

KNOWLEDGE, PERCEPTION AND ATTITUDE OF SEVENTH-DAY ADVENTIST MOTHERS TOWARD THE EFFECTS OF YOUTH SUBSTANCE USE AND ABUSE IN NIGERIA

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Abstract

Substance use is the consumption of psychoactive substances such as alcohol, tobacco, and illicit drugs that alter mental functions including mood, thinking, and behaviour. Substance abuse is the improper or excessive use of both legal and illegal substances, including the misuse of prescription medications such as painkillers, stimulants, and sedatives. Studies have shown that youths who engage in substance use and abuse are more likely to experience physical and mental health problems, engage in risky sexual behaviours, contract sexually transmitted infections, involving in violence, criminal activities, and school dropout. The study therefore looked at the knowledge, perception and attitude of Seventh - day Adventist mothers toward the effects of youth substance use and abuse in Nigeria. A descriptive research design was adopted for the study. Data were collected through a structured questionnaire. A total of 406 respondents were selected randomly. Findings revealed that the majority of respondents (78.3%) had attained tertiary education. There was a high level of knowledge of substance use and abuse among Seventh-day Adventist mothers ($\bar{x} = 20.6 \pm 2.35$). Mothers' perception of the risk factors associated with youth substance use and abuse was also recorded ($\bar{x} = 13.8 \pm 3.09$). Additionally, a high level of positive attitude was observed among the mothers ($\bar{x} = 21.8 \pm 4.22$). Based on these findings, the study recommends the establishment of parent support groups where Seventh-day Adventist mothers, alongside mothers from other denominations, can be educated on identifying early warning signs of substance use and abuse among youths.

Keywords: Abuse, Attitudes, Effects, Knowledge, Mothers, Perception, Substance Use, Youth.

I. Introduction

Substance use is the intake of various substances like drugs, alcohol, tobacco products, and inhalants, by different means such as drinking, inhaling, or injecting which lead to dependence and other detrimental health effects. (National Center for Health Statistics, 2024). Substance abuse is the consumption of both illicit drugs and legal substances, such as taking more medication than prescribed. (Olowoyo-Richards, 2024; U.S. Department of Health and Human Services [HHS], 2016). Substance abuse is a growing global public health and social work challenges affecting many nations, necessitating research into prevention methods and contributing factors, particularly those within household environments that impact youths (Kovilveetil, 2021). Youths usually experiment drugs due to curiosity, based on social influence from peers and classmates. The curiosity that comes from taking substances among these youths lead to drug use dependency even in the upcoming population (Attila et al., 2023).

Globally from 2020 through 2021, approximately 2.3 billion people consumed harmful substances such as, alcohol. World Health Organization report that over 3 million deaths occur annually due to substance-related cases. World Drug Report 2023, has it stated that

drug use has been in a significant increase, with over 296 million individuals using substances in 2021. This led to 23% increase compared to previous decades (WHO, 2024; UNODC, 2023). World Drug Day is an annual observance dedicated to increasing understanding of the worldwide drug issue and fostering collective efforts, both internationally and locally, to address challenges related to drug use and its trafficking (United Nations, 2024).

In African continent, cannabis remain the most commonly used substances. Opium misuse including tramadol, heroine and codeine are also on the rise. The abuse of alcohol continues to contribute to the health and social problems significantly (UNODC, 2024; African Union, 2024; Biribawa et al., 2025). In Sub-Sahara Africa, the prevalence rate of substance use is approximately 42% and Central Africa is not left out, having a high rate of users also (Oluwole-Isaac et al., 2018).

In Nigeria, a population of about 35 million persons consume substances worth of USD \$15,000 to USD \$30,000; mostly alcoholic beverages annually and other alcohol-related drinks all over the country (Aderibigbe, 2023). Drug abuse, substance misuse, and related criminal activity are significant factors behind the recent rise in the number of imprisonments among young people. This increase highlights the strong connection between substance use problems and criminal justice involvement among youth (Essien, 2010). United Nations Office on Drug and Crime (UNODC) in Nigeria reports a significant rate of substance abuse, indicating that about 14 percent of individuals aged 15 through 64; that is approximately 14 million people engage in drug abuse (John et al, 2024). According to the United Nations Office on Drugs and Crime (UNODC), nearly one in eight adults in Nigeria has experienced some form of negative consequence due to another person's substance use, amounting to approximately 12% of the adult population who suffer because of someone else's drug use (UNODC, 2019). Despite all the efforts of the Nigerian government's multi-tier strategies and the National Drug Law Enforcement Agency (NDLEA) to combat the substance problem, there has been a steady increase in cases, particularly among adolescents and youth from ages 10 to 25 (Ogunsola et al., 2020).

