



DRUG ABUSE AND THE MANAGEMENT OF UNDERGRADUATES THROUGH EFFECTIVE LEADERSHIP

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ABSTRACT

This study examined drug abuse and the management of undergraduates through effective leadership. Drug abuse is the use of drugs, whether they are legal or not, improperly. Environment and heredity are the two main categories into which the causes of drug misuse can be classified. The signs of drug abuse can be broken down into two categories: both behavioral and physical signs. Physical manifestations of the condition include bloodshot or glazed eyes, dilated or constricted pupils, abrupt weight fluctuations, changes in hygiene, dental problems, changes in skin, and difficulty falling asleep or excessive sleep. Increased hostility or irritability, changes in attitude or demeanor, lethargy, sadness, abrupt changes in a social network, drastic changes in habits and/or priorities, and involvement in criminal activities are only a few examples of behavioral indicators. Long-term effects of drug abuse include depression, anxiety, panic disorders, increased aggression, paranoia, and hallucinations, while short-term effects include changes in appetite, sleepiness or insomnia, increased heart rate, slurred speech, changes in cognitive ability, and a temporary sense of euphoria. Understanding how substance misuse arises, avoiding peer pressure and temptation, and information-dissemination programs that focus largely on teaching about drugs and their effects are just a few of the several strategies to prevent drug usage. In conclusion, healthcare professionals should customize a patient's care to their needs. Behavioral therapy, group therapy, and medicine are frequently used in conjunction in community-based organizations and state-funded treatment programs.

Keywords: Drug Abuse, Management, Effective, Institutional Leadership, Undergraduates.

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INTRODUCTION

The use of certain chemicals to produce pleasurable effects on the brain is referred to as drug misuse or substance abuse. Over 190 million people use drugs worldwide, and the problem is becoming worse at an alarming rate, especially among young adults under 30 (Mandal, 2021). Dumain (2021) defines drug misuse as the use of legal or illicit substances inappropriately. You might exceed the recommended dosage or utilize a prescription written for someone else. You might misuse drugs to feel better, reduce stress, or escape from reality. However, you may generally stop using altogether or adjust your bad habits.

Drug misuse is a widespread issue that puts people's lives, societies, politics, and security in many nations at serious risk (United Nations, 2008). United Nations (2005) observed that the availability of a broad variety of drugs and a growing consumer base have led to an increase in illicit drug use around the world. The main worry is that youngsters appear to be the new target market for the global drug industry (NACADA, 2012). Drug abuse is the use of drugs for reasons other than medical needs, which has an adverse social, cognitive, and physical impact on the user (Kuria, 2016).

An individual's increased propensity to argue with friends, instructors, and school officials may be a sign of social impacts. Cognitive impacts include memory loss and a person's inability to focus on their academic work. As a result, according to Lewinsohn (2007), a drug is anything that alters how individuals feel, think, see, or behave but is not food or water. It is a substance that, as a result of its chemical makeup, alters how the body, mind, and emotions work. Through chewing, breathing, drinking, smoking, rubbing on the skin, or injection, it can enter the body. The use of drugs by young people around the world has become a serious issue that affects everyone. Many people, especially young people, are pushed into a downward cycle of hopelessness by addiction, which can sometimes be fatal. They range from ecstasy-using teenagers and glue-sniffing street kids to devout heroin and cocaine addicts (Nacada, 2005).

Drug misuse is to blame for lost income, property damage in schools, skyrocketing health care costs, and disintegrated families. It is a problem that impacts all of us, including parents, kids, teachers, elected leaders, taxpayers, and employees. Marijuana usage was more frequently reported worldwide, and Americans had the highest rate of use at 42.4% compared to New Zealanders' 41.9%. The United States had citizens who were four times more likely to report using cocaine in their lifetime than the next closest country, New Zealand (16% vs. 4%). (Warner 2005-2008).

The currently proposed research aims to investigate the extent and character of alcohol use and how it influences students' academic performance in line with current studies on alcohol and drug use among college and secondary students. 3 According to a South African survey, smoking and alcohol usage are both prevalent among high school students, with a rate of 39.1% and 10.6%, respectively. Drug usage in South Africa is double the global average, which indicates a severe drug issue. Their drug use affects more than 15% of the population. According to studies, those who begin drinking before the age of 15 have a fourfold increased risk of developing alcoholism.

Students who use drugs or drink in school are three times more likely to commit violent crimes. As drug dealers target schoolchildren in Nigeria, drug abuse is escalating into a catastrophe in both rural and urban areas. Therefore, it is necessary to do the study in order to evaluate the drug abuse issue.

