



# Methamphetamine (ICE) Misuse and Students' Academic Performance in Federal College of Education Yola and Adamawa State College of Education Hong

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## ABSTRACT

The study investigated methamphetamine (ICE) misuse and students' academic performance in Federal College of Education Yola and Adamawa State College of Education Hong. A descriptive survey design was employed for the study, and a total of 1000 respondents comprising 500 respondents from each of the two colleges under investigation were randomly selected for the study. The instruments of data collection (questionnaire and KII) was subjected to thorough scrutiny by some experts and Committee on Research, Innovations and Development, Adamawa State College of Education, Hong. Demographic information of the respondents was analyzed using percentages, while mean and standard deviation were used to analyze the research questions. The findings of the study revealed that, there is an alarming awareness and increase in the abuse of harmful substances among the students of Federal College Yola and Adamawa State College Education Hong, with new users of the deadly drug getting initiated day by day especially in the weekends and during social activities. The study also revealed a growing misconception and negative perception of methamphetamine by some students; such as preferring to use the drug to enhance alertness and stay awake for long hours. Other perceptions include enhancing sexual libido, a belief that methamphetamine is for well-to-do students, and also believing that methamphetamine helps to manage anxiety. Participants also reported consequences of methamphetamine such as truancy, nonchalant attitude or carelessness with studies, distorted thoughts and mental-health challenges. Recommendations made include, parents and guardians should monitor the behaviour of their children with keen interest and dissociate them from bad companies, government should be proactive on the fight against harmful drugs of any type by implementing stiff, academic institutions should

design measures to ensure safer and drug-free campuses for learning, and the National Drug Law Enforcement Agency (NDLEA) should make sure there is no hiding place for drug merchants and addicts.

**Keywords:** Methamphetamine, Misuse, Students, Academic, Performance.

## I. INTRODUCTION

### Background

The knowledge, use and abuse of methamphetamine (ICE) is hitherto novel to Africa and Nigeria in particular. However, through globalization- the transmission of ideas, meanings, and values around the world in such a way to extend and intensify social relations (Wikipedia 2023), Nigerians are engulfed in the web of the deadly drug misuse. Methamphetamine, an addictive psycho-stimulant drug derived from amphetamine, can be made from common household substances including pseudoephedrine decongestant, battery acid, red phosphorous, iodine crystals, anhydrous ammonia (fertilizer or countertop cleaner), toluene (an aromatic hydrocarbon which can be found in paints, thinner, permanent markers, and some type of glue), acetone (nail polish remover), sodium hydroxide, hydrochloric acid, sulphuric acid like drain or toilet bowl cleaner (Dumbili, Emeka, and Ikenna Ebuenyi, 2022).

The drug is extremely toxic (Entringer, 2022; Schep et. al., 2010), and is rated the fourth most damaging drug in many societies (Nutt et al., 2010). Methamphetamine works on the central nervous system (CNS). It increases the amount of dopamine (a 'feel-good' hormone) in the brain to promote positive feelings, including happiness and pleasure. The ability of methamphetamine to rapidly release high levels of dopamine in pleasurable reward and motivation areas of the brain produces



deep feeling of euphoria that strongly reinforces the potential for the frequent use of the stimulant (Paulus & Stewart, 2020; Volkow et al., 2021); as well as the believe that the substance is useful for weight loss, (Dumbili, Emeka, and Ikenna Ebuenyi, 2022). The feelings of euphoria and the feel-good effect might be a greater source of motivation among the youths and students in colleges of education and tertiary institutions.

According to Mefoh (2023), methamphetamine is misused in numerous ways ranging from smoking, molding into pills and swallowed, snorting, or by dissolving in water and injecting into the body; and its effect lasting for an average of 6 to 24 hours (Davis, 2018). Oral ingestion can produce pleasurable effects within 20 minutes, while smoking or injecting the drug causes an immediate, intense bliss (Wang et al., 2016). Methamphetamine is also known to be highly addictive, causing craving and dependence which amount to gross negative consequences.