In Ogun State, a study by Emakpor (2024) suggests substance abuse had long been a significant problem in Tai Solarin University of Education (TASUED), Ijagun, Nigeria. The study identified some contributing factors among undergraduates, such as; feelings of insecurity, family environment, exposure during ceremonies, anticipation of events, heightened sexual desire and substance use during festivals. Ultimately, this substance abuse negatively impacts students' prospects for academic achievement (Emakpor et al., 2024). In the first half of 2025, over 10,000 patients visit were recorded across the four service health posts in Ogun State, namely; Abeokuta, Ijebu Ode, Ilaro, and Ota. Data showed a significant and growing mental health burden in the region. This information also included nearly 1,000 new cases, highlighting increasing demand for mental health services. The remaining visits were follow-ups, underscoring the chronic nature of many mental health conditions. The most commonly reported conditions included psychosis, neurosis, epilepsy, depression, and substance use disorders (Vanguard News, 2025).

When a single family member struggles with substance abuse, the effects ripple through the entire household. Mothers and siblings often have to step in and assume the responsibilities previously held by the individual. The constant worry about the abuser's next move can severely impact the whole family members in regards to financial stability, physical health and psychological well-being. This burden even leads siblings to feel insecure, driven by the desire to prevent their sibling from completely ruining their lives. (Dykes et al., 2021).

Seventh-day Adventist Church holds a strong stance against the use of substances like alcohol and other illicit drug, rooted in its health message of abstinence and body stewardship. Within their communities, dialogues about substance abuse in families are often avoided, largely due to a collective belief that such issues are uncommon among church members. However, psychologist Kiti Randall, who has provided extensive behavioural health training for Seventh-day Adventist Church globally, observed that

addiction is, in fact, a significant struggle for many Adventist families. Randall emphasized that substance abuse has a detrimental impact and effects on Adventist households, with children being particularly vulnerable. He further advocates for children and provides interventions for them and their families, suggesting that the church should make assisting families struggling with addiction a priority within its community outreach efforts (Southern Africa-Indian Ocean Division Health Ministries, 2025). According to Ellen G. White writings, nine tenth of those who are taken to prison are those who have learned to drink alcohol. Furthermore, quite a number of atrocities like theft, incendiarism, murder, and other crimes are committed under the influence of substance use. Yet, those substances are legalized. Both the producers and those who take these substances are under a curse. Those who take these substances ruin themselves and their families too. Criminal courts, prisons, insane asylums, hospitals, dens of vice, almshouses and houses of prostitution are all to a greater degree the results of substance use and abuse. Due to this substance use challenges family members suffer starvation. Suffering children turn to helpless street beggars and mothers agonize on daily basis because those substance users' consciences are seared with red-hot iron (White, 1949).

Although numerous studies have examined substance use and abuse from various perspectives, for instance an Egyptian study discovered that parents who are authoritative lose that children to substance abuse due to their attitudes at home. Specifically, parents with less adaptive attitudes may inadvertently contribute to increased risk of substance abuse in their children, as youth who are not yet cognitively, emotionally, socially, or physically mature are especially vulnerable to these influences. The research concluded that parenting attitudes play a critical role in the development and severity of substance use disorder among Egyptian youths (Ahmed et al., 2024). In this study and more, none has specifically explored Seventh-day Adventist mothers' knowledge, perception, and attitude toward the effects of youth substance use and abuse in Nigeria. This gap highlights the need for the present study.

Research Questions

What was the level of knowledge of Seventh-day Adventist mothers toward the effects of youth substance use and abuse in Nigeria?

What were Seventh-day Adventist mothers' perception on the risk factors of youth substance use and abuse?

What was Seventh-day Adventist mothers' attitude toward youth substance use and abuse?

II. Methods

Research Design

This study was a descriptive research design with quantitative data on the knowledge, perception and attitude of Seventh-day Adventist mothers toward the effects of youth substance use and abuse in Nigeria.

Population of the Study

The study population consisted of 9,102 mothers from three union conferences that made Seventh-day Adventist Church in Nigeria.

Sample Size and Sampling Technique

The sample size was made up of four hundred and six mothers, who were randomly selected from the three union conferences that made up Seventh-day Adventist in Nigeria.