CONCEPTUAL CLARIFICATION

Drug is a drug that some people smoke, inject, or otherwise consume to experience pleasurable or stimulating experiences. It can also be a component of a medicine or a drug used to treat sick

patients. According to Sussman and Ames (2009), a drug is a material that may be ingested into a person's body and, if ingested, affects certain bodily functions. Chemical molecules known as drugs have the power to alter how your body and mind function (National Institute of Health, 2021). Drugs may be used for disease diagnosis, treatment, or prevention. Drugs can help the body heal from illnesses by killing microorganisms. Some medications help to stop headaches. Some medicines influence neurotransmitter activity by crossing the blood-brain barrier. The focus of this book is mostly on drug types that have a direct or indirect impact on how neurotransmitters operate in the brain. Drugs are metabolized by the body in four phases, and when taken concurrently, they may interact in a variety of ways.

According to the National Institute of Health (2021), medicines are chemical molecules that have an impact on both the body and the mind. The precise effects vary from person to person and depend on the medication, dose, and manner of administration. Even using a medicine moderately or in accordance with a doctor's prescription can have short-term effects. As an illustration, drinking one or two drinks can cause mild drunkenness. It's possible to feel unconstrained, at ease, or tired. Blood pressure is raised and alertness is increased by nicotine from cigarettes and other tobacco products. While taking an opioid as prescribed by a doctor can assist with moderate to severe pain, opioids can also make you feel sleepy, cause shallow breathing, and cause constipation (Yellayi, 2020).

Drug Abuse

The use of certain chemicals to produce pleasurable effects on the brain is referred to as drug misuse (Mandal, 2021). According to the National Institute of Health (2021), drug misuse is the use of legal or illicit substances inappropriately. You might exceed the recommended dosage or utilize a prescription written for someone else. You might misuse drugs to feel better, reduce stress, or escape from reality. However, you may generally stop using altogether or adjust your bad habits. One of the ills of modern civilization is drug misuse. It has affected every part of our society and every region. It can be found in both rural and urban places, among the rich and the poor, men and women, young and elderly.

However, young boys and girls are most likely to engage in it, particularly at hostels and virtually all educational and technical institutions. As a result, drug abuse is a problem in practically every nation on earth. Alcohol is used worldwide and is getting more and more readily available. Addiction has turned into a serious curse for people. It has an impact on people in addition to drug addicts, either directly or indirectly. It is a character flaw in the eyes of the average person. Sociologists view it as a social issue, but moral theologians might see it as a matter of vice. Law enforcement agencies view it as a crime and believe it to be sinful. It can be classified as a personality disorder issue by the psychiatrist.

Alcoholism is treated as an illness, and alcoholics' anonymous groups and treatment facilities refer to their clients as patients (National Drug Intelligence Center, 2011). Drug abuse, sometimes referred to as substance abuse, is the habitual use of a drug in which the person consumes the drug in quantities or ways that are hazardous to them or others (Centers for Disease Control and Prevention, 2020). And substance dependence may be identified when a person continues to use alcohol or other drugs despite issues associated to that usage. As a result, compulsive and frequent usage may cause tolerance to the drug's effects and withdrawal symptoms when use is cut back or discontinued. Chemical substances make up drugs.

A drug is a naturally occurring substance or a pharmaceutical preparation that is used primarily to alter an existing process or state (physiological, psychological, or biochemical). In other words, a drug is any substance that modifies an individual's physical or mental functioning. Drug interactions alter the body's biochemical systems. A substance is considered psychoactive if it affects sensory perceptions, mood, thinking processes, feelings, or behavior. Pharmacology

is the scientific field that studies how drugs work (Rehm et al., 2009). In contrast to others, some medicines are both legal and unlawful. Legally speaking, alcohol and tobacco are acceptable as some types of medication. Drugs used for medical purposes, though, can also be abused.

It can be used excessively, for an extended period of time, repeatedly, incorrectly, etc. Because of the dependence and tolerance they cause, illegal narcotics like heroin and cocaine are bad for the body and the mind. It is referred to as "drug abuse" when these medications are used in amounts, concentrations, or cycles that harm a person's physical or mental health and are not medically necessary. While other substances produce both physical and psychological dependence, its usage results in addiction, which breeds tolerance and reliance (U.S. Department of Health and Human Services, 2014).

Symptoms of Drug Abuse

Physical and behavioral symptoms make up the two main categories of drug abuse symptoms (Thomas, 2021).

Physical Signs of Drug Abuse

Drug use can cause some of the most observable physiological and psychological effects. For instance, when a drug is used for a sufficiently long time or frequently enough that your body becomes accustomed to the persistently elevated presence of the substance, tolerance to the drug develops. As tolerance increases, larger doses or stronger concentrations are needed to produce the same results.