Methamphetamine misuse is known to cause psychotic behaviour, characterized by hallucinations, paranoia, and delusions. Such symptoms according (Anulika, Mathew, Innocent, Onyinye, & Onyema, 2024) can severely impair cognitive function and decision-making abilities, leading to risky behaviours and further exacerbating health risks such as cardiovascular conditions among students who misuse methamphetamine. These conditions may include heart attacks and collapsed veins, which can have life threatening effects if not promptly addressed. Moreover, prolonged methamphetamine use can place excessive strain on the liver, potentially leading to liver overexertion or failure. This implies that the use and abuse of methamphetamine will undoubtedly lead to undesirable consequences such as truancy, absenteeism, lack of concentration, poor performance, dropout, as well and mental general health challenges among students.

The causes of drug abuse often intertwine with these broader implications. For instance, academic stress, pressure to succeed, or difficulty coping with academic challenges can contribute to drug abuse among students. Students may turn to drugs as a coping mechanism to alleviate stress or enhance academic performance, albeit temporarily (Zhou, Bambling, Bai, & Edirippulige, 2023). However, the use of drugs can impair cognitive function, memory, and concentration, ultimately hindering academic performance and jeopardizing prospects. In essence, the causes of drug abuse are multifaceted and interconnected with broader implications for academic performance, social

relationships, and prospects (Nguyen et al., 2023). Ojiego (2021) for instance narrated how a secondary school student, aged fifteen years, murdered his father simply because the man refused to give him the money he asked for. There was another report of a school boy who attacked his mother with a machete and chased her away from her home. Also, another young adolescent was caught committing bestiality with a goat. All these behaviours were traced to the use of 'mkpuru-mmiri' (or methamphetamine) and much more worrisome is fact that even 11 year olds can easily access methamphetamine like it is vitamin C, (Mefoh, 2023).

This study is therefore imperative considering the media reports on substance abuse among students both in secondary schools and tertiary institutions across Nigeria and more importantly the growing popularity of the use of methamphetamine among youngsters. Since majority of the students in colleges of education are in their youthful ages, the situation presents a cause for worry especially considering the media reportage indicating the high rate of drug abuse in general and the rising cases of methamphetamine misuse among young people of both the sexes (male and female).

Numerous factors are responsible for the situation of methamphetamine misuse among youngsters particularly the students in the tertiary institutions such as Federal College of Education Yola and Adamawa State College of Education, Hong. Differences in life experiences and the home backgrounds of the students, immediate environments, and the nature of campus life in the tertiary institutions play a vital role in this regard. Schwandt (2023) believes that children or youngsters who are exposed to drug abuse or alcohol at home exhibit greater motivation and tendency to engage in some forms of drug or substance abuse than those without such prior experience. Factors such as abuse, neglect, parental loss, or having a family member with a mental or physical illness during childhood significantly elevate the risk of substance abuse disorders in adulthood (Copeland, Halvorson-Phelan, McGinnis, & Shanahan, 2023; Lawrence et al., 2023). In addition, peer pressure among teens and adolescents, according (Awoniyi, 2023) consistently influences the likelihood of developing substance dependency. There are many evidences which show that individuals who develop substance dependencies were initially encouraged to use substances by their peers, (Anulika, Mathew, Innocent, Onyinye, & Onyema, 2024).



### Statement of the Problem

Attempts are made by governments, communities, parents, non-governmental organizations, law enforcement agencies and religious bodies through campaigns and fight against the misuse of illicit drugs in general and methamphetamine in particular. For instance, the Ministry of Education has incorporated courses on drug abuse into the school curriculums for both the secondary and tertiary institution to help curb this menace. However, not much progress is yet to be recorded despite knowledge of the dangers and consequences associated with the abuse of methamphetamine. This has become worrisome considering the fact that there is yet no known pharmacological cure for the effects methamphetamine, and also because the use and supply of methamphetamine is facilitated day by day in Nigeria through the actions of drug barons and foreign counterparts, (Dumbili, 2023). The youth constitute majority of the literate group who are in tertiary institutions and also in a better position to understand the dangers associated with substance abuse; and help in the campaign, but reverse is the case. Thus, this study examined methamphetamine (*ICE*) misuse and student's academic performance in Federal College of Education Yola and Adamawa State College of Education, Hong.

### Purpose of the Study

The main purpose of this study was to examine methamphetamine (*ICE*) misuse and student's academic performance in Federal College of Education Yola and Adamawa State College of Education, Hong. Specifically, the study sought to:

- i. Find out the rate of methamphetamine abuse among students of Federal College of Education Yola and Adamawa State College of Education, Hong.
- ii. Examine perceptions of the students on methamphetamine use in Federal College of Education Yola and Adamawa State College of Education, Hong.
- iii. Identify the impacts of methamphetamine misuse on student's academic performance in Federal College of Education Yola and Adamawa State College of Education, Hong.