Table 1. Sample Size of Study

Proportionate distribution of sample across the population under study

Name of conferences	Population under study	Sample proportion	Sample size
Conference A:	6,000	6,000 * 406 / 9,102	268
Conference B:	902	902 * 406 / 9,102	40

		9,102	
Conference C:	2,200	2,200 * 406	98
Total	9,102		406

Note: Conference A, B, C were used to represent the conferences used

Research Instrument

The instrument for data collection was a self-developed questionnaire on the knowledge, perception and attitude of Seventh-day Adventist mothers toward the effects of youth substance use and abuse in Nigeria. The questionnaire was divided into four sections: Section A: Demographic Information, comprising of their age, marital status, level of education, number of children, ethnicity, occupation and conference.

Section B: Level of Knowledge of mothers toward the effects of youth substance use and abuse. The respondents were asked dichotomous Yes or No questions.

Section C: Mothers Perception of youth substance use and abuse. This consists of four-point Likert rating scale of Strongly Agreed 4, Agreed 3, Disagree 2 and Strongly Disagree 1.

Section D: Attitude of mothers toward youth substance use and abuse. The respondents were required to respond a four-point Likert rating scale of Strongly Agreed 4, Agreed 3, Disagree 2 and Strongly Disagree 1.

Method of Data Collection

This method of data collection involved collecting information from Seventh-day Adventist mothers through questionnaire distribution via the internet (WhatsApp). The researcher on different occasions sought the consents of the women leaders before sending the Questionnaire via electronically. The Questionnaire was sent to the women leaders who posted the Questionnaire in their different women platforms. Participants completed the questionnaire using electronic devices such as smartphones, tablets, or computers at their convenience. The instrument consisted of a closed-ended item arranged and sent to obtain their view concerning the research. The questionnaire was simple with clear language. Every online questionnaire was filled and as the respondents were filling them the researcher was observing it right then at that point of submission.

Method of Data Analysis

The method of data analysis of this study on "Knowledge, perception and attitude of Seventh-day Adventist mothers toward the effects of youth substance use and abuse in Nigeria" were exported from Google Forms and analyzed using descriptive statistical methods. The statistical software used for coding and analysis was Statistical Product for Service Solution (SPSS), formally known as Statistical Package for Social Sciences. Descriptive statistics, including frequencies, percentages, means, and standard deviations were employed to provide an overview of the respondents' socio-demographic information. Other research questions involving chi-square and Pearson correlation coefficient presentation were also attended to.

Ethical Consideration

Ethical approval for this study was obtained from Babcock University Health Research Ethics Committee (BUHREC) to ensure that the research conforms to the general scientific principal guidelines required in human subjects.

III. Results

Table 2. Socio-Demographic Information

Socio-Demographic Characteristics of Respondents, n=368

Variables	Categories	Frequency (F)	Percent (%)
Age	18-27yrs	105	28.5
	28-37yrs	90	24.5
Mean age= 23years	38-47yrs	88	23.9

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S. D= ±1.15	48-57yrs	80	21.7
	58yrs and above	5	1.4
Marital status	Single	106	28.8
	Married	208	56.5
	Divorced	28	7.6
	Separated	26	7.1
Level of Education	Primary	43	11.7
	Secondary	37	10.1
	Tertiary	288	78.3
Number of children	1-3 children	250	67.9
	4-6 children	114	31.0
	7 and above	4	1.1
Ethnicity	Hausa	24	6.5
	Igbo	268	72.8
	Yoruba	72	19.6
	Others	4	1.1
Occupation	Self employed	82	22.3
	Businesswoman	186	50.5
	Civil servant	100	27.2
	Others	-	-
Conference	A	206	56.0
	B	55	14.9
	C	107	29.1

Table 2 above showed the socio-demographic information of respondents. The result revealed the predominance age range of the respondents were between 18years -27years as the larger percentage 105 (28.5%) of the respondents while the least age range of the respondents were 58years and above. This implied that majority of the respondents were young mothers. Half of the respondents were married 208(56.5%) and majority of the respondents (78.3%) were highly educated with tertiary level of qualification.

Furthermore, most respondents 250 (67.9%) had one to three children and more than average of the respondents were Igbo 268 (72.8%). With regards to occupation, average of the respondents 186 (50.5%) were business women and majority of the respondents 206 (56%) are from Conference A while very few 55(14.9%) were from Conference B.

Research Question 1. What was the level of knowledge of Seventh-day Adventist mothers toward the effects of youth substance use and abuse in Nigeria?