People who use drugs to get high could start taking such high dosages to go past their tolerance that they put themselves at higher and higher risk of overdosing, which might be fatal. Changes in appearance, such as bloodshot or glassy eyes, might be additional indicators of suspected drug use:

- Widening or dilated pupils;
- Sudden weight fluctuations;
- Hygiene modifications;
- Dental problems;
- Skin modifications;
- Sleep issues or excessive sleep.

Depending on the substance and the procedure, different signs will appear (i.e., smoking, injection, etc.).

Behavioral Signs of Drug Abuse

Drug usage frequently causes a person's behavior and habits to change drastically. Some medicines might make it difficult for the brain to concentrate and think effectively.

Problematic substance use is occasionally connected with behavioral changes like the ones listed below:

- A rise in hostility or impatience;
- Shifts in personality or attitude;
- Lethargy;
- Depression;

- Rapid adjustments in a social network;
- Significant adjustments to routines or priorities;
- Participation in illegal conduct.

Types of Drug Abuse

There are many different sorts of drugs and they can be categorized; according to Tice et al. (2018), there are two main groups of substances that are abused:

- Legal narcotics;
- Illegal substances.

Drugs that are developed, bought, sold, and made legally are those that fall under this category. Pharmaceuticals such as aspirin-containing cough syrups, laxatives, antacids, vitamins, and certain contraceptives, etc. Laxatives, antacids, vitamins, aspirin cough syrups, some contraceptives, etc. are examples of legal pharmaceuticals that can be purchased without a doctor's prescription. These over-the-counter medications, which cost billions to make and market globally, are used for dandruff, constipation, comfort, drowsiness, excitement, and other conditions (Chen et al., 2009).

Prescription pharmaceuticals are any pills or medications that a pharmacist dispenses based on a doctor's or dentist's prescription. Analgesics, contraceptives, antibiotics, medicated shampoos, stimulants, sedatives, antidepressants, anesthetics, etc. are some of them. Amphetamines, barbiturates, opioids, and other psychotropic prescription medicines are misused at the same time to change one's level of consciousness and sensitivity to pain, among other things. Numerous alcoholic beverages, cigarettes, coffees, and teas are used in excess, mistreated, and misused as social drugs. They are prescription medications that are psychoactive (Lander et al., 2013). Consequently, these are separated into the following three categories:

- Non-prescription;
- Prescription medications;
- Social drugs, including alcohol, coffee, and nicotine.

Drugs that are abused and not used legitimately are considered illegal. It can be broadly split into two categories based on whether it has the potential to create high or low dependence: Cannabis and other hallucinogens cause low reliance compared to amphetamines, cocaine, depressants, opioids, etc.

Illegal substances come in a variety of forms depending on their capacity to cause clinical dependence. Heroin, cocaine, amphetamines, barbiturates, etc. are all drugs that cause severe dependence. Additionally, marijuana, LSD, psilocybin, and other substances that cause weekly reliance (Simmons, 2008). Simmons (2008) claims that mistreated. Additionally, drugs are separated based on their nature, origin, mode of action, and effects. They are examined in a number of categories, including:

Narcotic painkillers: The word "narco" in Greek means to numb or deaden. Analgesic denotes a substance that kills or lessens pain. These substances cause a person to slow down and feel happy. These are typically prescribed as painkillers by dentists and physicians. Among them, codeine, morphine, percodan, etc., are significant. Narcotics include certain illegal drugs like heroin and brown sugar. In medicine, the term "narcotic" refers to opium, its derivatives, or artificial drugs that have effects similar to those of opium. They are rather highly addictive painkillers (Shankaran, 2007).

Stimulants: Stimulants are substances such as chemicals and medications that momentarily excite or speed up the central nervous system, as well as the mind and body. "Pep" pills are substances that people consume in order to develop amazing mental and physical abilities. These are referred to as "uppers" because they provide mental balance, excitement, and a very sensuous sense of euphoria by lifting the person out of sorrow and sadness. In the form of pills, stimulants are available and are recommended by physicians. However, some young guys abuse them in order to experience an ecstasy-like state. Nicotine and caffeine are two commonly used stimulants. Cocaine and amphetamines are the most potent and strong stimulants. These substances have a particularly strong draw on the younger generation. They disrupt the neurological system by traveling through the blood to the brain (Goldstein and Volkow, 2011).

Depressants: Depressants, sometimes referred to as "downers," depress or slow down mental processes, particularly those of the central nervous system, heart rate, and respiration. Chemicals are used by some people to relax, feel peaceful, and sleep well (Fowler and Volkow, 2007).