### Research Questions

- i. What is the rate of methamphetamine misuse among students of Federal College of Education Yola and Adamawa State College of Education, Hong?

- ii. What are the perceptions of the students on methamphetamine use in Federal College of Education Yola and Adamawa State College of Education, Hong?
- iii. What are the impacts of methamphetamine misuse on student's academic performance in Federal College of Education Yola and Adamawa State College of Education, Hong?

## II. MATERIALS AND METHODS

### Study Area

The study was conducted in the two colleges of education in Adamawa State namely, Adamawa State College of Education (ADSCOE) Hong and Federal College of Education (FCE) Yola. The two colleges of education are federal and state colleges respectively. There are approximately 7000 students who present a significant demographic pool for the study of methamphetamine misuse among college of education students.

### Research Design

The research work employed descriptive survey research design, which enabled the respondents through questionnaire and key informant interview (KII) to give their personal opinions about the problem under investigation for generalization. This method is not only suitable for measuring attitude but also involves clearly systematic way of gathering data about a target population as well as ensuring a high precision in the generalization of findings obtained from an analysis or the sample of the population. The purpose of using descriptive survey design is because it enabled the researchers to describe the attitude, opinion, behaviours or characteristics of the population based on the data collected from a sample or population (Davidio, 2008). Descriptive survey design is also used because the research was guided by 'what' question to investigate methamphetamine (*ice*) misuse and students' academic performance in Federal College of Education Yola and Adamawa State College of Education Hong, Adamawa State, Nigeria. The choice of Federal College of Education Yola and Adamawa State College of Education Hong is based on the anecdotal media and individual reports over the alarming cases of Methamphetamine (*ICE*) misuse among the youths who constitute students' majority in the state.

### Population of the Study

The population of the study comprised of the students in the two colleges of education in Adamawa State namely; Federal College of



Education Yola and Adamawa State College of Education, Hong.

**Sample and Sampling Technique of the Study**

The sampling technique used in the selection of respondents in Federal College of Education Yola and Adamawa State College of Education, Hong is a simple random sampling technique, which requires that one works with small sample of people, nested in their context and studies in-depth (Miles and Huberman, 1994). Random sampling relies on the judgment of the researcher when it comes to selecting respondents that are to be studied, and it can be used for generalisation to a larger population. Therefore, the researchers selected 500 respondents from the pool of students in Federal College of Education Yola and 500 respondents from Adamawa State College of Education Hong, arriving at a total of 1000 respondents.

**Instruments for Data Collection**

Two instruments namely questionnaire and Key Informant Interview (KII) were used for data collection in the study. The questionnaires were divided into sections and each section collected specific data in relation to each research objective. Section A covered the background information of

the respondents while section B attempted to cover each of the research objectives. The KII questions were also set to collect specific answers to the research questions.

**Methods of Data Collection**

Both primary and secondary sources of data were used in the course of the research. The instruments for primary data collection were questionnaires and KII which were self-administered by the researchers and the research assistants which were in turn collected for analysis. Secondary sources of data were gathered through textbooks, journals, articles, thesis, internet sources and newspapers.

**Method of Data Analysis**

Data analysis means the method of processing the information obtained from the respondents. In this study, the data obtained was analyzed using frequency tables and statistical packages such as simple percentage, mean and standard deviation. Tables were used to serve as illustration and the figures offers the basis for statistical inference and the percentage technique of analyzing the data using the descriptive statistic.