Table 3. Level of Knowledge of Mothers toward the Effects of Youth Substance use and Abuse

3 (a): Responses on level of knowledge of Seventh-day Adventist mothers toward the effects of youth substance use and abuse [n=368]

	Knowledge Items	Yes [2] F/%	No [1] F/%	Mean ± SD
1	I have heard about substance use and abuse	329(89.4%)	39(10.6%)	1.89±0.30
2	I know that using unprescribed drugs is also substance abuse	337(91.6%)	31(8.4%)	1.91±0.27
3	I know that over-dose of drugs is substance abuse	338(91.8%)	30(8.2%)	1.91±0.27
4	I know substance use and abuse are harmful to youths	338(91.8%)	30(8.2%)	1.91±0.27
5	Alcohol cigarettes are commonly used by youths	335(91%)	33(9%)	1.91±0.28

6	Substance use and abuse among youths make them drop out of school	330(89.7%)	38(10.3%)	1.89±0.30
7	The burden of substance use and abuse at home lies mostly on mothers	267(72.4%)	101(27.4%)	1.72±0.44
8	Adventist youths take drugs because of peer pressure	304(82.4%)	64(17.4%)	1.82±0.37
9	Indian hemp, cocaine and marijuana are on the rise among youths	335(91%)	33(9%)	1.91±0.28
10	As Adventists we preach against taking harmful substances	340(92.4%)	28(7.6%)	1.92±0.26
11	The media promote substance use that lure youths into its usage	298(81%)	70(19%)	1.80±0.39

Table 3 (a) presents the level of knowledge of mothers toward the effects of youth substance use and abuse. Findings revealed that majority (89.4%) of respondents had heard about substance use and abuse, most of the participants (91.6%) knew that using unprescribed drugs is also substance abuse. Many knew that over-dose of drugs is substance abuse (91.8%) and most (91.8%) knew that substance use and abuse are harmful to youths.

However, majority of the respondents (91%) acknowledged that alcohol, cigarettes are commonly used by youths and (89.7%) knew that substance use and abuse among youths make them drop out of school, most (72.4%) concurred that the burden of substance use and abuse at home lies mostly on mothers and Adventist youths take drugs because of peer pressure (82.4%). India hemp, cocaine and marijuana are on increase among youth usage (91%). Although, many (92%) of the respondents agreed that Adventists preach against taking harmful substances and (81%) of the respondents agreed that media promote substance use that lure youths into its usage.

Table 3 (b): Level of Knowledge of Mothers toward the Effects of Youth Substance use and Abuse

Level of Knowledge	Range	Frequency(F)	Percent (%)
High	11-22	358	97%
Low	Less than 11	10	3%
Total		368	100.0

The respondents' level of knowledge was rated on a 22-point scale, with a mean score of 20.6 and a standard deviation of 2.35. The study shows that 97.3% of the respondents had a high level of knowledge towards the effect of youth substance use and abuse.