Cannabis: Cannabis is the name given to marijuana and other substances made from the cannabis sativa plant native to India. It has been grown for generations in various parts of the world due to the robust stem fiber, the oil in the seed, and the psychotropic qualities. The cannabis plant can produce more than 60 cannabinoids; the two most popular drugs in this group are charas (Hashish), Ganja (Marijauna), Bhaang etc (Grant, 2001).

Drug Abuse's Root Causes

Goldstein and Volkow (2011) assert that there are numerous factors that contribute to drug misuse. Below are a few of them:

Genetics: Only a small number of those who take drugs abuse them, however it has been shown that drug addiction frequently runs in families, indicating heredity may be one of the reasons of drug abuse. Although having drug-using parents puts a child at danger, it is possible for the youngster to grow up drug-free. Drug misuse is also conceivable in families where there are no other drug users. It is evident that drug dependence is not solely due to heredity (Croft, 2021).

Co-Occurring Disorders: Drug misuse frequently coexists with other illnesses, such mental illness. Although it is not believed that drug usage directly causes mental illness, one condition may signal and make the other more difficult. The desire to control the symptoms of an underlying mental disorder may be one of the factors that contribute to drug usage. For instance, a depressed person might utilize drugs to "get high" repeatedly to alleviate their sad symptoms (called self-medication). Drug usage was not caused by depression, but it was one of its contributing factors. However, it is well recognized that not everyone who has a mental disorder consumes drugs, therefore mental illness is not the only factor contributing to drug usage (Tracy, 2021).

Environmental Conditions: There are some situations in life that increase the likelihood of abusing drugs rather than directly causing it, especially for younger users. Drug abuse is frequently attributed to parental maltreatment and neglect. Adolescents and pre-adolescents may use drugs in an effort to get their parents' attention or run away from abusive ones; persistent drug usage can lead to drug misuse. Drug abuse can also be greatly influenced by a drug user or by the presence of drugs in the home (Croft, 2021).

Drug Abuse's Effects

Drug misuse can have both immediate and long-term health implications, according to Yellayi (2021):

Short Term Effects

According to Zucker (2008), taking or abusing a prescription drug can result in a number of other immediate side effects, including:

- altered appetite;
- disturbed sleep or insomnia;
- elevated heart rate;
- slurred speech;
- modifications in cognitive function;
- a momentary feeling of euphoria;
- loss of coordination

Drug usage can have an impact on a person's life in ways other than just on their physical health (Croft, 2021). People with substance use disorders, for instance, could struggle to stop taking drugs, have marital issues, perform poorly in school or at work, have trouble keeping up with their personal cleanliness, or noticeably change their look, like losing a lot of weight.

- Greater risk-taking and impulsivity;
- A decline in interest in once-enjoyable activities.

Long-Term Effects

Drug misuse, especially over a lengthy period of time, can have a variety of long-term health repercussions, claims DiClemente (2005). Chronic drug use can change the structure and function of the brain, which can have long-term psychological impacts like depression and anxiety:

- Panic conditions
- heightened hostility;
- paranoia;
- hallucinations

The memory, learning, and focus of a person can also be impacted by long-term drug usage. Depending on the drug's nature and length of usage, several long-term physical impacts can result from drug use (Hill, 2005). However, authorities have connected persistent drug use to the subsequent illnesses: cardiovascular illness, Cocaine and methamphetamine are two stimulants that can harm the heart and blood vessels. The prolonged use of these medications increases the risk of heart attack, arrhythmia, and coronary artery disease (Guo, 2001).

Issues with the respiratory system: Smoking or inhaling drugs can harm the respiratory system and cause chronic respiratory illnesses and disorders. By attaching to particular receptors in the central nervous system that control respiration, opioids slow a person's breathing. These medicines can cause slow breathing or loud snoring by slowing down a person's breathing. If an

individual consumes a significant amount of an opioid or consumes it combined with other medications like alcohol or sleep aids, they may completely stop breathing (Yellayi, 2021).

Damage to the kidneys: The kidneys remove extra minerals and waste from the blood. Drugs like heroin, ketamine, and synthetic cannabinoids can harm or even destroy the kidneys.

Liver disease: Drug and alcohol abuse that is continuous can harm the liver's cells, causing inflammation, scarring, and even liver failure. An overdose can happen when a person consumes too much of one drug or a combination of drugs. The Centers for Disease Control and Prevention (CDC) estimate that drug overdoses resulted in 67,367 fatalities in the US in 2018. Opioids were a factor in over 70% of these fatalities (Zucker, 2008).

