegal drug use. Disorganized communities cause crime due to there being few social controls and, as a result, a criminal culture emerges. Substance abuse and addiction are harmful or hazardous use of psychoactive substances or acts, including gambling (betting of all kinds), alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome (cluster of behavioral, cognitive and physiological phenomena that develop after repeated needs) typically involved strong desire to take/do more of difficulties in controlling its use or shun such an act than to other activities and obligations. The relationship between drug/alcohol use and crime is quite simple. Since drug use and possession is illegal it's fairly easy for even recreational drug users to catch drug charges. For addicts, you can pretty much count on drug related arrests at one point or another. The legal risks associated with drug and alcohol use falls into one or more of three categories:

1. Alcohol and Drug Defined: charges caused by production, sales, use, possession, distribution or cultivation.
2. Alcohol and Drug Related: Criminal Behavior resulting from use of drugs and alcohol such as a DUI or theft.
3. Alcohol and Drug Using Lifestyle: exposure to individuals and situations that encourage illegal behavior.

With more than half of the nation worldwide implementing some form of 'three strike laws,' addicts need more lawyers than ever before. This is an issue because it takes focus off of the real problem: many of these individuals need counseling or treatment for their addictions. If an addict cannot access their drugs, they will most likely do anything to get their fix (this includes breaking the law). To a "non-addict," the risks involved in drug use would never outweigh having to be sober. In my personal experience, I gambled with my future on a daily basis; the dangers involved meant nothing to me. It's pretty obvious that the threat of incarceration is of little consequence to other addicts.

Causes of Substance Abuse

The causes of substance use may include:

- To avoid sleeping
- To pass examination
- Get rich quick syndrome
- Confidence drives
- Curiosity
- Misinformation and Influence from Neighbour, Environment, Peer, Medias, Siblings and Social Acts
- Parental influence and family background
- Availability of the drugs
- Prevention of failure
- Afraid of losing trial
- Influence of labour mate, girls of/or boys' friend
- Ignorance of its consequences
- Political thuggery
- Emotional and Psychological stress
- To forget problem at hands
- Pleasant at first trial etc.

The use of drugs and alcohol brings many risks including the likelihood of an arrest record and possible jail time. The connection between drug/alcohol addiction and crime is obvious to many people who have struggled with or have experience with addiction. However, the fact remains that most people, don't have a good understand

as to what addiction is and how it can be treated. A Nigerian girl simply identified as Lizzy of 23years has been discovered in the Ikeja area of Lagos State and tells a sad story of drug addiction and how she engages in prime prostitution, pickpocketing, fraudster, informant to kidnapper's, ritualist, robbers, drug runner, and a lot of illegal and shade deals of various categories.

Recommendation

1. It should be constitutional mandate to tertiary institution to stimulate: Sponsor, student and management forum to enable flow of guardians, students and school management exchange of information and advice on student's status.
2. Institution should adopt integrated shamming theory system as a reinforcement and rehabilitating of students on such singular act(s) or others social vices wrong doing.
3. Student Affair Office of an institution should be staffs with criminologist, and Clinical Psychologist, as desk officers to curb early act of addictiveness or any other social vices.
4. Guidance and counselling unit of an institution should be staffs with criminologist to enhance smooth background check on

students as well behavioural status of such individual to enable crime free campus.

5. School hospital/clinic should be staffs alongside with clinical psychologist and criminologist for an accurate preliminary investigation into such an individual case(s).

6. National university commission should enact policy in collaboration with the government of the country to ensure proper monitoring of the activity of institution be it private, state or Federal owned institutions on composition of student affair office/officers and others recommendation from number one – seven.

7. Also, security personnel of the institution should be seen as part of academic staffs or as non-academic staffs, not just a mere domestic staff, staff training and retraining, workshop, seminar and conferences should be extending to them to benefit, in other to enhance outcome.

Every being has the genetic predisposition for addiction because there is an evolutionary advantage to that, in other word the potential for addiction is hardwire into our brain. Just try and help yourself of it. Addicts is seen as disease by most

Medical Associations, including the Nigerian Medical Association, alongside with American Society of Addiction Medicine, and World Health Organization.

Addiction is a chronic and often deteriorating disorder. It is often preceded by other emotional problems. Nevertheless, people can and do recover from addiction, often on their own. If not on their own, people can recover with the help of their social network or a treatment provider. Usually, recovery from addiction requires many attempts. This can lead to feelings of frustration and helplessness. Smoking is often considered one of the most difficult expressions of addiction to change. Yet, the vast majority of smokers who stopped quit on their own! Others stopped smoking with the help of professional treatment. It is important to remember that the process of overcoming an addiction often requires many attempts. Each attempt provides an important learning opportunity that changes experience and, despite the difficulties, moves recovering people closer to their objectives. There are many pathways into addiction and many routes to recovery. Think about salvage from addiction as a five-year process that will have its ups and downs; after about five years, life

can and will be very diverse. As life becomes more worth living, addiction loses its influence. Evident shows that students and other youths both male and female start engaging on substance use and addiction at an early age of eight or slightly above that (Seg Bennys 2020). The National Drug Law Enforcement Agency (NDLEA) has nabbed many drug suspects with illicit drug of cough syrup suspected to be codeine, tramol or tramadol. Many confirmed addicts were prosecuted and sentenced, while other cases were at different stages of court trials.

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