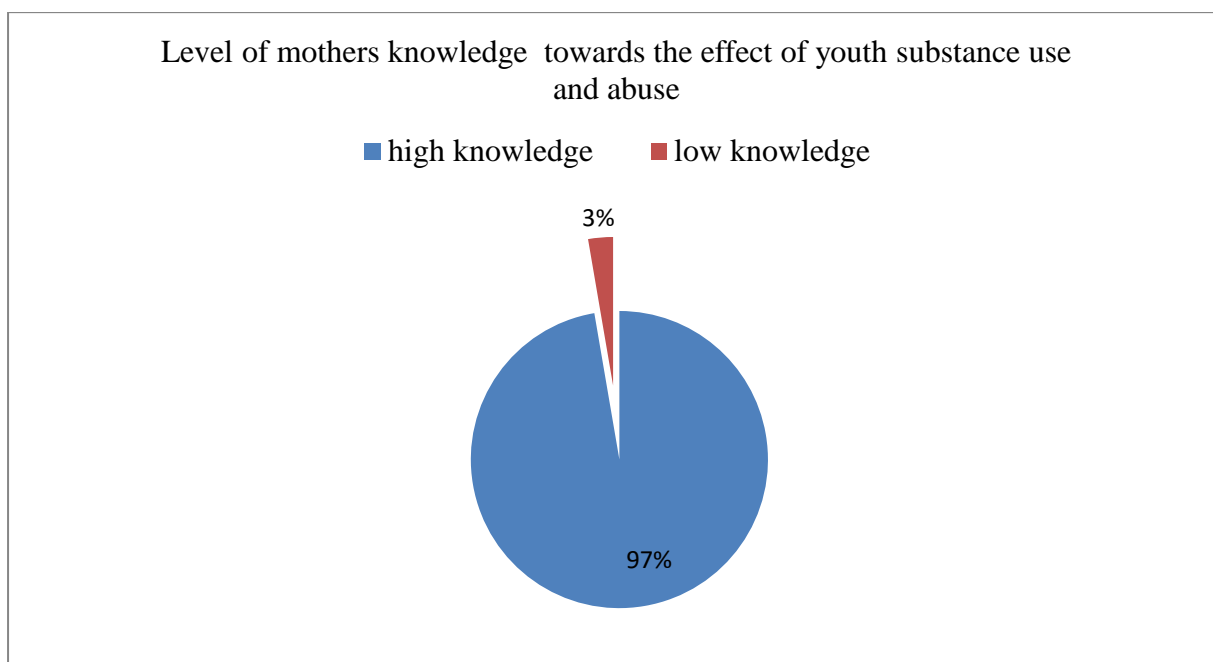


Figure 1: Seventh-day Adventist Mothers level of knowledge towards effect of youth substance use and abuse.

In summary, this study showed that majority of the respondents had high level of knowledge towards the effects of youth substance use and abuse. The result further identify that the participants acknowledged the meaning of substance use and abuse, they understands the causes of substance use and abuse such as taking excessive drugs, over dose drugs, alcohol, cigarettes, peer pressure, social media and the effect of substance use and abuse such as dropping out of school and how to curb substance use and abuse by Adventist preaching against in-take of harmful substances.

Research Question 2: What were Seventh-day Adventist mothers' perception on the risk factors of youth substance use and abuse?

Table 4: Seventh-day Adventist Mothers Perception on the Risk Factors of Youth Substance use and Abuse

4 (a): Responses on Mothers Perception on the Risk Factors of Youth Substance use and Abuse (N=368)

Variables	Strongly agree (4)	Agree (3)	Disagreed (2)	Strongly disagreed (1)	Mean ±SD
Drug use among youths changes their thinking	118(32.1%)	184(50%)	44(12%)	22(6%)	3.08±0.82
Youths who smoke and drink alcohol think it is a sign of maturity	89(24.2%)	191(51.9%)	59(16%)	29(7.9%)	2.92±0.84
Substance abusers are gang members	45(12.2%)	170(46.2%)	95(25.8%)	58(15.8%)	2.54±0.89
Those who use substance also do unprotected sex	60(16.3%)	191(51.9%)	88(23.9%)	29(7.9%)	2.76±0.81
Substance use are cravings youths cannot do without	53(14.4%)	160(43.5%)	79(21.5%)	76(20.7%)	2.51±0.97

4 (a) presents Seventh-day Adventist mothers' perception on the risk factors of youth substance use and abuse. This was assessed using a four-point Likert scale, where responses were coded as strongly disagree = 1, disagree=2, agree=3, strongly agree =4.

Giving a maximum possible perception score of 20 across the five items. Responses were analyzed using descriptive statistics.

Findings indicated that majority (82.1%) of the respondents agreed that drug use among youths change their thinking and (76.1%) of the respondents concurred that youths who smoke and drink alcohol think it is a sign of maturity. More than half (58.4%) of the respondents agreed that substance abusers are gang members and most of the substance users do unprotected sex (68.2%) and more than half of the respondents (57.9%) agreed that substance use are cravings youths cannot do without in this era.

Table 4 (b): Level of Mothers perception on the Risk Factors of Youth Substance uses and Abuse

Level of perception	Range	Frequency (F)	Percent (%)
Good	10-20	335	91%
Poor	Less than 10	33	9%
Total		368	100.0

Mean Score \pm SD = $[\bar{x} = 13.8 \pm 3.09]$ Min=5; max=20

The respondents' level of mothers' perception on the risk factors of youth substance use and abuse were measured using a 20-point rating scale, where each item on the questionnaire was scored (e.g., SA=4, A=3, D=2, SD =1). After summing the scores for each respondent, a total perception score was obtained, with possible scores ranging from 0 to 20.

To categorize perception into "good" and "poor," the mid score of the respondents (10) was used as the cut-off point. Respondents who scored below the mean (<10) were categorized as having poor perception, while those who scored above the mid score (≥ 10) were categorized as having good perception.

This approach ensures that the categorization reflects the relative performance of respondents in the study, with the mid score providing a standard reference point to separate good from poor level of perception.