**III. RESULTS**

**Research Question 1: What is the rate of methamphetamine abuse among students of Federal College of Education, Yola and Adamawa State College Education, Hong?**

*Table 1: Rate of Methamphetamine Abuse Among Students of Federal College of Education, Yola and Adamawa State College Education, Hong*

| S/N | ITEMS  | Mean | S.D  | Remark |
|-----|--|------|------|--------|
| 1.  | Students misuse methamphetamine on daily basis in FCE Yola and ADSCOEE Hong  | 3.08 | 0.99 | Agreed |
| 2.  | Students often increase the abuse of methamphetamine during and social activities in ADSCOEE Hong and FCE Yola             | 3.71 | 0.67 | Agreed |
| 3.  | The number of students who engage in the use of methamphetamine is increasing day by day in ADSCOEE Hong and FCE Yola      | 3.70 | 0.75 | Agreed |
| 4.  | There is an increase in the rate of methamphetamine misuse among the students of ADSCOEE Hong and FCE Yola in the weekends | 2.81 | 0.90 | Agreed |
| 5.  | There are numerous occasional users of methamphetamine in ADSCOEE Hong and FCE Yola  | 3.15 | 0.76 | Agreed |

**Source: Field Survey, 2024**

Table 1 indicated the rate of methamphetamine misuse among students of Federal College of Education Yola and Adamawa State College of Education Hong. All the statements were reported as agreed. The statements indicated

the rate of methamphetamine misuse in Federal College of Education Yola and Adamawa State College of Education Hong, with a mean score of ( $\bar{x}$  = 3.08); students often increase the abuse methamphetamine when there are social activities in



Federal College of Education Yola and Adamawa State College of Education Hong, with a mean score of ( $\bar{x} = 3.71$ ); The number of students who engage in the use of methamphetamine is increasing day by day in Federal College of Education Yola and Adamawa State College of Education Hong, with a mean score of ( $\bar{x} = 3.70$ ); There is an increasing abuse of methamphetamine among the students of

Federal College of Education Yola and Adamawa State College of Education Hong in weekends, with a mean score of ( $\bar{x} = 2.81$ ); and, there are numerous occasional users of methamphetamine in Federal College of Education Yola and Adamawa State College of Education Hong, with a mean score of ( $\bar{x} = 3.15$ ).

**Research Question 2: What are the perceptions of the students on the use of methamphetamine in Federal College of Education, Yola and Adamawa State College Education, Hong?**

*Table 2: Perceptions of the students on the use of methamphetamine in Federal College of Education, Yola and Adamawa State College Education, Hong*

| S/N | ITEMS  | Mean | S.D  | Remark |
|-----|--|------|------|--------|
| 1.  | Methamphetamine eases tension and help students to study for long hours                    | 2.85 | 0.78 | Agreed |
| 2.  | Methamphetamine is a substance used by students with greater exposure and the civilization | 2.90 | 0.67 | Agreed |
| 3.  | Methamphetamine is a substance for the rich and well-to-do students<br>Agreed              |      | 2.86 | 0.74   |
| 4.  | Methamphetamine helps to enhance libido, mood and sexual energy                            | 2.91 | 0.82 | Agreed |
| 5.  | Methamphetamine helps to manage anxiety and enable the users to display boldness           | 3.01 | 0.92 | Agreed |

**Source: Field Survey, 2024**

Table 2 revealed those statements considered as having bearing on the perception of students on methamphetamine in Federal College of Education Yola and Adamawa State College of Education Hong. The respondents indicated: methamphetamine eases tension and help students to study for long hours, with a mean score of ( $\bar{x} = 2.85$ ); methamphetamine is a substance used by students with greater exposure and the civilization,

with a mean score of ( $\bar{x} = 2.90$ ); methamphetamine is a substance for the rich and well-to-do students; with a mean score of ( $\bar{x} = 2.86$ ); methamphetamine helps to enhance libido, mood and sexual energy, with a mean score of ( $\bar{x} = 2.91$ ); and, methamphetamine helps to manage anxiety and enables the user to display boldness, with a mean score of ( $\bar{x} = 3.01$ ).

**Research Question 3: What are the impacts of methamphetamine misuse on student's academic performance in Federal College of Education, Yola and Adamawa State College Education, Hong?**

*Table 3: Impacts of Methamphetamine Misuse on Student's Academic Performance Federal College of Education, Yola and Adamawa State College Education, Hong*

| S/N | ITEMS  | Mean | S.D  | Remark |
|-----|--|------|------|--------|
| 1.  | Methamphetamine misuse distorts student's concentration during studies   | 2.84 | 1.07 | Agreed |
| 2.  | Most students who use abuse methamphetamine are careless with their studies  | 3.57 | 1.34 | Agreed |
| 3.  | Majority of the students misusing methamphetamine are always truant in schools   | 2.87 | 1.14 | Agreed |
| 4.  | Students abusing methamphetamine record poor academic performance compared to the non-users of the drug                    | 3.34 | 1.34 | Agreed |
| 5.  | Methamphetamine misuse has resulted to some cases of mental health challenges leading to drop-out of school among students | 3.10 | 0.99 | Agreed |