There is no single, surefire strategy to stop someone from misusing drugs or alcohol, but there are things that everyone can do to stop substance addiction, according to Control of Drug Abuse (Anon, 2022), the top five ways to stop substance usage are as follows:

Recognize the progression of substance misuse. Utilizing addictive substances for pleasure, whether illicit or prescribed, seeking out euphoria after each use, or abusing prescription medicines are the first signs of substance misuse.

Steer clear of peer pressure and temptation. By avoiding friends or relatives who encourage substance use, you can cultivate healthy relationships and friendships. We often hear that "we become most like those we surround ourselves with," which means that if you are among people who abuse alcohol and/or drugs, you are more likely to do the same. Teenagers and adults both experience peer pressure on a regular basis. Develop a solid manner to say no, come up with a strong justification, or make a strategy in advance to avoid caving in to peer pressure if you want to stay drug-free.

Obtain treatment for mental disorders. Substance misuse and mental disorders frequently coexist. You should get professional assistance from a qualified therapist or counselor if you are struggling with a mental ailment like anxiety, depression, or post-traumatic stress disorder. A professional can teach you effective coping mechanisms so you may manage your symptoms without abusing alcohol or drugs.

Examine the danger signs. Examine your family's history of addiction and mental illness. Several studies have shown that these conditions tend to run in families, but they can be avoided. Your chances of overcoming your biological, environmental, and physical risk factors increase as you become more aware of them.

Live a life that is in harmony. When something is missing or not functioning in their lives, people frequently turn to drugs and alcohol. You may overcome these life challenges and have a balanced, healthy life by developing your stress management abilities. Create aspirations and goals for the future. These will assist you in concentrating on your goals and in realizing that drugs and alcohol will only stand in your way and prevent you from attaining them.

CONCLUSION

It becomes obvious that the curse of drug trafficking and addiction affects every region of the world. Drug usage has grown to be a major issue that affects millions of people, particularly young people who are meant to be the leaders of the future generation. Drug addiction has made millions of drug addicts' lives worse since it has made them live wretched lives where they are

unable to tell the difference between life and death. The drug abuse situation around the world paints a bleak image.

After the oil and armaments trade, it is the third-largest industry in the world, with a \$500 billion annual turnover. Around 190 million individuals around the world use drugs in some way. Drug misuse has a number of intrinsic issues since it increases crime and violence globally and causes enormous amounts of human suffering. Illegal drug production and distribution are also major issues. The international society has made many efforts to educate people about the dangers of drugs in general and youth in particular. One such activity is the annual observance of June 26 as International Day against Drug Abuse and Illicit Trafficking. The situation is not any better in India, where there are more and more drug users every day.

According to a UN estimate, there are at least one million heroin addicts in Nigeria, however, unverified claims claim there may be as many as five million. The Nigerian government is dedicated to confronting and eliminating the drug trafficking threat, and many actions have been made in this direction at the national and state levels. To carry out the campaign against drug abuse, addiction, and trafficking, adequate measures have been taken, including innovative improvements to the legislative, judicial, and enforcement institutions. Strict penalties have been established for some drug-related offenses in an effort to send a deterrent message to potential offenders.

Leadership of all institution as of higher learning should enact strict regulations, similar to those that are available in India, including fine payment and imprisonment for a minimum of 10 years that may be increased to 20 years. The state has developed a comprehensive policy with targeted programs to reduce drug usage generally, and numerous government and non-governmental organizations are working in this direction. To deter drug addiction and trafficking, measures are done such as offering education, counseling, and rehabilitation programs. It is never too late, as the saying goes. As a result, we must all concentrate solely on this crucial issue right now. The government should set goals to lower the levels of drug usage. It ought to guarantee that effective precautions are being implemented.

For instance, institutional leaders should reinforce that incoming students entering Nigerian universities and other institutions of higher learning must be tested for drugs as a corrective step rather than a punitive one to reduce drug consumption among undergraduates, who are our country's future leaders. We should all work successfully to end this issue at the personal level. Additionally, talking to and positively influencing children is a crucial role of parents. They shouldn't put too much pressure on them academically and socially so that they become this threat. For drug addiction to be controlled, parental control, including a healthy home environment, is essential. Parents, set an example by modeling empathy and compassion for others in front of their kids. According to research, drug misuse can be decreased by the implementation of preventative programs that involve the family, schools, communities, and media. Youths who regard drug usage as detrimental cut back on their drug use, despite the fact that several events and cultural variables influence drug abuse patterns. As a result, it's important to educate children and the general public about the dangers of drug usage and to constantly stressing to students, parents, and medical experts that abstaining from drug use can avoid drug addiction.

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