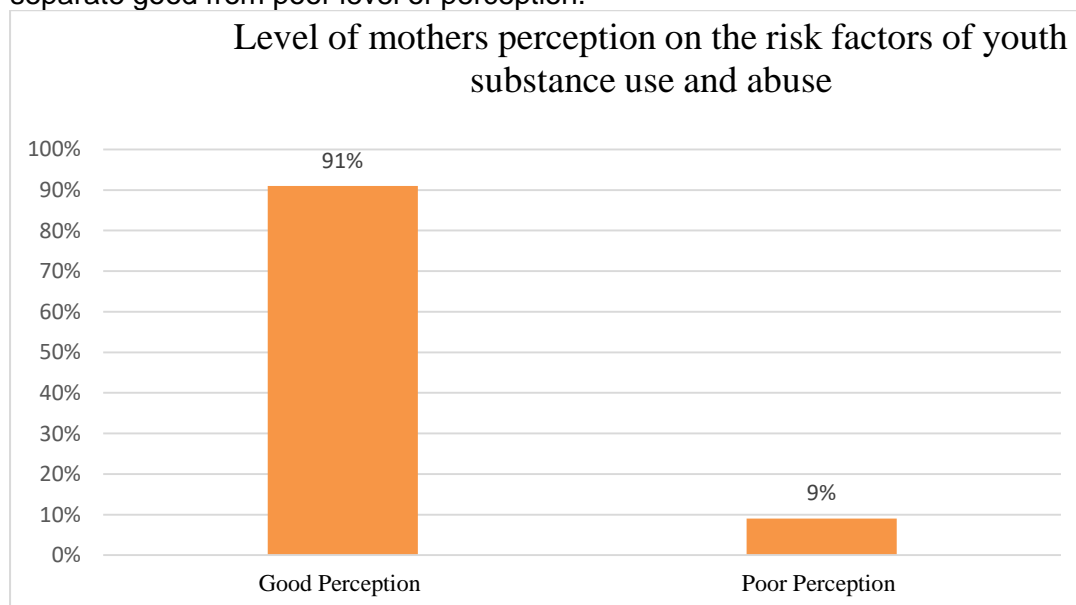


Figure 2: Level of Mothers perception on the Risk Factors of Youth Substance use and Abuse.

In summary, this finding showed that majority of the respondents had good perception (91%) towards the risk factors of youth substance use and abuse. The study identified that majority of the participants agreed that drug use among youth change their thinking. Most of them think it is a sign of maturity (poor perception) and large percentage of this youth were gang members with less knowledge on safety and prevention especially

during sex.

Research Question 3: What was Seventh-day Adventist mothers' attitude toward youth substance use and abuse?

Table 5 (a). Mothers attitude toward the Effects of Youth Substance use and Abuse Responses on Mothers attitude toward the effects of youth substance use and abuse (n=368)

ITEMS	Strongly Agree F (%)	Agree F (%)	Disagree F (%)	Strongly Disagree F (%)	mean±SD X±
I have in one time or the other taken over-dose drugs	32(8.7%)	142(38.6%)	80(21.7%)	114(31.5)	2.25±0.99
I have given over-dose drugs to my child (children)	27(7.3%)	124(33.7%)	72(19.6%)	145(39.4%)	2.09±1.00
I feel that drugs make youths restless	75(20.4%)	199(54.1%)	71(19.3%)	23(6.3%)	2.88±0.79
I feel that substance use and abuse make youths to be aggressive	107(29.1%)	194(52.7%)	45(12.2%)	22(6%)	3.04±0.80
I feel that most cases of depression in youths are linked to drug use and abuse	88(23.9%)	192(52.2%)	63(17.1%)	25(6.8%)	2.93±0.82
I feel that delusion is as a result of substance use and abuse	77(20.9%)	207(56.3%)	67(18.2%)	17(4.6%)	2.93±0.75
I feel that some of the rapes are associated to substance abuse	82(22.3%)	203(55.2%)	60(16.3%)	23(6.3%)	2.93±0.79
I think that ritual killings are linked to substance use and abuse	72(19.6%)	170(46.2%)	81(22%)	45(12.2%)	2.73±0.91

Table 5(a) illustrates mothers' attitudes toward the effects of youth substance use and abuse. This section utilized a 4-point Likert scale. Each response option was assigned a numerical score (Strongly Agree = 4, Agree = 3, Disagree = 2, Strongly Disagree = 1). For negatively worded statements, the scoring was reversed to maintain consistency. Higher scores therefore reflect stronger agreement with positive attitude of mothers towards the effects of youth substance use and abuse, while lower scores reflect negative attitude of mothers toward the effects of youth substance use and abuse.