**Source: Field Survey, 2024**



Table 3 shows the impacts of methamphetamine misuse on students' academic performance in Federal College of Education Yola and Adamawa State College of Education Hong. The respondents or participants upheld all the five items by reporting agreed. The statements indicated that: methamphetamine misuse distorts student's concentration during studies, with a mean score of ( $\bar{x} = 2.84$ ); students who use abuse methamphetamine are often careless with their studies, with a mean score of ( $\bar{x} = 3.57$ ); majority of the students misusing methamphetamine are always truant in schools, with a mean score of ( $\bar{x} = 2.87$ ); students abusing methamphetamine record poor academic performance compared to the non-users of the drug, with a mean score of ( $\bar{x} = 3.34$ ); methamphetamine misuse has resulted to some cases of mental health challenges leading to drop-out in school among students, with a mean score of ( $\bar{x} = 3.10$ ).

#### IV. DISCUSSION

##### Rate of methamphetamine Misuse among Students of Federal College of Education, Yola and Adamawa State College of Education, Hong

The findings of the research reveal the rate and nature of methamphetamine misuse among students of Federal College of Education Yola and Adamawa State College of Education Hong. Participants reported the rate of methamphetamine misuse and abuse is on daily and regular basis among the students and the abuse becoming more pronounced during social activities. The study reveals that the number of students who engage or get initiated into misuse and abuse of methamphetamine is increasing day by day. The finding equally report that weekends are the most suitable periods often used by the students for the misuse of methamphetamine in addition to the lots of occasional users who solace in occasional consumption of the substance.

The finding of the study is in sync with Eleke (2021) who described the upsurge in the use of the substance as having reached a worrisome crescendo. Eleke further argued that Igbo youths are going insane; and since the youths are the future of the society, methamphetamine use is causing existential problems. Ojiego (2021) also described the 'mkpuru-mmiri' or methamphetamine menace as a ravaging epidemic. In addition, the findings relates to study of methamphetamine dependence: consequences and complications by (Karila, et al., 2010), who avers that, much more troubling is that methamphetamine abuse has assumed a worrisome dimension in Nigeria because the substance is now

seen in all parts of Nigeria.

An interviewee from the key informant interview reported that:

*The knowledge of the use and abuse of methamphetamine among students of Federal College of Education Yola and Adamawa State College of Education Hong is alarming especially among the male students. The informant further reiterated that methamphetamine has become very available and affordable among students because of the presence of student-dealers. The informant believes that another reason for the increasing cases of the abuse of the substance is owing to its reduced price as compared to years past.*

##### Perceptions of the students on the use of methamphetamine in Federal College of Education, Yola and Adamawa State College of Education, Hong

The findings of the research reveal the perceptions and notions held by many students in connection with the use and abuse of methamphetamine in Federal College of Education Yola and Adamawa state college of Education Hong. Some student-users believe that methamphetamine eases tension and help students to study for long hours, while others relate the substance to the types of substance meant for civilized students having greater exposure in the dealings of life. The findings further reveal that methamphetamine users conceive the drug as a substance reserved for the rich and well-to-do students, while many users prefer methamphetamine to enhance mood and sexual libido. The study equally reveals that some of the users take methamphetamine to increase boldness and manage anxiety.

This finding aligns with an existing literature which states that methamphetamine rapidly releases high levels of dopamine in pleasurable reward and motivation areas of the brain and produces deep feeling of euphoria that strongly reinforces the potential for the frequent use of the stimulant (Paulus & Stewart, 2020; Volkow et al., 2021). A South African study found that the factors that encourage the initiation of methamphetamine use include lack of employment opportunities, peer influence, easy accessibility, the popularity of the drug, and coping with stress and trauma (Hobkirk et al., 2016).