A significant number of respondents disagreed (53.2%) that they had in one time or the other taken over-dose drug. More than average of the respondents disagreed (59.0%) that they had given over-dose drugs to their children but majority (74.5%) believed that drugs make youth restless. Substance use and abuse makes youth aggressive (81.8%). Result to depression in youths linked to drug use and abuse are (76.1%). Delusion as a result of substance use and abuse (77.2%). Substance abuse and rapes (77.5%) and rituals killing (65.8%).

Table 5 (b): Level of Mothers attitude toward the effects of youth substance use and abuse

Level of attitude	Range	Frequency (F)	Percent (%)
Positive attitude	16-32points	337	91.6%
Negative attitude	<16points	31	8.4%
Total		368	100.0

Mean Score \pm SD = $[\bar{x} = 21.8 \pm 4.22]$; min=8.0, max=32.0

Table 5(b) showed the respondents' level of mother attitude towards the effects of youth substance use and abuse. Mother attitude was measured using a sum of 32-point rating scale, where each item on the questionnaire was scored (e.g., 1 = SD, 2 =D, 3=A, 4= SA). After summing the scores for each respondent, a total attitude score was obtained, with possible scores ranging from 0 to 32.

To categorize mothers' attitude into "positive" and "negative," the mid score of the respondents (16) was used as the cut-off point. Respondents who scored below the mean (< 16) were categorized as having negative attitude, while those who scored above the mid score (≥ 16) were categorized as having positive attitude.

This approach ensures that the categorization reflects the relative performance of respondents in the study, with the mid-point providing a standard reference point to separate positive from negative levels of attitude.

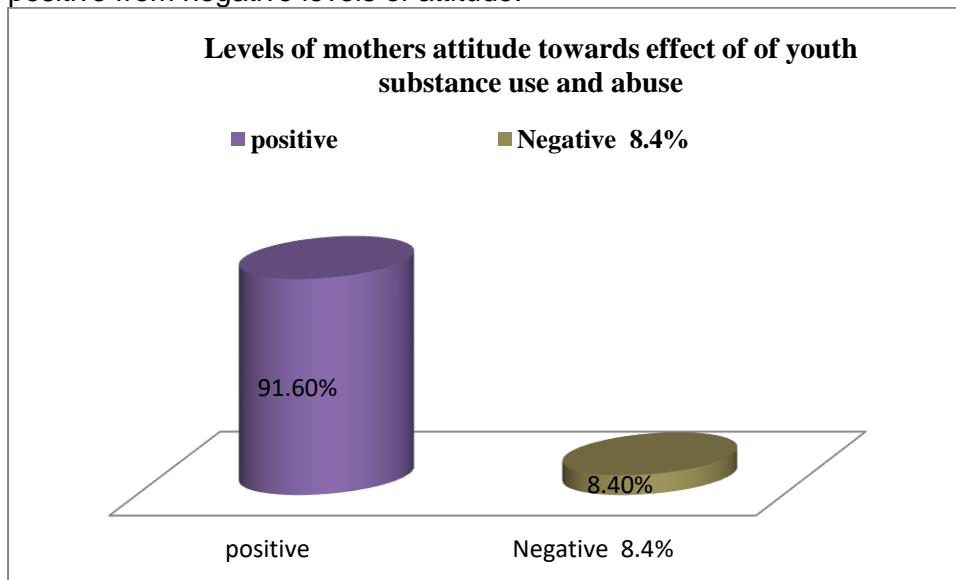


Figure 3: Level of mothers attitude towards the effects of youth substance use and abuse.

In summary, majority of the respondents (91.6%) had positive attitude towards the effects of youth substance use and abuse. The finding further discovered that most of the respondents neither give overdose drugs nor take over dose drugs but most of the respondents agreed that substance use could result to youth restless, aggressive attitudes, depression, delusion, rapes and ritual killing among youths in our environments.

Research Question 4. What were the relationships between level of knowledge and level of perception of Seventh-day Adventist mothers towards the effect of youth substance use and abuse in Nigeria?

IV. Discussion

Research question one result showed that majority of the respondents had high level of knowledge towards the effects of youth substance use and abuse. The result further identified that the respondents acknowledged the meaning of substance use and abuse, they understood the causes of substance use and abuse such as taken excessive drugs, over dose, alcohol, cigarettes, peer pressure, social media and the effect of substance use and abuse such as dropping out of school and how to curb substance use and abuse by Adventist preaching against in-take of harmful substances. This study correlates with a study led by John et al (2024) who found that there is greater awareness on the negative health consequences associated with drugs acts as deterrent against engaging in substance abuse.

The findings of research question two revealed that majority of the respondents had good perception (91%) towards the effect of youth substance use and abuse. The study

identifies that majority of the respondents agreed that drug use among youth change their thinking, most of them think it is a sign of maturity (poor perception) and large percentage of these youth were gang members with less knowledge on safety and prevention especially during sex. This result corroborates with a study conducted by Kovilveetil (2000) who found that most respondents began using drugs during their school years, specifically 17 and 24 years, most engaged in substance abuse on a daily bases while others used them weekly or monthly. The author further said peer influence or pressure was the leading cause for initiation as some percent (12.2%) in the study found that most of the participants agreed that substance users are gang members.

The finding of research question three revealed that majority of the participants (91.6%) had positive attitude towards the effects of youth substance use and abuse. The finding further discovered that most of the participants neither give overdose drugs nor take over dose drugs but most of the participants agreed that substance use could result to youth restless, aggressive, delusion, rapes and ritual killing in our environments. This finding is the same with the finding led by WHO (2025) that discovered substance intake can lead to certain health complications from communicable diseases; example, tuberculosis etc. In the same vein, Pietrangelo et al, (2023) found that intake of too much substance can lead to unwanted health consequences such as changes in mood, lowered inhibitions, diarrhea, trouble focusing or making decision, head pain, drowsiness, and loss of coordination. In addition, Yasamen et al (2024) confirmed the rising rate of substance abuse. Research should prioritize effective strategies, beginning with mothers in the home environment. This was found in the same way as most Seventh-day Adventist women confirmed that they neither take over dose nor gave over dose to their children to avoid substance abuse among their children.

V. Conclusion

In conclusion, general findings from this study proved that Seventh-day Adventist mothers' knowledge on their awareness of substance use and abuse 97% will play a crucial role in shaping the behaviour and lifestyle of their children, making their knowledge, perception, and attitude toward youth substance use and abuse highly significant. From this study too, the perception of Seventh-day Adventist mothers 91% showed that many mothers possess basic awareness of substance use and its harmful effects, such as unprotected sex, substance cravings, health complications, and involvement in other risky behaviours. Furthermore, the positive attitude of Seventh-day Adventist mothers 91.6% is a driving tool that will help to shape and model the children born in most Adventist homes so that the society will have little or less contributing factors to their exposure to substance abuse. Thereby improving good attitudes toward high level of good education performances, exposure to health information, and sound socio-economic background.

VI. Recommendations

The following recommendations were suggested:

Mothers should be encouraged to increase their knowledge about substance use and its effects through seminars, workshops, and health education programs. They should maintain open and non-judgmental communication with their children about substance use. They should adopt positive parenting styles, for example; monitoring, guidance, and emotional support, to reduce risky behaviors among youths. They should serve as role models by avoiding substance use themselves and demonstrating healthy lifestyles. So, their family members could copy good examples from them.

Seventh-day Adventist Church in collaboration with parents, more especially mothers should organize regular awareness programs, youth seminars, and family life workshops on substance abuse prevention. The Church leaders should integrate substance abuse education into sermons and youth programs. The Church should establish support groups and counseling services for mothers and affected families. They should promote faith-based teachings that discourage substance use and encourage moral discipline.

Institution like Babcock University and its various schools should incorporate comprehensive drug education into the curriculum. The Guidance and Counseling unit should provide early intervention and counseling services for at-risk students. Schools should collaborate with parents and churches to create community-based prevention programs. There should be networking program whereby those already involved in the dangerous effects of substance will share their experiences. So, others will learn from their stories.

Finally, a collaborative networking involving mothers, church, schools, and government is essential for effective prevention of youth substance and abuse.

Implications for Social Work Practices

Social workers should provide counseling services to both mothers and affected youths and design and implement family-centered intervention programs to reduce youth vulnerability.

Social workers should engage in community sensitization and preventive education targeting mothers and families and should facilitate access to rehabilitation centers and follow-up support.

Social Workers should work with government and NGOs to improve access to prevention and treatment services and should help mothers develop coping strategies to manage family challenges effectively.

They should collaborate with schools, religious bodies, and community leaders to promote collective action and should engage in ongoing research and evaluation to monitor trends in youth substance use.

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