This finding is also in synch with previous studies by (Okonkwo, Okonkwo, Onyemaechi, Okpaleke, & Nwankwo, 2023) who avers that



majority of methamphetamine users believe that crystal methamphetamine enhances academic or work performance; an idea which reflects a common misconception among substance users. This perception may not be unconnected with the notion that methamphetamine has effects on the cognitive function and energy levels. Curiosity and experimentation, emotional escape, and the pursuit of alertness are additional motives identified by (Aniluka, et. al., 2024); additionally consistent with the multifaceted nature of substance use (Okonkwo et al., 2023; Scott, 2023). These perceptions and notions are responsible for why trend for substance abuse is alarming among students and the youth in general. Understanding students' perception of the misuse of methamphetamine will help to guide appropriate measures to address the ugly incidence in campuses.

Some of the interviewees submitted as follows:

*There is a growing curiosity among students to experiment methamphetamine because most of the users claim that the substance is for big-boys, chiefly because its price far exceeds that of local whisky, marijuana, cigarette, and beer. Another informant added that majority of those who abuse methamphetamine believe that the substance makes them agile and keep them awake for long hours while studying.*

### **Impacts of Methamphetamine Misuse on Student's Academic Performance in Federal College of Education, Yola and Adamawa State College Education, Hong**

This study found that the impacts of methamphetamine on student's academic performance are multifaceted. The participants reported that methamphetamine misuse distorts student's concentration during studies while many student-users are reported to be careless with their studies. Truancy in schools, abandoned lectures and a resultant poor academic performance is common among the students who misuse methamphetamine. Misuse of methamphetamine was also reported to cause mental and health challenges which invariably leads to drop-out in school among students.

This finding aligns with (Thoradeniya, 2024) whose study on causes and effects of methamphetamine reveal decline in academic performance due to impaired cognitive function resonate with previous research indicating the detrimental effects of substance abuse on cognitive abilities. Similarly, the effects of methamphetamine especially among students according (Zhou, Bambling, Bai, & Edirippulige, 2023), goes beyond the immediate

health effects of drug abuse, such as addiction and physical harm, there are broader implications that can affect various aspects of a student's life, including academic performance, social relationships, and prospects. The causes of drug abuse often intertwine with these broader implications such as academic stress, pressure to succeed, or difficulty coping with academic challenges can contribute to drug abuse among students. Students may turn to drugs as a coping mechanism to alleviate stress or enhance academic performance, albeit temporarily. Thus, the findings of this study shades more light on the negative impacts of methamphetamine on students' academic performance in colleges of education.

An informant reported the impacts of methamphetamine misuse on student's academic performance as follows:

*Methamphetamine misuse has led many students to miss tests, assignments and examinations. The informant further reported that methamphetamine users are easily identified because of clear change of mood, temper and emotions among other students.*

Another informant reported that:

*Most of the methamphetamine abusers are having academic challenges in general.*

## **V. CONCLUSION AND RECOMMENDATIONS**

### **Conclusion**

Conclusively, this study offers an understanding of the situation of the methamphetamine misuse among college of education students in Federal College of Education Yola and Adamawa State College Education Hong and by extension other tertiary institutions in Nigeria. The study indentified an alarming awareness and increase in the abuse of methamphetamine among the students of Federal College Yola and Adamawa State College Education Hong, with new users of the deadly drug getting initiated day by day especially in the weekends and during social activities.

The study also revealed a growing misconception and negative perception of methamphetamine by some students; such as preferring to use the drug to enhance alertness and stay awake for long hours. Other perceptions include enhancing sexual libido, a belief that methamphetamine is for well-to-do students, and also believing that methamphetamine helps to manage anxiety.

In the same vein, the study shed more light



on the grievous implications of methamphetamine misuse on students' academic outcomes. Participants reported consequences such as truancy, nonchalant attitude or carelessness with studies, distorted thoughts and mental-health challenges.

## VI. Recommendations

Methamphetamine misuse is matter of concern among the students of Federal College of Education Yola, Adamawa State College of Education Hong and by extension on other sister institutions. In light of this, it is recommended that:

- a. The parents and guardians should monitor the behaviour of their children with keen interest and dissociate them from bad companies.
- b. The government should be proactive on the fight against harmful drugs of any type by implementing stiff penalties.
- c. Academic institutions should design measures to ensure safer and drug-free campuses for learning.
- d. National Drug Law Enforcement Agency (NDLEA) should make sure there is no hiding place for drug merchants and addicts.
- e. The government should provide a comprehensive rehabilitation for drug addicts and make room for the return of affected students back to school.

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